

HINDMARSH AND FITZROY PHYSIOTHERAPY

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FOAM ROLLING

Myofascial release using a foam roller can be helpful pre and post sports to help athletes and non athletes to prepare their muscles for the game and activity and aid recovery. Below we have a selection of the best foam roller exercises for you to get started on. Roll for 60-90 seconds per muscle daily or after exercise.

COMMON AREAS TO FOAM ROLL ARE:

ITB

Anterior (front) knee pain is common in runners, and this is often caused by mal-tracking of the knee cap (patella). Tightness of the ITB muscle on the outside of the thigh and its fascial connections to the quads muscle can exacerbate this problem. Part of the treatment of this condition is releasing the ITB muscle, which can be done through various manual therapy techniques ie Dry Needling, Massage, Trigger Point Release and Foam Roller release. Using the foam roller as an adjunct to treatment is a great way of self-managing this pain,



THORACIC SPINE (MID BACK):

Using the foam roller over this area is a great way of maintaining mobility in this region. You can use the roller vertically or horizontally along your spine. Roll up and down slowly and hover or focus on specifically tight areas. This works well after your physiotherapist has mobilised these joints with manual techniques. Maintaining mobility in this region is important. Stiffness in this region can lead to compensation through the low back, pelvis and hips which can lead to injury and pain so best to jump on that roller!

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QUADRICEPS (QUADS):

The Quads consists of 4 separate muscles on the front of the thigh that work together as a unit. Focus your rolling on the front, inner and outer part of the thigh muscle to cover all parts of the Quads.



CALF

Your physical condition is important. For example, stiff joints and muscles can reduce your ability to keep your back in a safe position as you lift. If your leg muscles are not very strong, you may find it harder to lift effectively. Poor fitness will cause your muscles to tire, placing more stress on the spine and other joints. Our Physiotherapists can advise you on the best way to improve your fitness.

GLUTEALS

Your gluteal muscles should be working hard to stabilise your pelvis and drive your body forwards. Focus on Foam Rolling the side of the glutes and then working towards the tail bone.

HAMSTRINGS

If you sit for any length of period, you will have the tendency to become tight through your hamstrings as they remain in a shortened position whilst sitting. Roll the hamstring muscle and when you find a painful/tight point maintain the pressure.

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Our Physios can check your technique and give more advanced exercises that can be individually tailored to your needs and your body. We also stock the larger foam rollers needed for releasing the whole spine

ADDITIONAL WAYS TO TARGET MUSCLES

These amazing portable massage sticks are ideal to concentrate on targeted trigger points as well as able to work on general areas. Can be used at work, travel or just at home to provide an excellent alternative to the foam rolling techniques. Available at both Clinics-\$27.00



Provision of education and information only – always seek your Health Professionals advice



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OTHER RESOURCES

We are passionate about providing our patients and community with information on prevention and management of many conditions

Please visit our Blogs at hindmarshphysio.com.au for easy access to up to date information

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You can also Read our E-Books to find extensive tips and pointers in these informative guides. Only available through our links.

FREE E-BOOK ON 9 MOST COMMON SPORTING INJURIES

We have put together a [comprehensive guide](#) to understanding 9 of the most common sporting injuries and what you can do to get started back on track.

FREE E-BOOK ON PREVENTING AND UNDERSTANDING ACL INJURIES

Access our [guide to understanding](#) and prevention of ACL injuries, particularly in our young sports women

FREE E-BOOK ON MANAGING AND PREVENTING BACK PAIN

Download our [free e-Book guide](#) with education and advice to help manage your back and prevent recurrences of back pain.

FREE E-BOOK ON MANAGING KNEE PAIN

Knee pain can be helped by understanding the causes, contributing factors, self management tips and important exercises available [in this Guide](#)

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You can contact us [here](#) if you would like an appointment or talk to one of our physios