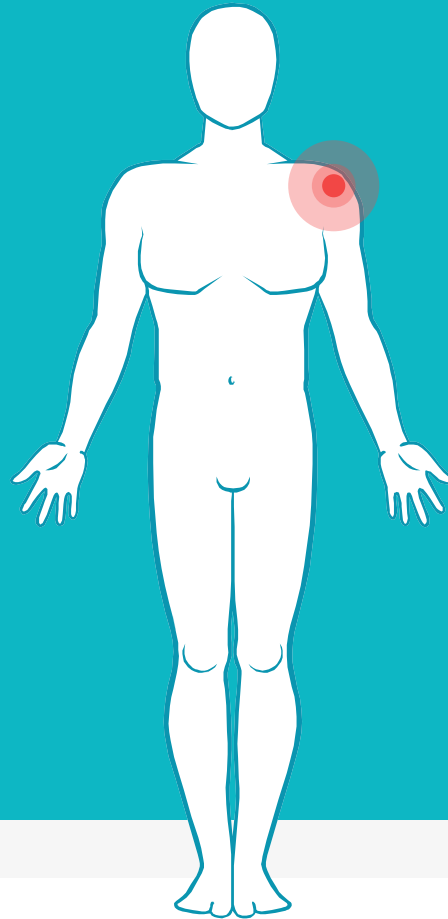


Foam Rolling: A Hands-on Crash Course

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THANK YOU!

It is okay to be curious,
vulnerable, willing to admit
you are “new to this”, or find
yourself lost in the
verbiage/dialogue.

We are in this together!



WHO AM I...



- I am a Mom, Wife, Coach, and PE teacher!
- Beginning my 4th year of teaching at Ogallala High School in August.

WHO AM I...



- I am a Husband, Father, PE Teacher, Coach
- Work with general students, not just athletes
- 19 years experience

Goal for today:

- Provide something you can use right away
- Reaffirm what you do
- Get you reset & moving

GOAL FOR TODAY

- Create of a foundation of understanding
- Provide something you can use right away
- Reaffirm what you might be doing already
- Get you reset & moving

1.

What is self-myofascial massage (SMM)?

What are they talking about?

- *Self-Myofascial Massage (SMM) is a hands-on technique used to manage myofascial pain.*
- *“Myo” means muscle.*
- *“Fascial” refers to the connective tissue that covers and supports the muscles throughout your entire body.*
- *SMM utilizes gentle, constant massage that releases tightness and pain throughout your myofascial tissues*

<https://my.clevelandclinic.org/health/treatments/24011-myofascial-release-therapy>



2.

Benefits of Foam Rolling:

How you sell it to your stakeholders...

”ugh, why are we doing this...”

- *Correction of muscle imbalances*
- *Muscle relaxation*
- *Improved joint range of motion*
- *Improved neuromuscular efficiency*
- *Reduced soreness and improved tissue recovery*
- *Suppression/reduction of trigger point sensitivity and pain*
- *Decreased neuromuscular hypertonicity*
- *Provide optimal length-tension relationships*
- *Decrease the overall effects of stress on the human movement system*

<https://blog.nasm.org/foam-rolling-and-self-myofascial-release>



3.

Common Tools we Use:

What do you need...



”

4.

Hands On: Full-Body Reset

Grab a roller and let's do this!

