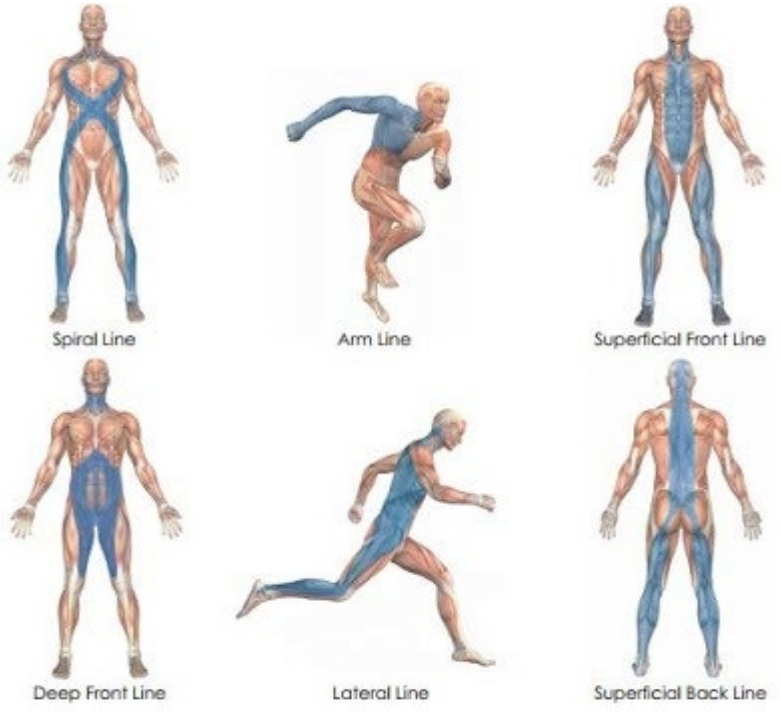
**Myofascial Lines and Foam Rolling**

***Myofascial Lines*** are lines of connective tissue that surrounds major muscle groups. The lines work in tandem to provide tension and force. These forces work together to create functional movements – multijoint stability, coordination, brain-body communications, endurance, and strength. Also, it helps with understanding of how the body works along its kinetic chain – an area of pain, weakness, or instability in one area will affect others.




***Foam Rolling*** is an active stretching technique utilizing Self-Myofascial Release (SMR). It involves applying gentle pressure on soft tissue adhesions, i.e. muscle knots. Adhesions are the result of some form of soft tissue injury, which reduces muscle elasticity and causes contraction and misalignment of muscle fibers in the surrounding muscle group and soft tissue matrix.

When pressure of the body against the foam roller is applied to a muscle knot, the nerve receptors, also known as Golgi Tendon Organs (GTO), will turn off the muscle spindle activity, allowing the muscle fibers to stretch, relax, and realign in the correct position. Therefore, foam rolling is used to aid in muscle recovery, muscle aches and pain, improve flexibility and mobility.

## CALVES (GASTROCNEMIUS/SOLEUS)

Place foam roller under the mid-calf. Cross the opposite leg over the top of the other to increase pressure. Slowly roll calf area to find the most tender spot. Hold that spot for 30-90 seconds until the discomfort is reduced. Especially beneficial for runners or those who regularly wear shoes with elevated heels (8). Switch legs and repeat.

## ADDUCTORS

Lie face down and place one thigh, flexed and abducted, over the foam roller. Slowly roll the upper, inner thigh area to find the most tender spot. Hold for 30-90 seconds until the discomfort is reduced. Switch legs and repeat.

## TENSOR FASCIA LATAE (TFL)

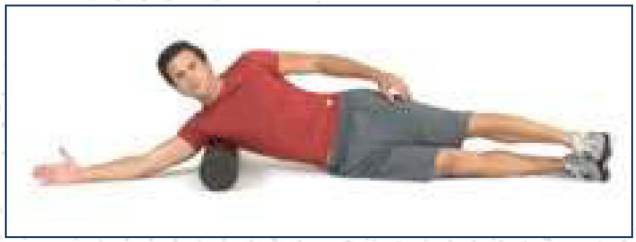
Lie on one side with the foam roller just in front of the hip. Cross the top leg over the lower leg, placing that foot on the floor. Slowly roll from the hip joint down toward the knee to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Switch sides and repeat.

# PIRIFORMIS

Sit on top of the foam roller, positioned on the back of the hip, crossing one foot over the opposite knee. Lean into the hip of the crossed leg. Slowly roll on the posterior hip area to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.

# LATISSIMUS DORSI

Lie on one side with the arm closest to the ground outstretched with thumb facing upwards. Place the foam roller under the arm in the axillary region. Slowly roll back and forth to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.



# THORACIC SPINE

Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth to find the tender spot. Hold for 30-90 seconds.