

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.

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.

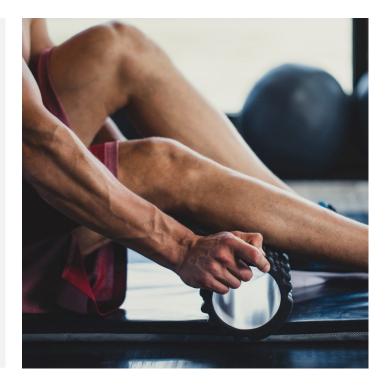
Shared "Pros" of MFR & Stretching

- · 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 sensationaltering interventions (heat or cold packs)



"MarinHealth" and the MarinHealth logo are servicemarks of Marin General Hospital and used by its affiliates pursuant to licensing arrangements.