

FOAM ROLLING FUNDAMENTALS

A Complete Beginner's Guide to
Foam Rolling Tight and Sore Muscles



13 OF THE
MOST EFFECTIVE
FOAM ROLLING
MOVEMENTS

Roll yourself to better posture,
balance and relaxation

TERMS & CONDITIONS

USE AT YOUR OWN RISK: Consult a physician before performing any exercises. It is your responsibility to evaluate your own medical and physical condition, and to determine whether to perform any of the information or content in this guide.

In no event shall our company be liable for any direct, indirect, punitive, incidental, special consequential damages, to property or life, whatsoever arising out of or connected with the use or misuse of our products.

The information contained in this guide is for informational purposes only.

The material in this guide may include information, products, or services by third parties. Third Party Materials comprise of the products and opinions expressed by their owners. As such, I do not assume responsibility or liability for any Third Party material or opinions.

Although the author and publisher have made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions.

Any trademarks, service marks, product names, or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms.

Nothing in this guide is intended to replace common sense, legal, medical, or other professional advice, and it is meant to inform the reader.

Copyright © 2016 by Bodhivana

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

Essentials and Beyond Ltd.
Bodhivana
27 Old Gloucester Street
London, WC1N 3AX
United Kingdom

CONTENTS

	Page
About Bodhivana	4
Introduction	5
IT Band	6
The Glutes	7
Calves	8
Hamstrings	9
Abductors	10
Lower Back	11
Back	12
Upper Arm Lats	13
Neck	14
Feet	15
Quadriceps	16
Shin Roll	17
Spinae Roll (Back crack)	18
More Information	19

ABOUT BODHIVANA

Established in London, we at Bodhivana promote both a healthy and comfortable lifestyle. We are strong advocates for making a naturally healthy lifestyle possible and attainable for all, of any age. Yoga and Pilates are two of the healthiest exercises which ensure a balanced lifestyle with minimal risk of injury and maximum amount of peace of mind and relaxation.

We provide a unique line of Yoga and Pilates products which will make your exercise routine simple and result-orientated.

Bodhivana has launched with the mission of everyone being able to obtain a luxuriously comfortable and naturally healthy lifestyle. In the manic world of today, it becomes essential that you take out some time for yourself. Our products are made to the highest quality and take advantage of eco-friendly and sustainable materials.

For each of our products we created a guide which provides a kick start into the world of fitness, or if you are more experienced, the guide might be a useful refresher for exercises, poses, or stretches you can take advantage of.

Enjoy the benefits of a healthy life with Bodhivana!

INTRODUCTION

There are many great benefits to using a foam roller and the primary goal for most people is Myofascial release. This is a hands-on technique massage therapists have been using for many years. Not everyone has the time or money to visit a therapist regularly, so the foam roller was developed.

Even though a foam roller will never completely replace therapy, it serves as an effective alternative, which can be used regularly.

Other foam roller benefits include: increased blood flow throughout the body and increased range of movement, better flexibility, decreased cellulite and stress as well as lactic acid release. These benefits can decrease the chance of injury and decrease recovery time after a workout. And a decreased recovery time means more training sessions with faster results.

How should I foam roll?

Always move the roller in a fluid motion, rolling the length of the muscle 3 to 4 times within approximately a 60 second time frame.

When should I use the foam roller?

As part of the warm-up, foam rolling should be done first, before any stretching or cardio. This aims to get the blood flowing to the areas receiving a lower blood flow and helps to reduce tension in muscles. As part of a cool down after your exercise routine, the rolling helps to flush out blood that has pooled in the working muscles and allows fresh nutrients and oxygen to come in and begin the healing process, faster.

If you only have time to foam roll once, do a pre-workout foam roll, as this gets the best results; rolling for as little as five minutes prior to a workout can have a significant impact on the quality of your training session.

What should I avoid doing?

Avoid rolling too fast. Although this might feel good to you, take it slowly and roll in a controlled manner, focusing on every area the foam roller comes into contact with. This gives your skin and muscles time to adapt to the foam roller. When you find a tender spot, use short rolls, slowly moving over the surrounding area and only then the affected area.

Avoid spending too much time on delicate and sensitive areas. Putting too much pressure and massaging an area too long can result in an injury to the affected muscle. Do not spend more than 30 seconds on a painful area and do not place your entire body weight when massaging the area. Use your feet to support your weight and choose your comfort level.

Now that you are motivated by the benefits you can achieve and are aware of basic things to avoid, let's start foam rolling!

IT BAND

The IT band is not a muscle, but it is a common source of pain, particularly for runners. The IT band is a long series of connective tissue that runs from the outside of the hip down to the outside of the knee.

Lie on your side with the foam roller just below the hip bone. Slowly roll down to just above the knee, keeping your forward foot planted flat on the ground to stabilize your body and control how much weight and pressure you put on your IT band.

Remember to roll slowly and not to spend more than 30 seconds on any tender spot.

Move the roller in a fluid motion, rolling the length of the muscle 3 to 4 times within a 60 second session.



THE GLUTES

Tight glutes can be the cause of a lot of pain elsewhere in the body, specifically in the knees and lower back. Foam rolling the glutes can release these trigger points, allowing for pain free movement. If you have sciatic pain, this foam roll is highly recommended.

