

4 FACTS THAT NO ONE EVER TOLD YOU ABOUT FOAM ROLLING

Plus 3 Pro Tips to Improve Your Foam Rolling Technique

How Foam Rolling is Effecting Your Muscles

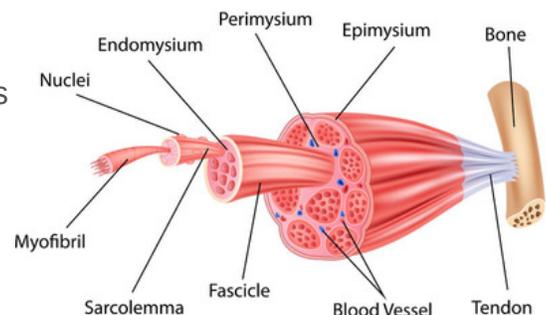
IF YOU ARE USING YOUR ROLLER CORRECTLY...

For the past 5 years we have been teaching our clients how to use a foam roller. Most of them said that they were already using a roller, and it didn't do much for them. When we showed them our techniques, they were amazed! They felt the difference immediately.

When you are using the foam roller correctly, you'll be working your muscles to address these four common muscular issues, which will lead to healthier more flexible muscles, greater range of motion, and stronger muscles.

FACT #1 - MUSCLE ADHESION GUM THINGS UP

Muscle adhesion is the inability of the muscle to glide over smooth surfaces that exist between the muscle fibers and muscles themselves. This gumming up of the muscles fibers and fascia reduce your range of motion and create that feeling of being tight and stiff. Adhesions are created by a wide range of causes; injuries, trauma, radiation, lack of movement, over use, chronic inflammation and repetitive use.



When you use the foam roller correctly, you essentially are breaking up those adhesions which allows the muscle fibers and fascia to move fluidly again. As an athlete, this is going to increase your flexibility and give you more speed.

FACT #2 - SCAR TISSUE WEAKENS YOUR MUSCLES

We feel that there are 2 different kinds of scar tissue. One that we are familiar with are the scars from surgery or accidents. The Second type of scar tissue we can't see are muscle tears. These can be microscopic or fairly large tears. This type of scar tissue is accumulative and can affect the movement of your lymph, the flexibility of your muscles and creates a weak spot which increases the potential for more injury or scar tissue.

When you are using the foam roller to work on all the layers of your muscles, you can start to break up the scar tissue and regain flexibility and strength.

FACT #3 - TENDER POINTS ADD TO MUSCLE DYSFUNCTION

These are the areas on your muscles that your massage therapist finds, and they make you say “ouch!”. Tender points are acute hyper-irritated points in the muscle. They are caused by the tightening of the muscle in response to over use, scar tissue, adhesion, etc. They make your muscle sore, tight and add to the dysfunction of your muscles.

Your foam roller can act like your massage therapist by locating and breaking up those tender points. This gives you a healthier and more functional muscle.

FACT #4 - TRIGGER POINTS CREATE FRUSTRATING UNEXPLAINED PAIN

A trigger point was once a tender point, but kept on getting tighter and tighter. This area, is a chronically hyper-irritated point, so irritated that it shares its pain to another part of the body. This “referred pain” can present itself as pain, numbing, tingling, burning, unexplained head pain and much, much more!

Again your foam roller, when used correctly can help you to locate and break up those hyper-hyper-irritated points and stop the referral pain.

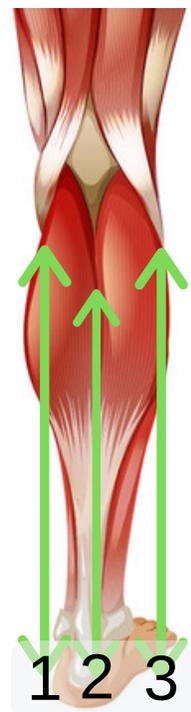
3 Pro Tips to Immediately Improve Your Foam Rolling Technique

PRO TIP #1 - YOUR MUSCLE IS NOT A PLANK OF WOOD!

When you foam roll, remember that your muscle is round, it has sides to it. This means that when you are foam rolling, rotate your limb to get the full muscle. Something we always suggest is to look at your muscles and break it up into “lanes”. Here is an example using the calf muscle.