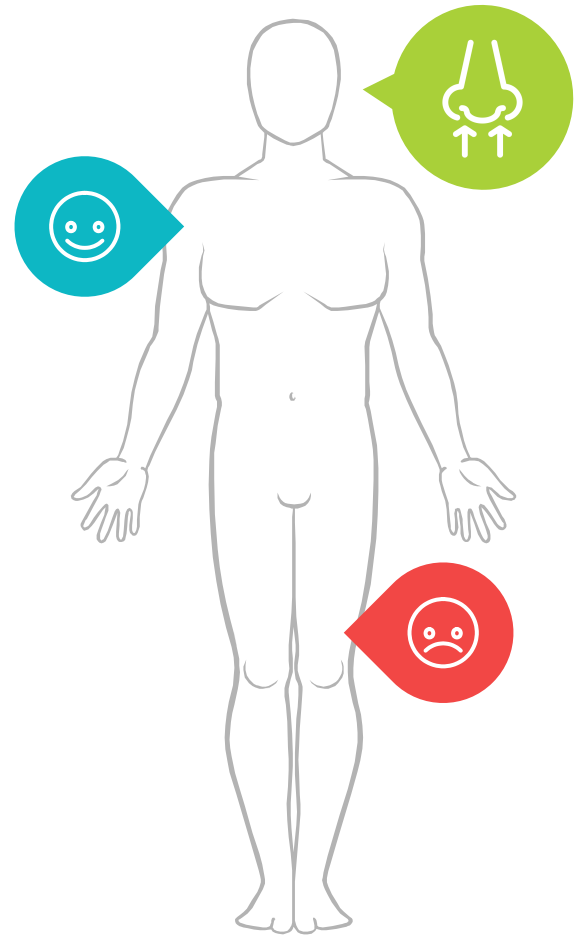
When to Foam Roll;

It is always a good time to foam roll!

- Recovery
- Game Day
- Practices
- Program it into your workout
- Don't overthink it, make it work for you and your environment/classroom

Plant the Seed:

Bring attention to YOUR body.
We are SEEKING out hot spots,
lean into discomfort while
FOCUSING on breathing and
staying relaxed.



How we Program:

Week 4	Day 1		
TIER 1 LB	SETS	REPS	
Squat	1	4	
	2	4	
	3,4, and 5	6+6	
Spot/Load			
Shoulder Series		Do each exercise 2x10 reps	Use a band
Pull Ups	4	4	
Ankle Series		Do each exercise 2x10 reps	Use a band
Foam Roll	4		

Warm Up:

1. Jog in Place
2. Buttkicks
3. Ladder Climber
4. Marching Toe Touch
5. Jumping Jacks
6. RDL
7. Wacky Jacks
8. Calf Raise
9. Active/Snap Downs (x3)
10. Hug Yourself
11. Arm Circles (L/R, F/B)
12. Hip Openers
13. Wrist Mobility
14. 10 Push Ups (various style)



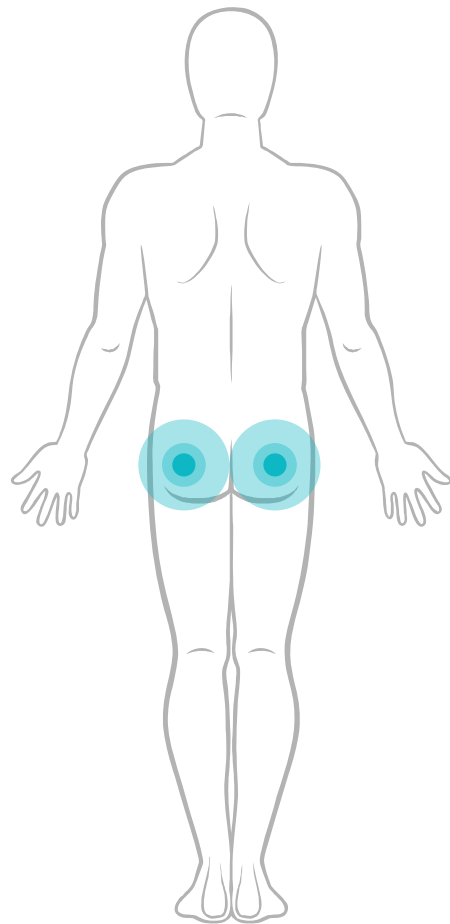
GLUTES

How:

- Sit on roll with hand and feet on group
- Rocking forward and back, from where your glutes meet your hamstrings to where your glutes meet the small of your back

Notes:

- Typically don't find of knots but gets the body moving and increases blood flow to the lower body



