

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

MYOFASCIAL RELEASE

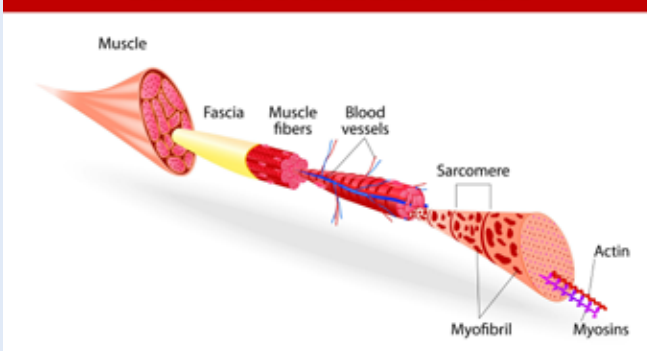
WHAT IS MYOFASCIAL RELEASE?

Myofascia is the connective tissue that covers and connects all of your muscles and bones. Myofascial Release (MFR) is a form of massage that involves applying gentle, sustained pressure into this tissue.

MFR restores motion, as pressure is applied slowly and gently. This allows the nervous system to “calm down” particular areas of muscle by stimulating feedback centers within that muscle.

Even though a professional can often do the best job, MFR can also be self-administered using a few simple tools.

Structure of skeletal muscle



TREAT YOURSELF

The easiest way to perform self-myofascial release (SMFR) is as follows:

Using a foam roller, ball, or other soft tool, apply gentle pressure on any tender spots within a muscle (they often feel like bruises), and maintain that pressure for anywhere from 10-30 seconds. Breathe freely and focus on relaxing the muscle. During that time, you should feel the tenderness/soreness decrease by at least 50%. Once the “release” is felt, move on to find any other areas of tenderness. Repeat until you can roll over the area without discomfort!

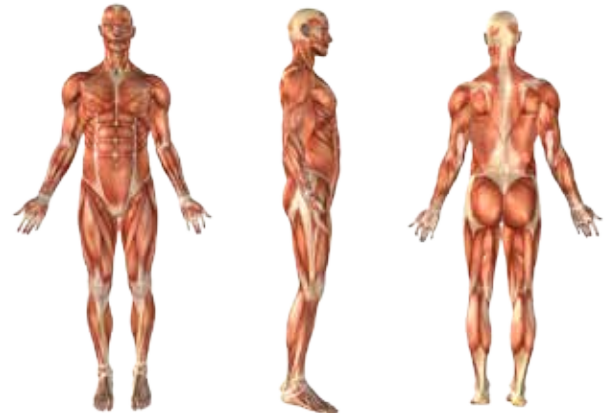
CAUTION: Stay off of vertebrae and joints. Avoid using MFR around any inflamed or swollen joints, and check with your doctor or physical therapist if you are unsure.

POTENTIAL BENEFITS

Myofascial release focuses on using pressure on areas of muscle that have become irritated, possibly due to poor movement, chemical irritation, and/or previous injury. It can have a variety of benefits:

- ✓ Reduction in pain & muscle fatigue
- ✓ Improved joint range of motion
- ✓ Increased blood flow & circulation
- ✓ Improved flexibility without impairing athletic performance
- ✓ Reduction in tension & stiffness
- ✓ Faster tissue recovery

What areas on your body may benefit from more movement and less stiffness or tension?



Coach's Quick Take

MFR can successfully support healthy connective tissue, eliminate pain and discomfort, and increase range of motion.

MFR can be performed by a qualified healthcare practitioner (physical therapist, massage therapist, or chiropractor), or self-administered via your hands, a foam roller, or other easily available tools.

Foam rolling is a popular tool used to help reduce tension and increase blood flow to the muscle and connective tissue. Other tools commonly used include golf balls, tennis balls, medicine balls, or handheld rollers to help target smaller hard to reach areas.

Do you feel tightness in the...

Knee?

- Foam roll the IT Band/Quadriceps/Hamstrings

Hip?

- Foam roll the Piriformis/Hip Flexor/IT Band

Shoulder?

- Foam roll the rotator cuff

Foot?

- Use a tennis ball and place your foot on top

Ankle?

- Foam roll the Calf/Gastrocnemius

Back?

- Foam roll the lower back and upper back

See your Coach for more tips on technique and for the best tool to use.

Calf/Gastrocnemius



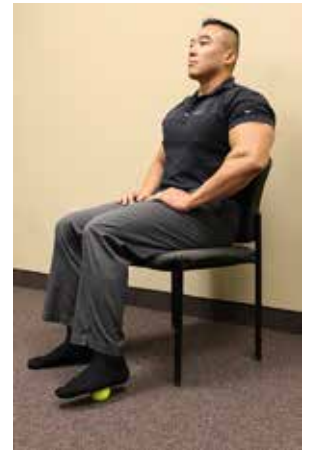
IT Band



Quadricep



Foot



Gluteus Maximus



Lower Back



Rotator Cuff



Hamstring



Piriformis



Calf



It is recommended that you consult with your doctor or physical therapist in the instance of an injury, or prior to starting an exercise program to ensure you develop a plan that is right for your individual needs.

RESOURCES

www.spine-health.com

www.performbetter.com

www.healthline.com

For More Information visit
www.WellnessCoachesUSA.com