

# Foam Rollers and More: Fitness for Fascia

Section 1:  
Foam Roller  
Overview

Section 2:  
Foam Roller  
Exercises

Section 3:  
Tennis Ball  
Exercises

Section 4:  
Wrapping Up



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## Course Description

- The Foam Rollers and More Online Module combines lecture, video, and hands-on activities to introduce you to self-myofascial release techniques utilizing foam rollers and small balls. Self-myofascial release helps to improve muscle function by promoting mobility, flexibility and restoring muscle balance. Walk away from this workshop with a greater understanding of both the fascial system and myofascial release and the types of techniques that can ease tightness, inflammation, and reduce injuries.



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## Fascia

"The fascia links the entire muscular system, not just muscle to bone, but muscle to muscle, along with all the structures in the body, like organs, ligaments and tendons."

<http://www.sculpting.com/pt/ty-cg/ty-Muscula>



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## Section Two Foam Rolling Practical



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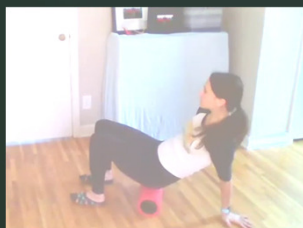
## Glute Release

### Preparation:

- Sit with the buttocks slightly hanging off the back of the roller
- Bend knees and place heels on the floor
- Place hands on the floor slightly behind the roller

### Movement:

- Roll forward and back, leaning slightly each way to target both glutes



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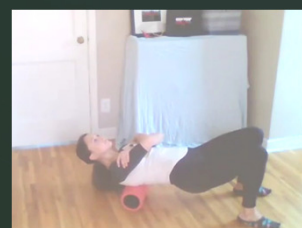
## Thoracic Spine (1) Release

### Preparation:

- Position the roller under mid-back
- Cross arms across the chest
- Raise hips off the floor

### Movement:

- Roll forward and back, from mid-back to just below the cervical spine



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