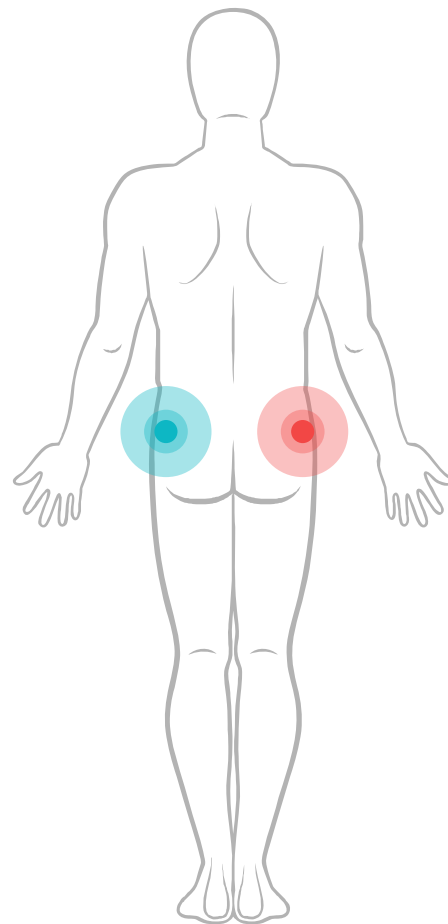
GLUTE MEDS

How:

- Sitting on foam roller, take right ankle and place it on your left knee
- Lean to your right and roll from where your glutes meet your hamstrings to where your glutes meet the small of your back
- Then switch to the other side

Notes:

- Typically you can find some knots here
 - Floss: “Windshield Wiper” and/or Circles



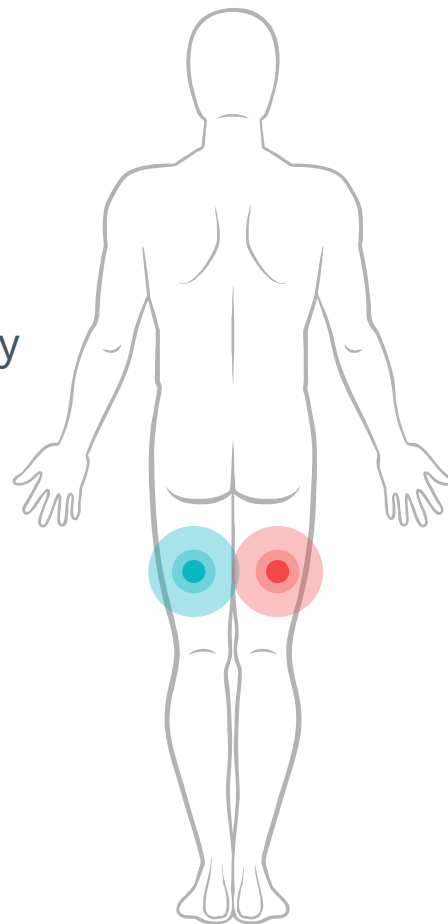
HAMSTRINGS

How:

- Place the roller under your thighs while your hands stay on the ground under your shoulders.
- Can do one at a time or both at the same time.
- Roll from right above the back of knee to where the hamstring meets the glutes
- If one at a time, lean in/out to adjust area receiving attention.

Notes:

- Typically not a lot of knots found - but not always the case.