Sit with one leg crossed over the other while sitting on top of the roller. You should almost be sitting directly on top of the foam roller with the roller at the top of your glute muscle towards your lower back. Lean slightly towards the leg you are working on.

Slowly roll your way down, only a few inches.

Try shifting your body weight to the centre and then leaning to the other hip to hit the different areas of your glute, and then move on to the other side.



CALVES

Sit on the floor with the roller underneath your calves. Place your hands on the floor behind you and raise your glutes off the floor. All of your body weight should be on your hands and the roller.

Slowly roll forward and back to move the roller up and down from just below your knees to above your ankles.

ADVANCED: Try this roll one side at a time by stacking your legs. To change the emphasis, turn your feet in or out as you roll.

Each time you change to a new muscle focus by turning your feet, roll 3 to 4 times within the 60 second time frame.



HAMSTRINGS

Start by placing the foam roller at the top of the hamstring, right below your glutes. Slowly work the foam roller down towards your knee. Remember to do short rolls over any tender areas for 20 to 30 seconds and then move on.

ADVANCED: Try crossing one leg over the other. Same as with the calves, turn your foot in and out to target your entire muscle.



ABDUCTORS

The abductor muscles run along your inner thigh. Tight abductor muscles are a common reason why people feel tight in the hips; keeping the abductors loose is very important for hip mobility and to obtain the proper form of lower leg exercises such as the squat.

The beginning position is awkward for this roll. Lie on your stomach, with your knee bent up and out to the side, then place the foam roller under your upper thigh.

Slowly work the roller down towards your knee. Do not tense your upper thigh muscle during this roll.

Do not allow your upper torso to turn; keep it parallel to the ground.



LOWER BACK

Warning: Some personal trainers do not recommend foam rolling for the lower back, but some do say that it is useful to include. This is one of the most controversial foam rolls and therefore it is recommended you speak to your trusted fitness instructor prior to performing this foam roll.

Keeping your lower back loose and limber directly affects the flexibility of your glutes and the efficiency of your training. Never roll directly on your spine.

Sitting on the ground, lift your pelvis off the floor to place the roller directly in the small of your lower back.

Use your right hand for stability, roll up slowly and stop if there is any discomfort.

Do this roll at an angle, tilting your body first to one side and then to the other.



BACK

Place the foam roller under the middle of your back. You can gently support your head with your hands clasped behind the back of your head or you can cross your arms over your chest. Lift your hips off the floor.

Roll your body down until your roller reaches your upper shoulders. Keep your hips off the floor for the entire roll.

Do not roll past the end of your ribcage to your lower back or past your shoulders to your neck.



UPPER ARM LATS

Most people are very tight under the shoulder blade. When you hit a sensitive area, continue to breathe and work the area around it for 20 to 30 seconds.

Lie on your side with your lower arm extended but relaxed. The foam roller should be midway up the torso, just above the bottom of your ribcage.

You can angle to different sides to hit a larger area of the muscle group.



NECK

Lie on your back with the roller under your neck. Allow your head to rest on top of the foam roller so that you feel a gentle pressure on your neck.

You can slowly turn your head from side to side, or to the side and down, aiming your chin to your shoulder.

Hold each adjustment for one breath and then move on.



FEET

This is one of the best rolls you can do after a run or a long day in uncomfortable office shoes.

Stand with your foam roller under the arch of one foot. Gently apply pressure to the arch by leaning your weight forward, and slowly roll your foot back and forth over the roll.

You can tilt your foot from side to side for a greater effect.

ADVANCED: Try holding onto something sturdy next to you and place both feet on the foam roller for this roll. More body weight means more pressure, so do this slowly.



QUADRICEPS

Tight quads can lead to knee pain and poor posture.

Lie facing downward on your mat with the foam roller under the top of your thighs. You can either do one leg at a time or both at the same time.

Work the roller down to just above your knee.

The quads are a very large area and muscle group so you should try to turn your feet in and out to hit different angles. You will need to do one leg at a time to hit more areas of your quads.



SHIN ROLL

This is the critical and most valuable roll for long distance walkers and runners who complain about pain in the shin or front part of their lower leg.

Start on your hands with the foam roller placed slightly lower than your knee. Do not roll over any bony structures or your knee cap.

Slowly roll up over the shin muscles by angling your leg slightly. Do not roll over your shin bone.

Do short rolls over any sensitive areas. Keep the rolls slow and controlled and move on after 30 seconds of focus on one area.



SPINAE ROLL (Also known as BACK CRACK)

It is important to keep the feet on the floor and for beginners to keep their hips on the floor. This helps to limit the amount of weight placed on the roller.

Avoid straining neck muscles by placing your hands under your head as a support.

Roll over your erector spinae muscles, which are in the middle of your back, under your shoulder blades.

ADVANCED: Try raising your hips off the floor during this roll.



For further foam roller guides and a video of foam roller instructions, visit the Bodhivana site:

www.bodhivana.com/roller-guide

The Bodhivana site is constantly being updated with useful information and new guides to benefit from. We from Bodhivana wish you happy foam rolling, and should you like to contact us, please do so at:

E-mail: info@bodhivana.com

www.bodhivana.com

Essentials and Beyond Ltd.
Bodhivana
27 Old Gloucester Street
London, WC1N 3AX
United Kingdom