

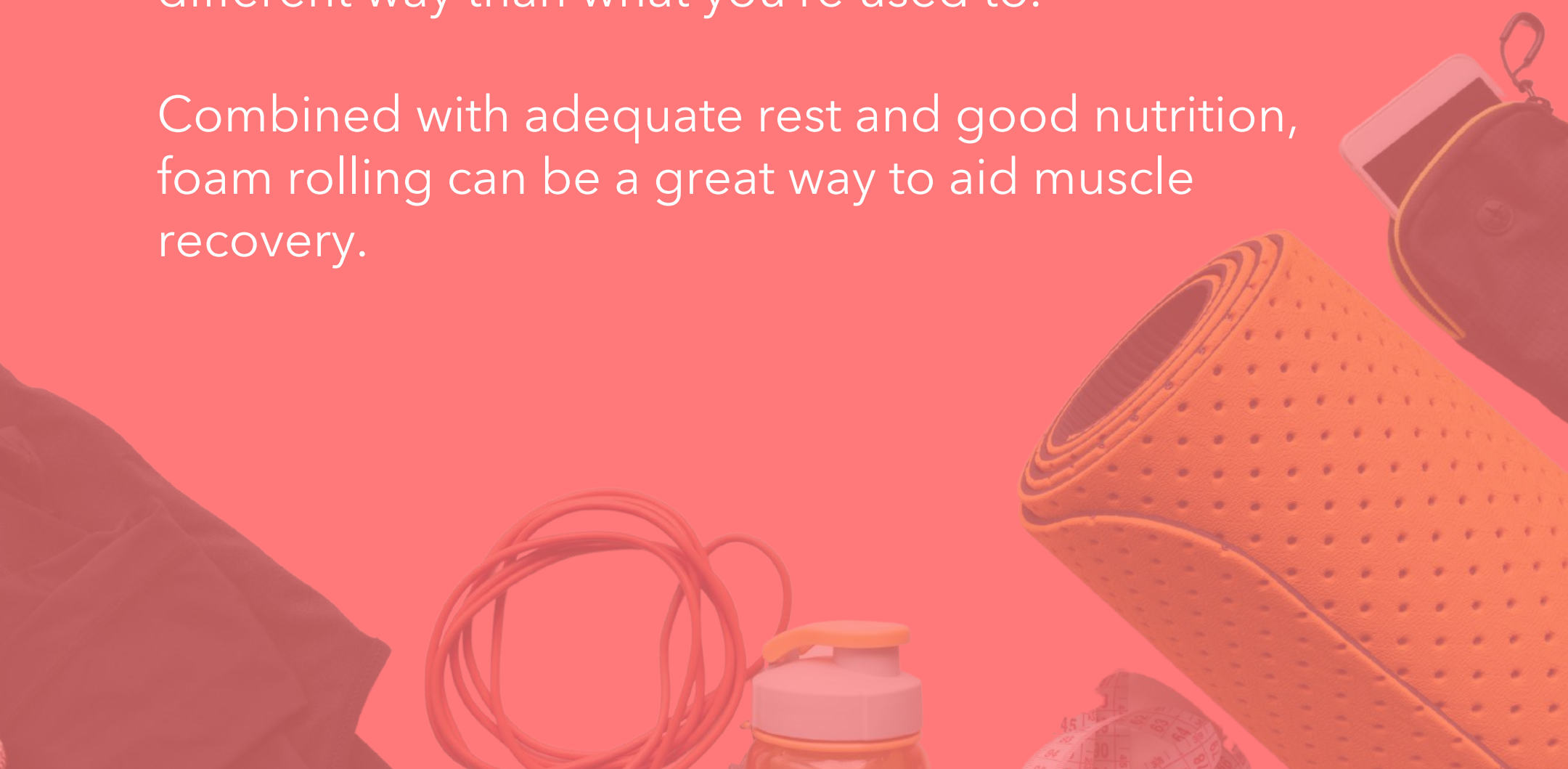
Roll It Out: The Benefits of Foam Rolling for Active Recovery

Grab a foam roller and do an active recovery session! This will help to reduce muscle soreness and improve your range of motion.

Whether you've just started a new workout routine, are coming back after a break, or are simply pushing yourself more during your workouts, you are likely going to experience achy muscles for a day or two after you work out.

DOMS or delayed onset muscle soreness can occur when you're using new muscles, fatiguing your muscles more than usual, or using your muscles in a different way than what you're used to.

Combined with adequate rest and good nutrition, foam rolling can be a great way to aid muscle recovery.



What are the Benefits of Foam Rolling?

