

DO YOU/CAN YOU

DO THIS?

SHORT WELLNESS SELF-CHECKS

Bottom-line:

I love the foam roller. **It is a popular form of self-therapy among health and fitness pros. It really works. If you've experienced physical trauma, scarring or inflammation, your fascia may have lost some of its elasticity and become tight, restricted, and a source of pain. Rolling might alleviate this sensation for a time. It is also used as a warm-up for mobility and/or a cool-down for recovery, although it should not replace stretching and mobility exercises.** Foam rollers come in many shapes, sizes and firmness. One study found no difference in outcomes from different rollers. It is a personal preference. Find out what works best for you. Most people can use it safely. **If you have osteoporosis diabetes, and vascular issues definitely talk to your doctor before use.** **HOW TO USE:** Lie on roller and **slowly** roll back and forth OR side to side over areas that seem restricted as well as several inches above and below for 30 to 60 seconds. It might be good to only do for 5 to 10 seconds the first few times. **Do not roll over bone and joints. Do not roll out the lower back or neck.** Only apply body pressure that elicits a 5 on a 0-10 pain scale. For the first times use a soft roller. Expect some discomfort during your first few sessions. Smaller myofascial therapy objects such as tennis and golf balls or your fingertips can help target more precise spots such as deep rotator cuff muscles and tendons in the hands and feet. Use of rollers and massage typically does not totally fix the problem. You need to condition your body through exercises to gain balance and ability for long term relief. Please see videos/article on general use ([video-DO NOT DO THE NECK OR LOW BACK](#)).

Do you use a Foam Roller?



FOR THOSE FINESS NERDS: Did You Know: Studies found that pre-rolling seems to be an effective strategy for short-term improvements in flexibility without decreasing muscle performance. This is a big deal for athletes. It also suggested an improvement of sprint performance to be expected from the use of pre-rolling, as well as the recovery rate of the performance measures of speed and strength with post-rolling, for at least elite athletes. There was also positive effects of alleviating muscle soreness with post-rolling amongst athletes. The mechanism was suggested to unknown. It was suggested that the positive effects may be psychological. Some suggest that an athlete feeling less pain after pre-rolling might be sufficient to justify its use despite the absence of measurable physiological benefits. But how about regular people. Less soreness in regular exercisers have been found with rolling as well as muscles being more mobile. There is also a possible benefit in arterial function from foam rolling. A study found decrease in arterial stiffness and improved vascular endothelial function from rolling. These results imply that this technique exerts a favorable effect on arterial function with increased nitric oxide levels. The authors concluded foam rolling can promote the cardiovascular health of the general population. This is a big deal. **THERE ARE SOME POTENTIAL HARMFUL SIDE EFFECTS SUGGESTED WHEN USING THE ROLLER.** Some researchers suggest that during foam-rolling exercises, all the underlying tissue is mechanically stressed, potentially leading to damage, for example, in neuronal tissues, receptors, vessels, or bones. This concern especially rises in users with diseases, for example, diabetes, vascular disease, or osteoporosis ([see study](#)). Many authors suggest that there is poorly defined interventions (how to, how long, how much pressure when using a roller) ([see study](#)) as well. **SO GO EASY AT FIRST. NEW WAY ON HOW TO USE:** A study found that actively moving the muscle through a range of motion offers added benefit of range of motioned pain pressure threshold in the quadriceps ([see study](#)). **SEE US TO KEARN HOW TO USE.**