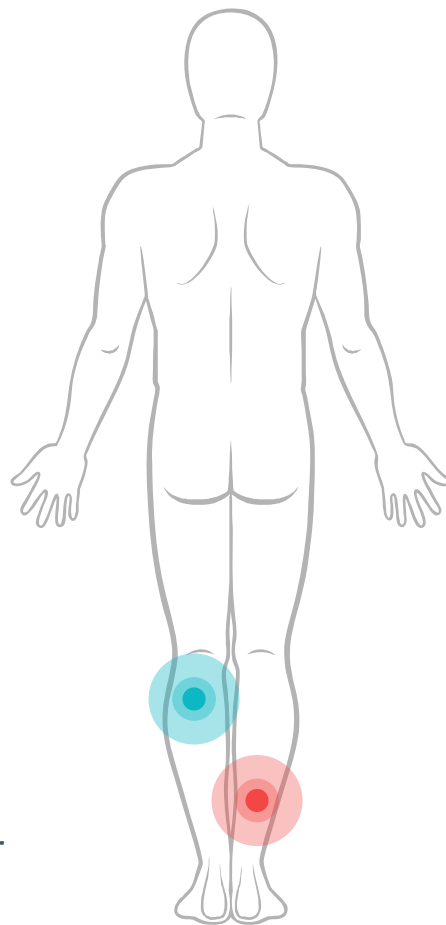
CALVES

How:

- Place the roller under one calf, butt near ground with hands stabilizing the body
 - Can do two at once but get more from solo focus.
- Roll from achilles to right below back of knee
- Roll toes out, up, in.

Notes:

- Large, meaty grouping of muscles.
 - Floss: Push/Pull toes, Stack Leg, Windshield Wiper



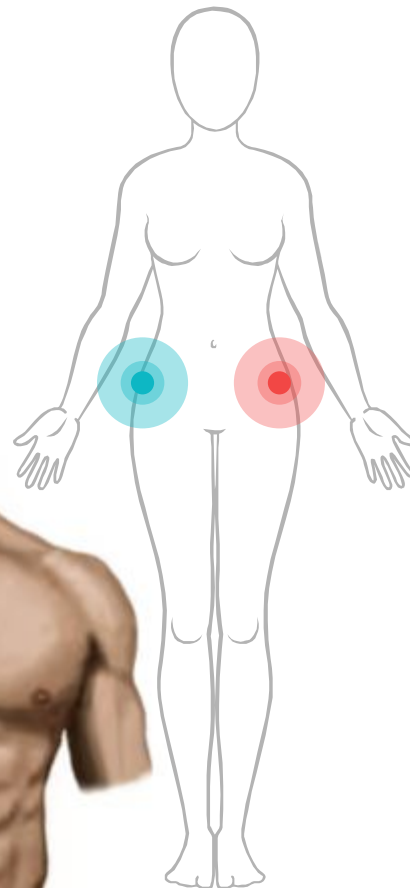
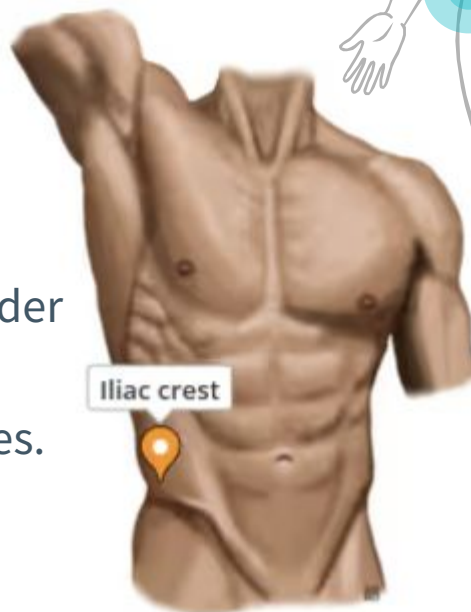
IT BANDS – Part 1 of 3 – Tensor Fascia Lata (TFL)

How:

- Locate the top of your hip (landmark: above the belt line, in the torso, not the thigh)
- This is a lean forward/back, not a roll up and down

Notes:

- If you are in the right spot, it will be tender
- Floss: Stack the top leg, open chain
- Do Part 1-3 on one side than switch sides.