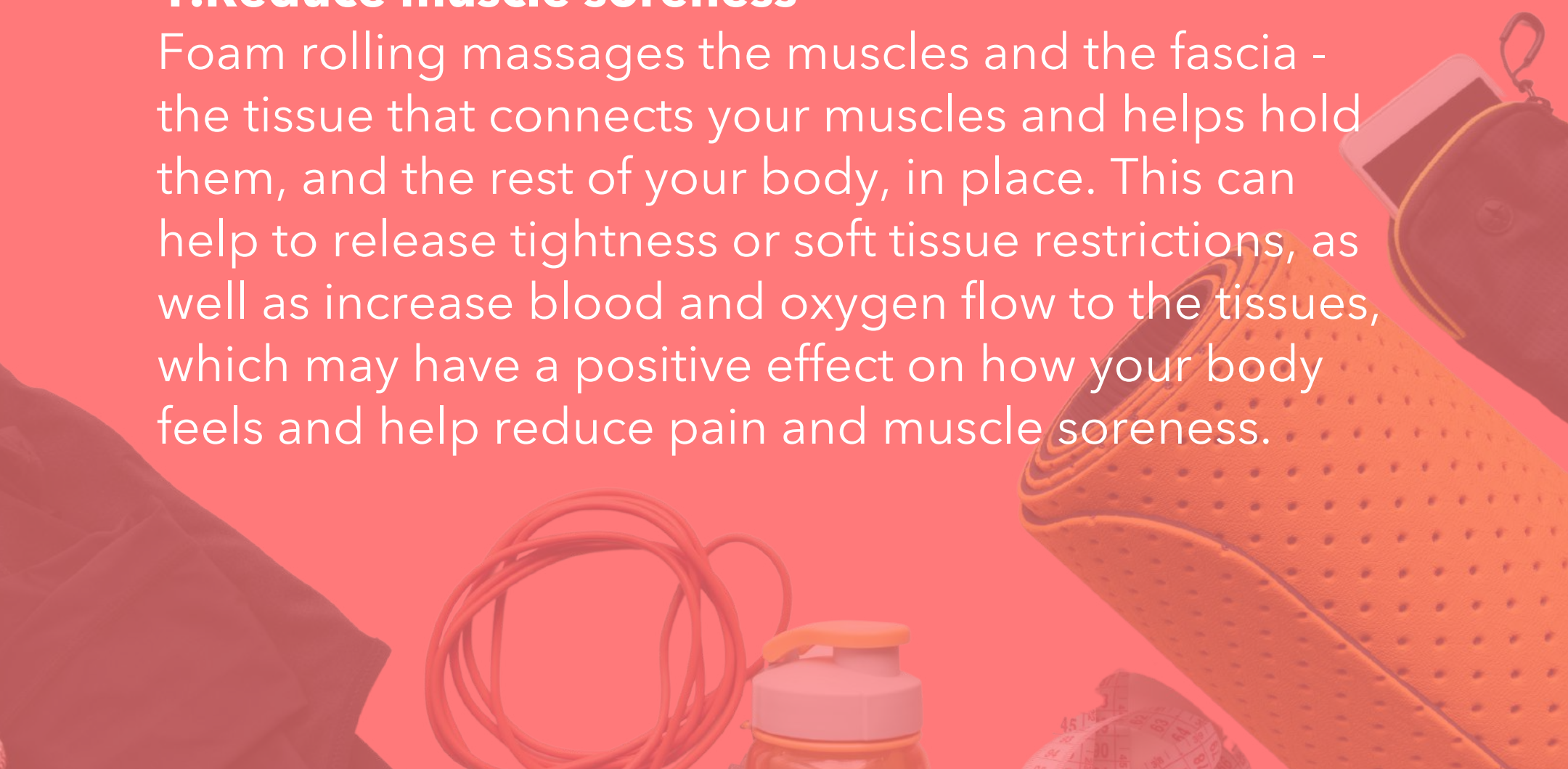
Foam rolling is one way to alleviate DOMS, but it actually has a wider range of benefits. You can do a foam rolling session before a workout, as part of your cool down, or as an active recovery session.

Foam rollers are usually cylindrical and are either smooth or have a texture, to increase pressure. You could also try a recovery ball, which can be used more strategically.

Think of foam rolling as a way to massage your body to release tension and find muscular relief – sometimes called self-myofascial release.

1.Reduce muscle soreness

Foam rolling massages the muscles and the fascia - the tissue that connects your muscles and helps hold them, and the rest of your body, in place. This can help to release tightness or soft tissue restrictions, as well as increase blood and oxygen flow to the tissues, which may have a positive effect on how your body feels and help reduce pain and muscle soreness.



2. Improve flexibility and range of motion

Together with stretching, foam rolling can help improve your flexibility and range of motion, without reducing your muscle performance.

3. Prevent injury and improve performance

Tight muscles are often more prone to injury, therefore loosening everything up will allow the tissues to become more supple and move with more fluidity - preventing injury.

How Do Foam Rollers Work?

Foam rollers are tools to release muscle and fascial tightness.

Apply pressure - as much as feels comfortable - to the roller and roll it up and down the affected area to experience the release.

Common areas to use the foam roller includes

- Calves
- Hamstrings
- Quads
- Iliotibial (IT) bands
- And your middle back



Tips for Using Foam Rollers

- It is key to remain slow and steady while you roll the roller and break up 'knots'. Start by rolling along the length of the muscle and then create smaller, more targeted rolling motions in areas that are particularly tender.
- Remember to take long breaths as you roll - to help you relax and to increase the flow of blood and oxygen to your muscles.
- Apply slightly less pressure to places that are especially painful and instead work on the surrounding area.

