



Self Myo-fascial Release (SMFR)  
Aka Foam Rolling, LaX Rolling, Stick Rolling

Why do SMFR

- Warms-up tissues (muscles, tendons, ligaments and the fascia the surrounds them)
- Reduces or eliminates tissue adhesions (trigger points)
- Reduces tensions
- Improves blood flow

Yes I know it can be boring and can be quite painful which is why it needs to be done. The painful areas are where you need to focus your energy, thoughts and breathing. When you find a tender area hold the spot and allow the pain to dissipate. Focus your thoughts and breathing on that area. When the pain goes away sink a little further into it and breathe the pain away.

Your breathing should be relaxed, if you breathe fast you'll make things worse, Fast, high breathing is a fight or flight reflex that makes you more stressed and can cause panic attacks.

SMFR should be deliberate and "mindful". Don't just roll up and down as fast as you can or you're just wasting your time.

Each person has different areas they need to focus on. But almost everyone needs to roll the following areas every time:

- ITB (illio-tibial band – the outside of the thigh)
- Lats (lattisimus dorsi – your bat wings under the armpits and about ½ down your side and into your back) The lats are one of the biggest muscles in the body
- Upper back up and down as well as side to side. This targets many different muscle groups including the upper and lower traps and rhomboids

After addressing those 3 areas focus on the areas you are having issues with based on your Movement Screen (colored wrist bands). If you never had a screen you need to make an appointment (<http://tinyurl.com/lqajfkt>) right away.

In order of importance to clear. For multiple colors always start with the lowest number in this chart

1) Yellow Band (Swings/Deadlift restricted)

LaX ball on glutes

Foam roll quads (front of thigh)

Do NOT roll the back of your legs (hamstrings) unless they are sore.



2) White band (shoulder restrictions)

LaX Ball on chest (pecs) Don't not roll breast tissue!

LaX Ball on traps (back of shoulders), between shoulder blade & spine & lats. Don't roll the edge of the shoulder blade or spinal column

Use 2 tennis balls taped together and place on either side of your spine starting at mid back and work your way up. You are trying to arch you upper back while keeping the lower back flat.

3) Orange

LaX ball on glutes

4) Red

LaX Ball on chest (pecs) Don't not roll breast tissue!

LaX Ball on traps (back of shoulders), between shoulder blade & spine & lats. Don't roll the edge of the shoulder blade or spinal column

5) Purple (squat restrictions)

Foam Roll Inner thighs

Foam Roll Quads

LaX Ball under foot

"Stick" on lower leg. All the way around. Don't roll shin bone

6 & 7) Blue or Green bands

Lax Ball on butt, & side of hip

Foam roll the front of the thighs (quads)

Foam Roll the inner thigh especially near the knee

When you are rolling, BREATHE in and out through the nose and try to relax. Visualize your breathe going to the area that is painful and visualize the tissues releasing.



ITB – less pressure



ITB – More pressure



Quads



Upper Back



Inner Thigh



Upper Back across



Thoracic Spine Extension Drop your head and try to arch the UPPER back



Glutes/ Hip with LaX Ball



Lats





Foot



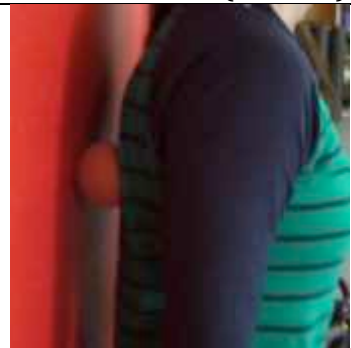
Pecs (stay off the breast tissue!)



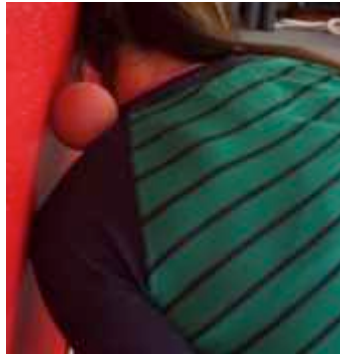
Upper Pecs below and along the line of the collar bone (clavicle)



Upper Back



Mid Back below the shoulder blade (scapula)



Upper Traps



Lats with LaX Ball



Rolling the Calves/ Lower Leg with the stick



Inner Thigh with Stick



Two tennis balls taped together For Thoracic Extension