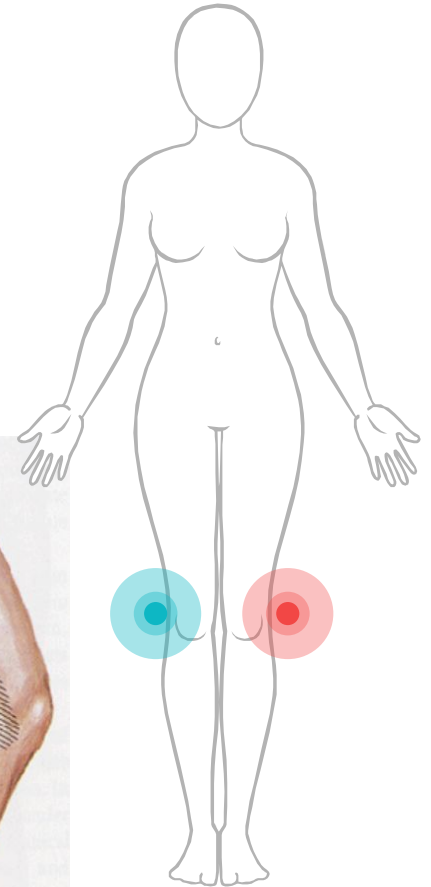
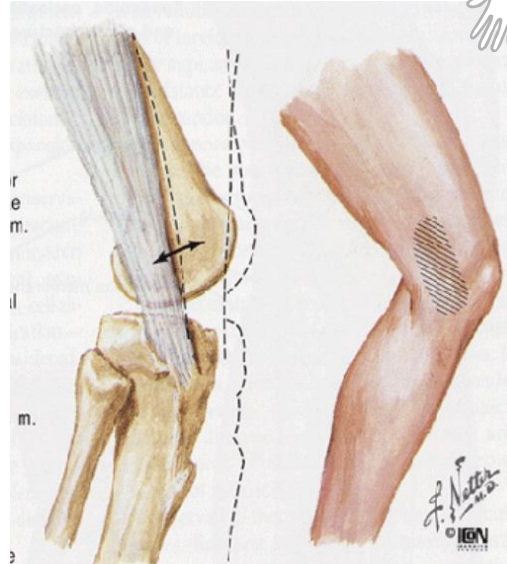
IT BANDS - Part 2 of 3 - Insertion

How:

- Move the roller to the top of the knee
- Again, this is a lean forward/back, not a roll up/down.

Notes:

- If you are in the right spot,
- it will be tender
- Floss: Stack the top leg, open chain, heel to butt.



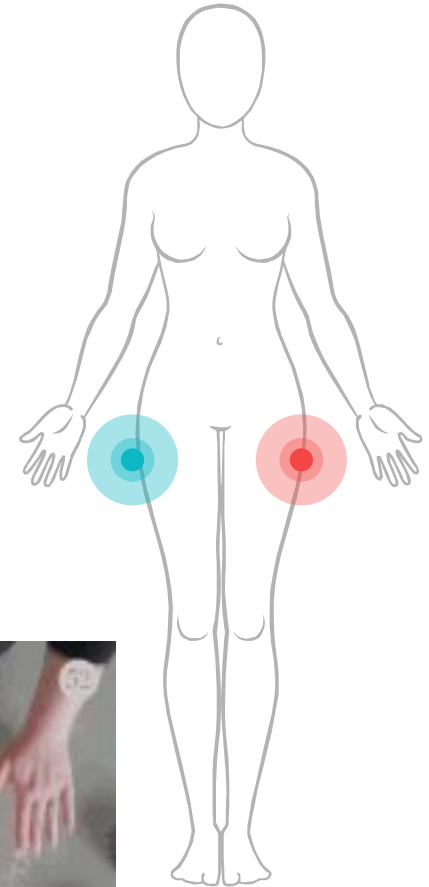
IT BANDS - 3 of 3 - Full Length

How:

- Stay on your side and place the foam roller on the hip (Part 1) and roll along the where the outer seam of your pants would be to get to your knee (Part 2)
- Cross your top leg over (like kickstand) for stability.
- One hand will remain on the ground to stabilize the body.

