

# Self-myofascial release (SMR) with foam roller

## Techniques

These techniques are actually very simple to learn. Basically, you just use your body weight to sandwich the roller between the soft tissue to be released and the floor.

Roll at a slow pace and actually stop and bear down on the most tender spots ("hot spots"). Once the pain in these spots diminishes, roll the other areas.

In order to increase the pressure on the soft tissue, simply apply more of your body weight to the roller. The simplest way to do this is by either moving from working both legs at once to one leg, or by "stacking" one of your legs on top of the other to increase the tension.

As you get more comfortable with SMR, you'll really want to be bearing down on the roller with most (if not all) of your body weight. As with almost anything in the training world, there's considerable room for experimentation, so you'll definitely want to play around with the roller to see what works best for you.

Be careful to avoid bony prominences, though.

## Upper Back and Shoulders



## Teres Major, Latissimus Dorsi and Triceps



**Quadriceps, Shins and Inner Thighs**



**Outer Thigh, IT Band and Glutes**



**Calves, Hamstrings and Glutes**



**Pecs Major, Shoulders and Anterior Deltoid**



