

Foam Rolling

Foam rolling is a simple, cost effective and time efficient way to work on your soft tissue structures (muscles, fascia, tendons etc) in the comfort of your own home.



When done properly, spending time 'rolling it out' has many benefits which include muscle relaxation, enhanced blood flow, trigger point release, improved flexibility, core strengthening and faster recovery post exercise.

Beyond the immediate benefits discussed above there are also longer term benefits to be obtained through maintaining good myofascial flexibility and tone.

Two of the main benefits are:

- Improved energy efficiency which allows you to participate in more aspects of life with greater vitality; and
- Reduced pressure on joints and therefore prevention of degenerative arthritis. Obviously this also gives you the capacity to do more activity for longer and without having to work through pain.

It's all about keeping you at peak performance!

To get started look at the pictures below, set yourself up in the same position and just roll up and down the length of the muscle. If you find that you have some particularly sore points then hold your weight in these spots and gently roll side to side whilst remaining on the tender point. Role each muscle for around 1 - 2 minutes.

To grab yourself a foam roller today check out www.primalbeing.com.au or head in to Primary Being Wellness Centre.

Foam Rolling

HAMSTRINGS



GASTROCS, SOLEUS & ACHILLES



QUADRICEPS



ITB & TFL



Foam Rolling

PERONEALS



LOWER AND UPPER SPINE



GLUTEALS



LATS, ROTATOR CUFF AND UPPER ARMS