Notes:

- Tender = “Relax & Breathe!”
- Floss: Windshield wiper, stack legs, heel to butt



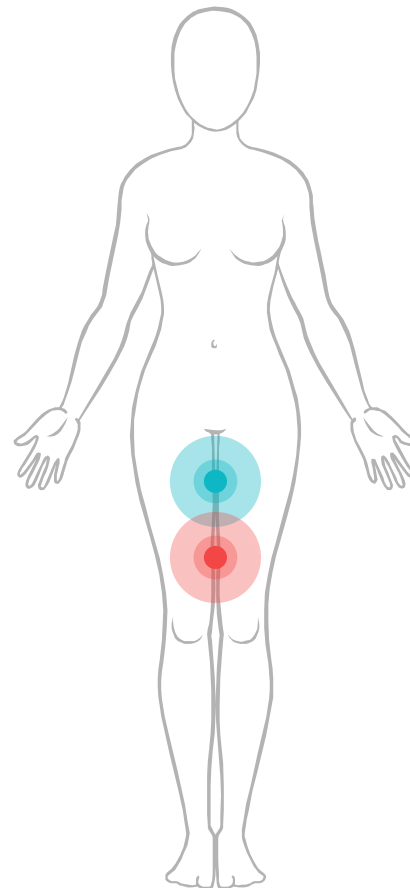
ADDUCTOR/GROIN

How:

- Extend knee out from hip at 45°, place roller on the where the inseam of your pants would be
- Roll from knee to midline - but not too far!
- Switch to other side.
- Standing option

Notes:

- Floss: Windshield Wiper, Extend Leg, Press Down Leg



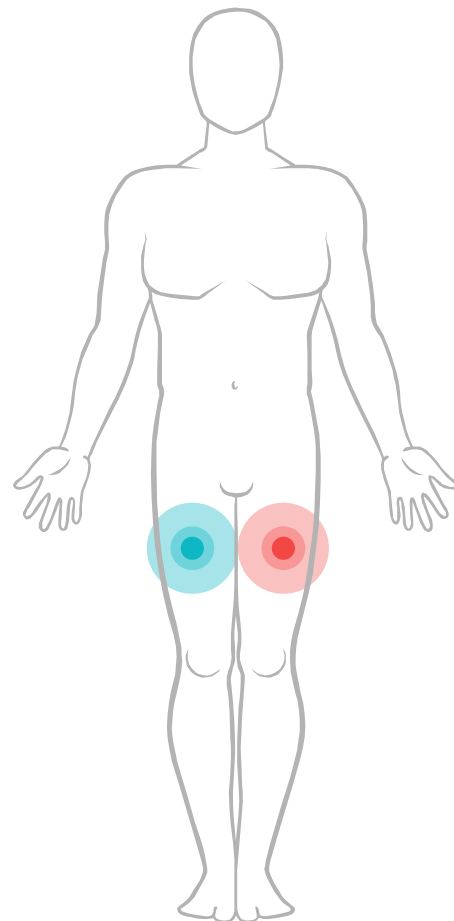
QUADS

How:

- Roll over so that your belly button is facing the ground, place the between the ground and your thighs.
- With elbows down, you will push your body back and forth, allows you to roll your quad from “pockets to the top of your knees”
- Can roll 1 leg or both legs at a time.

Notes:

- Another area that tends to have knots
- Floss: Windshield wiper, stack legs, heel to butt



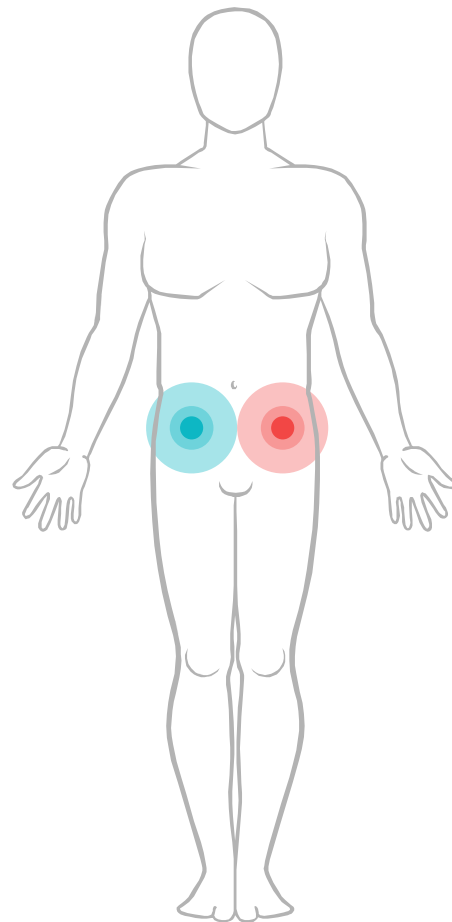
HIP FLEXOR

How:

