Beaver Sports Medicine

Servicing the Mid Valley's Orthopedic Sports Medicine Needs

Foam Rolling

Have you ever heard of foam rolling?

You might ask what it is, why it is done, and if it is beneficial.

Here is some information to see if foam rolling would be helpful for you.

What it is

Foam rollers are exercise devices used for massage and for exercise.
They are often used for self-massage to help soothe tight, sore areas (known as "trigger points") and speed up muscle recovery. It is said that foam rolling can improve athletic performance, circulation, and flexibilty along with reducing workout-related soreness, recovery time and muscle pain.

How is it done

Foam rolling has become very common and there are often classes dedicated to teaching the ins and outs of foam rolling. To start, grab a roller and attempt to roll out where you are feeling pain or discomfort. If you do not succeed, a great resource is always the internet. There are tons of videos that will help show you how to successfully target different muscles.

DOs and DON'Ts of Foam Rolling

DO

- Foam Roll for Recovery
  - Just like sports massage, there are many benefits for foam rolling for recovery
- Go Slow
  - Spend a good amount of time at each spot rolling slowly
- Spend More Time on Sensitive Areas
  - It is beneficial to do full body foam rolling, but if some areas need a little extra work, then spend more time there
- Stay Hydrated
  - Just like with sports massage it is important to stay hydrated after completing

Don't

- Undermine Their Need
  - Anyone can use them! You do not have to be a professional athlete to enjoy the benefits of foam rolling
- Only Use for Sore Muscles
  - Foam rolling can also be used as part of a warm-up or cool-down routine and can be used for injury prevention
- Think They're All the Same
  - There are multiple kinds of foam rollers. Low-density rollers will provide less pressure compared to more firm, high-density rollers. If you have bad success with one type, try another
- Ignore Pain
  - It is important to stop rolling if the pain is unbearable. Foam rolling should be uncomfortable, but tolerable