



## I Have a Foam Roller at Home, but Don't Know How to Use it. What Can I Do on the Foam Roller?

### ANSWER:

Foam rolling is a form of self-massage that gets rid of adhesions in your muscles and connective tissue. It also increases blood flow to your muscles and creates better mobility, helping with recovery and improving your performance. Foam rolling can be done before or after any workout.



There are a variety of exercises that you can do using a foam roller. Below is an example of one exercise.

*Back:* Lie face up with foam roller horizontally under your upper back (below shoulder blades), knees bent, feet flat, and hands behind head.

Tighten abs and press into feet, lifting hips slightly and slowly roll from upper to middle back. Find a tender spot.

Hold for approximately 15-30 seconds, release and repeat.



You can find a variety of resources online on how to safely use the foam roller. One highly recommended book is the [Complete Guide to Foam Rolling](#) available through [Human Kinetics](#).

Need answers to your fitness questions?

You can email them to [fitness@aurora.ca](mailto:fitness@aurora.ca) and one of Club Aurora's Fitness Professionals will post the answer On **The Training Zone** section of our Recreation At Home webpage [www.aurora.ca/recathome](http://www.aurora.ca/recathome)