- Staying on your belly, place the corner of the foam roller in where the inside corner of a pant pocket would be.
- Small forward and backs, working inside/out
- Switch to other leg

Notes:

- Not an area that gets a lot of attention
- Floss: lift leg (toes of the ground, lift heel), windshield wiper, circles



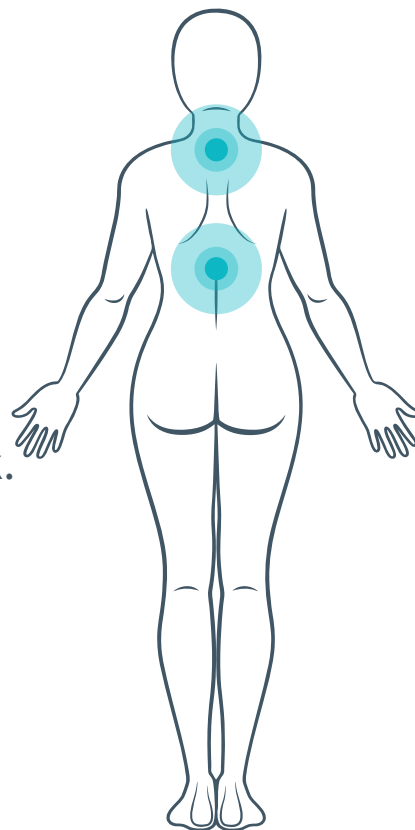
UPPER BACK

How:

- Place the roller between mid-back and ground
- Rolling from bottom lat to base of neck
 - Get over shoulder blades (act as a speed bump)
- Can place hands behind your head to support the neck.

Notes:

- When find knots, can flap arms like a butterfly or cross your arms with hands on shoulders.
- Floss: Windshield wiper, circles



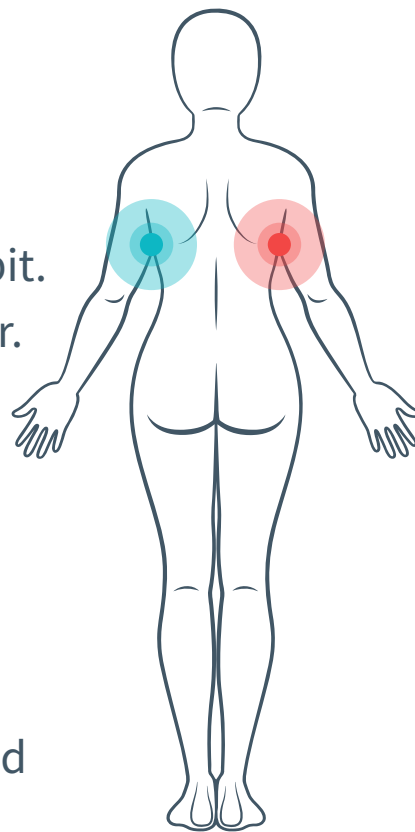
LATS

How:

- Roll to your side and place the roller deep in your armpit.
 - Make sure top shoulder is behind bottom shoulder.
- Keep lower elbow on ground, roll the back, outer quarter panel of torso from armpit to mid torso
- Switch to other side

Notes:

- Lats are tender, they don't get much love
- Floss: Windshield wiper, remove lower arm from ground



