

Myofascial Release

“Foam Rolling”

Myofascial release (MFR) is the act of applying manual pressure on a muscle to reduce spasm/adhesions. With many tools, from foam rollers and roller sticks to lacrosse and tennis balls, MFR is a cheap, easy, and quick way to achieve instant muscle release.

Rolling for just 30 seconds along a muscle will cause the muscle to relax, breaking adhesions, releasing spasms, and relieving pain.

Shared “Pros” of MFR & Stretching

- Reduces spasms and inflammation
- Increases range of motion
- Relieves pain

Because of this, myofascial release and stretching are best used when in conjunction, and provide the best results when done so.

When to AVOID Foam Rolling & Stretching:

- Over a new injury (within 48 hours)
- When they bring about new or worsen existing pain
- Immediately following any sensation-altering interventions (heat or cold packs)

Stretching

While there are multiple different types of stretching, passive stretching is the most commonly used technique. Passive stretching involves lengthening a relaxed muscle to its end range of motion and holding the position for an extended period of time.

Stretching will cause a spasmed muscle to relax, reducing pain and tightness, and increasing flexibility.

