

Precision Fitness

Self Myofascial Release



Precision Fitness, Personal Fitness, Inc.

www.pfitcentral.com

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About Precision Fitness

Founded in 2001, Precision Fitness has been a leader in designing comprehensive strength and conditioning programs.

Many of our clients come to us because either pain, injury or declining health has left them unable to maintain an active vibrant lifestyle. These people, many of whom come in feeling helpless after exhausting all other options, find renewed hope after working with our highly qualified team of fitness, wellness and sports medicine experts.

We have countless success stories of people who have overcome their issue to take charge of their lives again. Because fitness is strength, and strength is power, we are passionate about helping people who feel defeated to find new strength for living at Precision Fitness.

The information contained within this manual is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

We hope you find the following information useful.

Sincerely,

The Fitness Pros at Precision Fitness

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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e-book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Precision Fitness advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use our Self Myofascial Release Protocol, please follow your Doctor's orders.



Self Myofascial Release (SMR) focuses on the treatment of what is known as the body's fascial system. Fascia is a thin sheath of connective tissue that covers all organs of the body. Muscle fascia covers every muscle and each fiber within every muscle.

When muscle fibers become injured or chronically shortened, fascial adhesions and "trigger points" often develop. These adhesions limit mobility, create tightness and tenderness in muscles, and place undue stress on the joints and vertebrae.

With the use of the foam roll, one can break up these adhesions as well as stimulate the muscles to relax and allow increased elongation of the soft tissue. SMR is a very effective form of flexibility training that, when performed consistently and correctly, can have lasting effects.

SMR can be performed prior to static stretching and exercise. Using SMR and other flexibility training methods can give you increased mobility and performance, as well as improved quality of life.

SMR techniques can be painful over some areas of the body, especially the outer thigh and lat's. Always use caution to not apply too much pressure and avoid direct pressure over joints and bony prominences, this technique should identify and allow you to address areas of the body that may be limiting your performance. Similar to massage remember to breathe through all the releases and allow the trigger points to slowly release(holding each spot up to a minute, maybe more) before moving on to the next point, this process takes time so be patient.

Be diligent with the SMR techniques to not place your back in uncomfortable positions. Some of the positions are difficult to hold and can be a work out in themselves.



Latissimus Dorsi (Lat.)

Preparation

- Lie on your side while placing the foam roll under the low arm pit area.

Movement

- Slowly roll your from your armpit down area until a tender spot is found.
- Upon finding the tender spot hold in place until your feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Roll your torso backward to find additional tender spots.
- Your lat runs from under the arm to the lower back.

Video: <https://youtu.be/tjCC6aH6VF4>



Rhomboid (Upper Back)

Preparation

- Option 1: Lie on your back and cross your arms the foam roll placed across the middle back.
- Option 2: Lie on your back with your hands behind your head and elbows close together.
- While bracing your abs, raise your hips.

Movement

- Slowly roll your upper back until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Placing your arms behind your head will change the ability to find tender spots.

Video: https://youtu.be/aPlf361e_FU



Piriformis (Deep Hip Rotator)

Preparation

- Sit on the foam roll, cross your leg and slightly roll to that side of your buttocks.
- Place your outside hand on your knee.

Movement

- Slowly roll your hip and buttocks until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Pull your knee towards your chest to open the hip and increase effectiveness.

Video: <https://youtu.be/9d545C7M3CQ>



Adductors (Inner Thigh)

Preparation

- In the face down position place your inner thigh on the foam roll.

Movement

- Slowly roll your inner thigh until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Bend your knee to release some pressure and extend your leg to increase pressure.
- Remember to roll from the groin to just above the knee.

Video: <https://youtu.be/LYEdktG6lSU>



Illiotalibial Band (IT Band)

Preparation

- Lie on your side while placing your outer thigh on the foam roll with your top foot placed on the floor in front of you.

Movement

- Slowly roll your outer thigh until a tender spot is found.
USE CAUTION: Tender Area of the body.
- Upon finding the tender spot hold in place until your feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Raise your body off the floor to increase pressure and effectiveness.
- Releasing this region of the body will greatly aid your performance.

Video: https://youtu.be/RReFeLxEZ_c



Hamstring

Preparation

- Place the back of your leg on the foam roll just above the knee.

Movement

- Slowly roll you're the back of your leg until a tender spot is found.
- Upon finding the tender spot hold in place until your feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Raise your body off the floor to increase pressure and effectiveness.
- Rotate your leg in and out to find additional tender spots.
- Place your free leg on top of the roller leg to increase pressure.
(Increased pressure will result in a faster more effective release.)

Video: <https://youtu.be/VMbkWPpCWYE>



Quadriceps

Preparation

- In the face down position place your thigh on the foam roll just above the knee.

Movement

- Slowly roll your thighs until a tender spot is found.
- Upon finding the tender spot hold in place until you feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Bend your knee to release some pressure and extend your leg to increase pressure.
- Rotate your leg in and out to find additional tender spots.

Video: <https://youtu.be/R63RCmf6joY>



Calves

Preparation

- Place the back of your lower leg on the foam roll just above ankle.

Movement

- Slowly roll you're the back of your leg until a tender spot is found.
- Upon finding the tender spot hold in place until your feel a (75%) release in discomfort.
- Slowly move to the next tender spot and repeat the steps.

Tips

- Raise your body off the floor to increase pressure and effectiveness.
- Rotate your leg in and out to find additional tender spots.
- Place your free leg on top of the roller leg to increase pressure. (Increasing pressure will result in a faster more effective release.)

Video: <https://youtu.be/OU-nh5uADJs>





SMR Suggestions:

1. Slowly move up and down the muscle until a tender spot is found.
2. Stay on the spot until the tenderness drops by at least 75%
3. Move onto the next spot and repeat until the full length of the muscle is rolled.
4. Perform foam rolling exercises everyday before you do any stretching and activity.



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(<https://www.youtube.com/user/NCPrecisionfitness>) for more exercise and fitness videos. While you are there, subscribe to our **YouTube Channel** so you don't miss any new content.

We also offer **Online Training**. For more information, visit our website:

<http://www.pfitcentral.com>