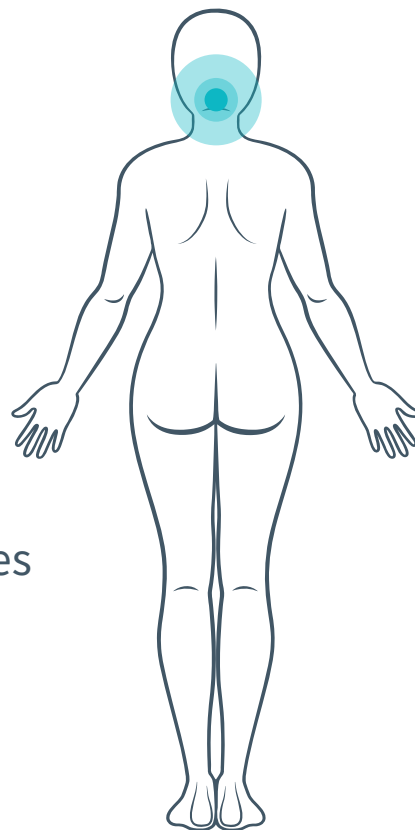
NECK

How:

- Place the foam roller under your neck like a pillow
- Slow controlled movement, turning head from left to right

Notes:

- If you find a knot: Press harder, nod yes/no, make circles with chin
 - Slow and controlled, focus on breathing.



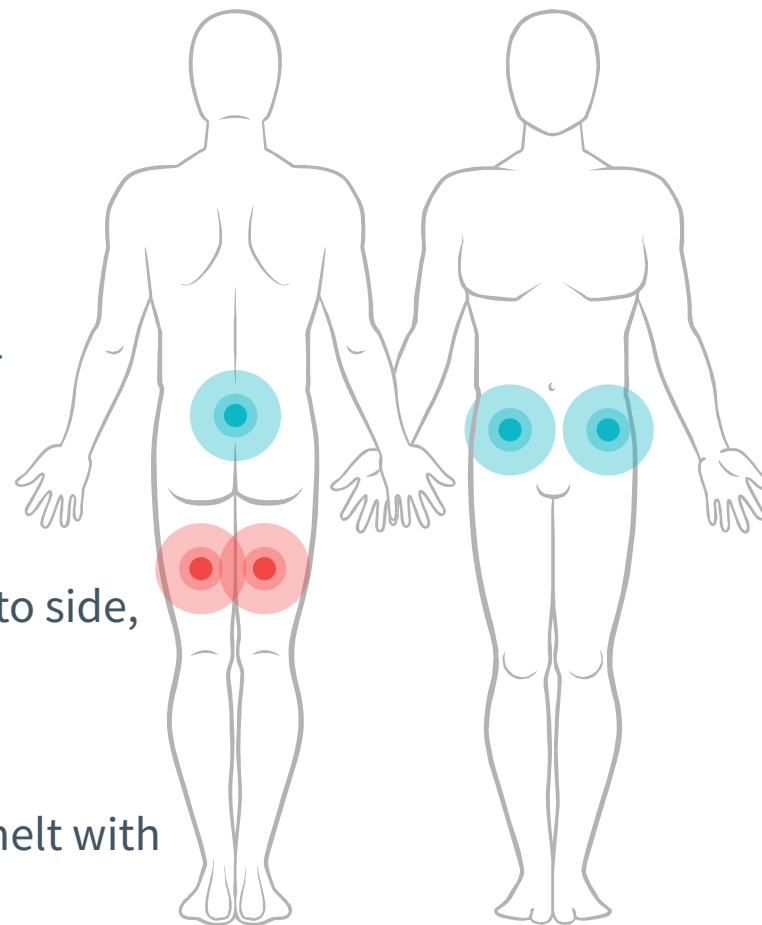
RESET THE HIPS/LOWER BACK

How:

- On this, we use the foam roller but DO NOT roll
- Place the foam roller at your belt line,
 - Legs straight, heels down
 - Shoulder blades down as well
 - Pretty much savasana poise: toes fall out to side, arms to side with palms up

Notes:

- Focus on breathing, try to recognize tension, melt with each exhale
- *Can add knee tuck, extend/relax/extend*





THANKS!

Any questions?



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