

## **Sore? Try Foam Rolling**

Foam rolling or self myofascial release (SMFR) is a method of rolling out muscles to release tension and bunched up muscle fibers. Using a foam roller you can roll out those muscle fibers.

Why would you want to do this?

To relieve muscle soreness, improve range of motion, and improve neuromuscular efficiency to list just a few of the benefits. This technique is especially beneficial for athletes in the pubescent stage of growth. With bones growing at a faster rate, muscles and tendons have a hard time keeping up causing the pubescent athlete to become tight and stiff, losing range of motion in joints. Foam rolling on a regular basis will help maintain that normal range of motion, relieving stiffness and growing pains.

SMFR can be a bit uncomfortable in some areas, such as the IT band which runs from the hip to outside of knee. But with continued rolling it will become less uncomfortable and you will begin to feel the difference.

For more information and directions on foam rolling check out this link :

<http://www.performbetter.com/webapp/wcs/stores/servlet/PBOnePieceView?storeId=10151&catalogId=10751&languageId=-1&pagename=91>