When most people foam roll their calf muscle, they only work on lane #2 and ignore the rest of the muscle.

To get lane #1 and #3, you rotate your leg. Start with your toes pointed towards the center of your body to get lane #1, point the foot straight up to get lane #2 and point the toes away from center to get lane #3. By doing this you’ll have worked on you entire calf muscle.



PRO TIP #2 - THINK OF FOAM ROLLING AS "HUNT AND FIND"

Now that you are working the whole muscle as you foam roll, you'll be looking or hunting for tender spots. You know you found a tender spot because it hurts! When you find a tender spot spend some time on it. Go back on forth on it as you change your pressure. You may not resolve this tender spot in one foam rolling session, keep on visiting it often until it is gone.

When you hit a tricky muscle referral you will notice that you feel pain, tingling or numbing in another area of the body. Work on these referral points the same way you do a tender spot. With consistent work the pain referral will stop. First you may notice the referral pain dissipating, but the area you are working is still tender. Keep on rolling that tender point until it too is a distant memory!

PRO TIP #3 - YOU ARE IN TOTAL CONTROL

As you are foam rolling, you have total control over the pressure being placed on that roller and your muscles. A great example is foam rolling your back. When working your back, you have the roller between your back muscles and the floor. If you lift your rear, you'll be putting more pressure on the roller and your muscles. With your rear down on the ground, the weight on the roller is reduced.

Knowing this is important for the person who is extremely tender and tight and wants to throw their roller away because "it hurts too much to foam roll!". This Pro Tip allows you to take control and work at your pain tolerance. This is also helpful for those who are ready to work deeper into the muscle.

PUTTING IT ALL TOGETHER

Our challenge to you: For one week, foam roll every day using these 3 Pro Tips. Your time foam rolling will be more effective and efficient as you start to work out scar tissue, adhesion, tender points and referral points. I'm sure you'll feel a difference in your muscles and see a difference in your athletic performance!

THE ULTIMATE FOAM ROLLER BLUE PRINT

Brian and Christina Hagan, graduated from the Colorado Institute of Massage Therapy in 2004.

Brian Hagan, LMBT started the rehabilitative massage program at Raleigh Orthopedic's Sports program, where he worked from 2006 – 20012.

Brian was the official massage therapist for the Carolina Hurricanes Hockey Team between 2007-2013. He has worked with the NC State Athletics Department from 2006 – present. He currently sees many professional and semi-professional athletes at his office, HealthySteps for Sports and NeuroMuscular Massage.

Brian's Super Power is knowing how muscles work, and how to approach muscles in a unique and effective way to get out tight band, muscle adhesions and scar tissue to bring about a healthier muscle that works fluidly.



Christina Hagan, LMBT is also a NeuroMusclar Massage Therapist. She is trained in Manual Lymph Drainage by The Chikly Health Institute and The Academy of Lymphatic Studies. She provides Manual Lymph Drainage to athletes, post-surgery clients and clients with compromised lymph systems at their office, HealthySteps. Christina is a Fully Certified C.A.R.E. Instructor and has been teaching nationally with the Center for Aromatherapy Research and Education since 2006.

Christina's Super Power is taking a complex topic and breaking it down to small bits that are easy to understand.

Brian and Christina not only own a massage practice together, but this couple has combined their Super Powers and created *The Ultimate Foam Roller Blue Print* to help you stay active and pain-free so you can keep doing what you love to do!

WHAT JESSICA AN ATHLETIC ADULT AND OFFICE EMPLOYEE SAYS

"Brian's Ultimate Foam Roller Blue Print has been a wonderful addition to my daily routine. The instructional videos are not only educational, but well organized into comprehensive sections that correlate to different areas of the body. This is particularly helpful when you have a specific problem area that you want to focus on.

The Program is leveled, allowing me to build a strong foundation before moving on to a more challenging section. I have been able to incorporate it into my pre/post workout regiment in addition to using it for rehabilitation.

I've seen a reduction in muscle tightness and gained range of motion by foam rolling. It has been transformative for me!"



Learn more about "*The Ultimate Foam Roller Blue Print*"

