

ROLLING WORKSHOP



ROLLING ROUTINE:

“What is foam rolling? Self massage to release tension in the connective tissue (fascia) that covers the entire body. Why should I roll? Restriction in the fascia (ex. knots, adhesions) can cause pain by putting pressure on nerves and muscles, we want to eliminate pain and restore range of motion and function of the muscles. BALL ROLLING: Apply pressure to the ball and start to roll over a small area, if you find a tension spot you can hold on it and perform some deep breaths

FOAM ROLLING: Perform 10 passes along the muscle per side. Focus longer on tighter areas.

FEET



CALVES



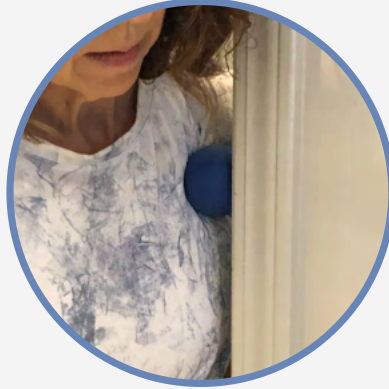
HIPS



SHOULDERS



PEC



UPPER BACK



BICEPS



TRICEP



GLUTES



QUADS



ADDUCTORS



HAMSTRING





Questions?
Email Sheila at admin@sheilahamilton.ca

Sponsored by:



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