

## Foam roller exercises

Using a foam roller is a great way to increase mobility and flexibility. Foam rolling is a type of myofascial release which helps soften the fascia, a type of connective tissue which covers the muscle. This fascia can form adhesions which can restrict mobility but the friction caused from foam rolling over a muscle can break up these adhesions.

### Prescription

Place the foam roller at the joint of a muscle furthest away from the centre of the body. Slowly roll over the muscle pausing at the site of soreness. Hold at the site of soreness until the pain dissipates. Continue over the muscle to locate other sites of potential adhesions. If you don't find any adhesions you should roll over the muscle 5-10 times slowly.

