



**MOTION *is* MEDICINE**  
SPORTS MEDICINE

**DANIEL A. CLEARFIELD, DO, MS, FAOASM**  
SPORTS MEDICINE & NON-OPERATIVE ORTHOPEDICS  
OSTEOPATHIC MANIPULATIVE MEDICINE  
REGENERATIVE MEDICINE  
CONCUSSION MANAGEMENT  
(817) 900-3539  
[WWW.MOTIONISMEDICINEDFW.COM](http://www.MOTIONISMEDICINEDFW.COM)

## USING YOUR FOAM ROLLER

The use of a foam roller to work out tight muscles and tissues has become a favorite tool of Sports Physicians and Athletic Trainers world-wide. This affordable and effective tool allows patients to get deep tissue massage of their most troublesome areas without needing an extra set of hands.

**Self-Myofascial Release:** With use during sports, work, and daily life many of our muscles and tissues can become tight and cause us pain. Self-myofascial release is a way to massage and break up hard tissues and adhesions and allow us greater flexibility, increased blood flow to the area, improved motion, and can successfully reduce pain and soreness.

**What if I am Experiencing Discomfort?** Occasionally some patients discard foam roller exercises because of early discomfort. One thing to consider is that the foam roller is massaging muscle knots that may have been around for quite some time, and as a result may cause some transitory pain as you are able to allow the muscle to relax. However, if you feel like you are causing injury, please discuss your use of the roller with your physician. Remember that with a foam roller you are in control of speed and pressure applied to the area, and if necessary can gradually increase pressure as tolerated. With proper muscle and tissue movement, pain will be reduced, and you will be able to start maximizing your performance.

**How to Use the Foam Roller:** First, simply place the Foam Roller on the floor. Next, rest the desired area of the body on the foam roller. Finally, apply necessary pressure and begin rolling the roller back and forth over the area, paying attention to the tightest areas and where you feel like you need the massage most. There are an abundance of techniques available online, feel free to explore and find the best method for you.



**IT (Iliotibial band)**



**Hamstrings**



**Piriformis**

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**3963 BOAT CLUB ROAD • FORT WORTH, TX 76135**