Healthy soft tissue requires consistency and daily attention. In order to perform at a high level and remain healthy, your joints need to be able to function through their entire range of motion or ROM, for short.

Injured, tight, shortened muscle fibers = Decrease ROM = Low power output = LOW PERFORMANCE
Healthy, long, relaxed muscle fibers = Normal ROM = Greater power output = HIGH PERFORMANCE

Keys to Foam Rolling:
1. Avoid rolling over joints
2. Spend extra time when you find a knot or tightness
3. Always stretch the area you roll after
4. “Check in” with each muscle group to see how it feels, move on if its good
5. Never hold your breath!
6. Spend approximately 2 minutes on each muscle group
7. Be intentional and start with what is sorest, tightest etc.

THORACIC SPINE
HAMSTRINGS
IT BANDS

ADDUCTORS
QUADS
CALVES

GLUTES
PECS