

# Foam Rolling & Myofascial Release Guide

Evidence-based self-myofascial release protocol for recovery and mobility

## PRINCIPLES

- ☐ **Roll each muscle group 30-60 seconds**  
Research on self-myofascial release shows diminishing returns beyond roughly 90 seconds per area
- ☐ **Move slowly, about 1 inch per second**  
Faster rolling reduces mechanoreceptor response and limits tissue adaptation
- ☐ **Pressure to "hurts so good," not sharp pain**  
Sharp or radiating pain signals to stop - never roll directly over joints or bone
- ☐ **Breathe normally throughout**  
Breath holding increases muscle guarding and reduces the technique's effectiveness

## LOWER BODY PROTOCOL

- ☐ **Quadriceps: 45-60 seconds each side**  
Prone position, roller perpendicular to the muscle, slow controlled passes
- ☐ **IT band: 30 seconds each side**  
Light-to-moderate pressure only - the IT band is dense connective tissue, not muscle
- ☐ **Calves: 45 seconds each side**  
Cross the opposite leg over for added pressure once tolerance builds
- ☐ **Glutes: 45-60 seconds each side**  
Seated on the roller, shift weight slightly to target each side independently

## UPPER BODY & TIMING

- ☐ **Thoracic spine (upper back): 60 seconds**  
Support the head with hands; avoid rolling directly on the lower back or neck
- ☐ **Lats: 30-45 seconds each side**  
Arm extended overhead, roller angled under the armpit region
- ☐ **Pre-workout: 5-10 minutes total**  
Dynamic, faster passes to prime tissue and increase local blood flow
- ☐ **Post-workout or rest day: 10-15 minutes**  
Slower pace, longer holds on tender spots to support recovery