



## **RELAX & RESTORE FOAM ROLLER TRAINING**

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### **OVERVIEW**

Foam rolling has become a popular form of recovery for many, and a confusing experience for some. Come and learn the benefits of foam rolling, a regular routine, why it works and how to perform it safely.

### **OBJECTIVES**

Cumulative Injury Cycle

The Benefits of Self-Massage

- Autogenic Inhibition
  - This is how static stretching works
  - Contraction of the antagonist muscle when tension is perceived in the agonist muscle
    - GTO inhibition
- Reciprocal Inhibition
  - Seen during dynamic stretching/ pre-stretch to vertical training
    - Stretch reflex

General Guidelines

Choosing the Right Foam Rollers

### **SUMMARY**

Foam Roller Experience

- Supine Work Roller Horizontal
- Scanning for RAD (restrictions, adhesions & distortions)
- Supine Roller Work Vertical

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**