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OSBORNE PARK

QUALITY OF LIFE PHYSIOTHERAPY UPDATE

FOAM ROLLING

What are Myofascial Trigger points?
Myofascia= soft tissue covering muscles
When damage such stress/trauma occurs to the myofascia, the fascia and muscle can adhere together= *trigger points*.

Trigger points can prevent the muscle from working correctly, cause pain, tenderness, stiffness, ↓ flexibility. Trigger points can also cause refer pain pattern, where the pain you feel is in a different location to that of the trigger point.

Why foam rolling?
Foam rolling is a way to release trigger points. Applying pressure to trigger points can aid in the recovery of muscles and return optimal function. Foam rolling can improve blood flow to the area and help stretch out the trigger point. This in turn can result in pain free movement, and proper movement patterns.

When?
Before or after? There is plenty of evidence on the need for myofascial release but nothing really and when to do foam rolling. So far it should be based on your own subjective personal use and how it affects you.

	PRO	CON	
BEFORE	Improve blood circulation and muscle length Prepares the muscle for stretching	May active your parasympathetic nervous system responsible for 'rest & digest'	Perhaps foam roll 2-3 hours before session or do dynamic stretches
AFTER	reduce myofascial adhesions to prevent muscle dysfunction	Too soon after workout may encourage more inflammation	Wait 24 hours to allow normal inflammatory response

How?
Foam rolling may seem like a simple task but actually using correct techniques can help you avoid injury.
1. Don't roll on injury sites or areas of extreme pain, you should feel some degree of relief rather just more pain or discomfort
2. Don't roll too fast, give your muscles time to relax and to release tension. Going slower allows the muscle time to react and relax
3. Stop on a trigger point/tight spot, rather than repeatedly rolling over, it's actually the pressure from the foam roller itself that helps to relieve the tension.

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Services Offered:

- Physiotherapy
- Back and neck care
- Sports injury management
- Orthopaedic rehabilitation
- Exercise rehabilitation
- Acupuncture
- Ergonomic assessments
- Manual handling training
- Pilates mat classes
- Living Longer Living Stronger
- Massage

Risks

There are risks associated with foam rolling. Foam rolling should be done on areas of muscle mass. Unsuitable areas such joints (e.g. knee and ankle) and bony areas such your neck and spine should be avoided as this areas do not contain myofascial trigger points.

Density of the foam roller can impact on your success with foam rolling. Light density rollers are good for beginners to get familiar with the techniques of foam rolling without applying too much pressure and discomfort. Medium density rollers are good for people familiar with foam rolling and looking for a moderate release of muscular tension. High density rollers are good for advanced users of foam rolling and for much deeper tissue release.

Target Areas

Upper back muscles, triceps, pectorals, latissimus dorsi, gluteals, hamstrings, quadriceps, calf muscles, muscles related to shin splints. Seek help from a professional such as a physiotherapist to ensure proper rolling technique of target areas.

See a physiotherapist?

Sudden onset or progression of intensity of pain/discomfort during or after exercise may indicate that you have sustained an injury. Foam rolling the site of pain not advised as it may aggravate your condition. Foam rolling should make you feel more comfortable to do exercise. If you feel foam rolling is not helping with muscle tightness perhaps you should seek physiotherapy treatment.

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