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SELF CARE TUTORIAL

INITIAL TECHNIQUES OF
MYOFASCIAL RELEASE



IRV FIT

RECOVERY



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- Always check with your doctor before starting any fitness routine.
- If you experience pain with any of these exercises then stop immediately and contact our partners in health.



- The recommended sets and reps are a goal, always start small and gradually add more.
- It is about being consistent and building habits that can be sustainable.
- Contact us for any questions any time at:401-595-7358 or email us at Team@IRVFIT.com
- Have fun, stay safe, and be humble!

RECOVERY



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Intended Use:

The intended use for this modality is for self myofascial release. Self myofascial release is a form of soft tissue bodywork that can improve posture, increase flexibility and reduce stress, tension and pain while boosting athletic performance, energy levels and body awareness (Earls & Myers 2010)

Many benefits can be attributed to SMR such as improve blood flow to muscles, reduce stress, and possibly increase joint range of motion and soft tissue flexibility.

Position body in specific areas for optimal results. Only lay on muscles and do not apply pressure on joints or bony areas. Mild discomfort is to be expected but not severe pain. Hold body on challenging areas and slowly roll over them within 1-3 inches.

RECOVERY



Quadriceps Rolling:

Area - Front of leg on the thigh, from below the hip bone down to above the knee joint.

Position - Laying flat in prone position holding body up with elbows and legs straight on foam roller.

Directions: While holding body straight, allow the body to roll up and down on the front of the thigh. You may have to re-position higher or lower on your leg. Keep a steady, slow motion up and down the thigh.

Suggested use:

Reps - 10-15 rolls or for time.

Intensity - Should be mild discomfort but not extreme. Lift body off roller for less intensity or wrap roller with towel.

Recommendations:

Breath should be continuous and calm to enhance relaxation. Ease into rolling for it may be slightly painful. *Roll straight up and down with additional rolling with thigh slightly rotated getting at an angle of muscle.



IT Band Rolling:

Area - Side of leg, above knee joint up to hip.*Line similar to pant seam.

Position - Hold yourself with one arm and lay on side of your hip. Bottom leg is straight while other is stepped over.

Directions: Roll up from above the knee joint to the hip while keeping leg straight. You may have to reposition higher or lower on your leg. Keep a steady, slow motion up and down the leg.

Suggested use:

Reps - 10-15 rolls or for time.

Intensity - Should be mild discomfort but not extreme. Lift body off roller for less intensity or wrap roller with towel.

Recommendations:

Breath should be continuous and calm to enhance relaxation. Ease into rolling for it may be slightly painful.

*Use a block under arm to leverage weight to make it easier on the arms to hold up body weight.



Hamstring Rolling:

Area - Back of thigh from bottock to above the knee joint.

Position - Hold yourself up with both arms and sit back on the roller. Keep legs straight.

Directions: Slide down and back from hips to above the knee. You may have to reposition higher or lower on your leg. Keep a steady, slow motion up and down the leg. *Stack one leg over the other for single sided rolling.

Suggested use:

Reps - 10-15 rolls or for time.

Intensity - Should be mild discomfort but not extreme. Lift body off roller for less intensity or wrap roller with towel.

Recommendations:

Breath should be continuous and calm to enhance relaxation. Ease into rolling for it may be slightly painful.

*Use a block under arm to leverage weight to make it easier on the arms to hold up body weight.



Back Rolling:

Area - Back of torso from shoulder down to bottom of rib cage.

Position - Lay on your back and slightly turn to your side.

Directions: With arm raised over head lay on your back. Slide up the roller into the arm pit area. Roll back down to mid back. *You may have to pivot around the roller.

Suggested use:

Reps - 10-15 rolls or for time.

Intensity - Should be mild discomfort but not extreme. Lift body off roller for less intensity or wrap roller with towel.

Recommendations:

Breath should be continuous and calm to enhance relaxation. Ease into rolling for it may be slightly painful.



Back Rolling:

Area - Back of torso from shoulder down to bottom of rib cage.

Position - Lay flat on your back with hand supporting head.

Directions: Slide up until roller reaches to mid back. Slide back up until roller reaches about shoulder blades. *Do **NOT** go down to lower back.

Suggested use:

Reps - 10-15 rolls or for time.

Intensity - Should be mild discomfort but not extreme.

Recommendations:

Breath should be continuous and calm to enhance relaxation. Ease into rolling for it may be slightly painful.



Hip Rolling:

Area - Muscles around the hip in back and side. Glutes and rotators of the hip around the femoral head.

Position - Side on foam roller with 1 leg crossed over the knee. Lean to bent side.

Directions: Post arm down and use other leg to roll up and down the back of the hip. *Slightly rotate to side of hip to reach other areas.

Suggested use:

Reps - 10-15 rolls or for time.

Intensity - Should be mild discomfort but not extreme.

Recommendations:

Breath should be continuous and calm to enhance relaxation. Ease into rolling for it may be slightly painful.