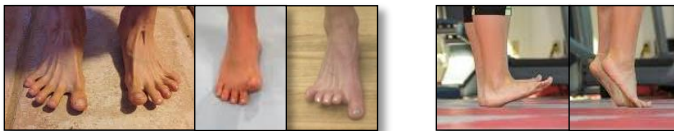


Myofascial Release Technique Guidelines

- **Equipment required:** Therapy Balls, Alpha Ball, Travel Roller or Foam Roller
*these items are sold at the clinic if you need them
- Balls and rollers are both are great, but will feel different. Try both, and use whichever feels better to you depending on the muscle you are targeting. Exception: hip flexor release requires an alpha ball or therapy ball
- **How to Roll:** Identify and locate the muscle you want to roll. Start by releasing the mid-belly of the muscle or the area of greatest discomfort.
- When you find a tender spot roll back and forth over the spot for 10-15 seconds (“bust-it-out”).
- Focus of releasing muscles. Don’t spend time on joints or bony areas. If you feel tingling or burning – stop - and move to the next tender spot.
- **Consistency is Key** – you will have much better results by rolling for a short amount of time 1-2 times a day than you will by rolling a lot once a week. Be aware of how your body feels the next day – if the area feels bruised/tender, you rolled too much. We recommend doing your self-care in the morning so that you start your day off with improved function.
- **Free-Style It Up** – once you become familiar with the myofascial release technique, be creative and try working on different muscles throughout your body.

1. Toe spread & Heel-Toe Rocking (warm up your feet & ankles)



2. Arch Release *(3 arches of the foot)



3. Calf/Shin Release



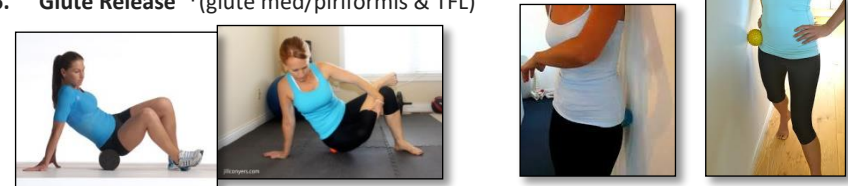
4. Quad Release * (Add in Sartorius → Top Toe In, Bottom Toe Out)



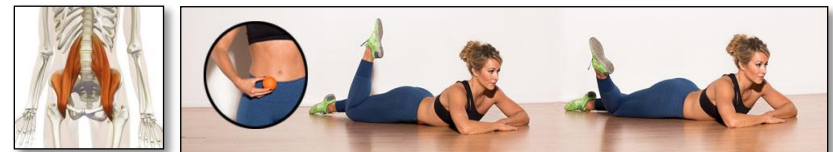
5. Hamstring Release (To increase intensity use a bench)



6. Glute Release *(glute med/piriformis & TFL)



7. Hip Flexor Release (Ball only. “Bend & Waggle” knee.)



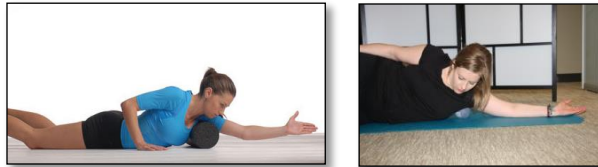
8. Thoracic Spine Extension - 2 Ways (start at mid-back and work your way up)



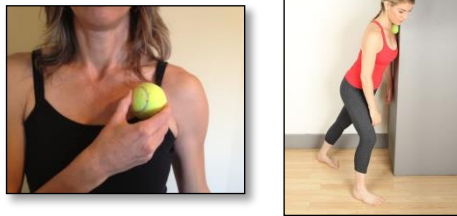
9. **Supraspinatus & Trapezius Release** (top of shoulder)



10. **Internal Shoulder Rotators Release** (arm pit)



11. **Pectoral/Chest Release**

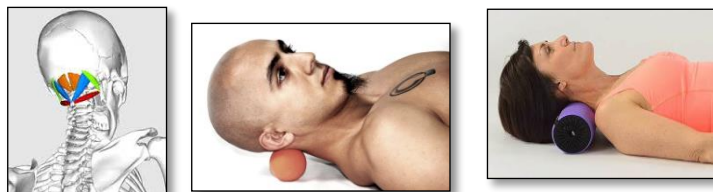


12. **Scalene Release**

(In triangle above collar bone. Trap muscle, tilt head away, look up)



13. **Suboccipitals** (Alpha ball or Roller. "Yes & No")



Self Care Rolling Workshop

Dr. Laura Vandertogt, BSc, DC

This workshop provides you with a variety of self-myofascial release techniques for the common dysfunctions many of us experience (aka: ways to treat tight muscles on your own). This self care program will help you become an expert in rolling and "busting-out" all the tight/sore areas of your body. Rolling is a simple and effective way for you to target and release muscle tightness, correct imbalances, increase joint mobility and improve muscle function. Combined with regular exercise and other self-care activities, you will feel better, move better, and your body will function better so that you can take-on & enjoy whatever life throws at you!

Please remember that like most things, rolling is not a quick fix to resolving tight muscle issues and poor mobility. Play around with all of the suggestions. There should be 3 or 4 of them that make you feel a lot better! The key is to do them regularly and maintain your consistency. Spending just a few minutes doing your 3 or 4 favourite exercises each day will greatly improve your function.

Rolling *before* your workout or activity will release undesirable tension and stimulate/activate your muscles so that they contract more efficiently during your activity. This will minimize dysfunctional movement patterns due to muscles not firing properly or equally, therefore reducing your risk of injury and developing more dysfunctional compensatory movements. Rolling *after* will help to flush cellular metabolites such as lactic acid out of your muscles, and "untangle muscle knots" before your muscles cool down so that your muscle tissue repairs itself in a more functional, "untangled" state.

This program was created to support your regular self-care activities (such as getting adjusted!). Throughout your life, your spine and pelvis have experienced a ton of stress. So while rolling and self-care is important, your spine must be moving properly! When your spine moves properly, there is less stress on your nervous system which lets your brain and body communicate without interference. Muscles require your nervous system to tell them when to contract or relax. The nerve supply to your muscles must be free of interference or the rolling will be far less effective.

Give the exercises a try and if you still have questions please contact me at the clinic [403.228.5433](tel:403.228.5433), or email me at drlaura@thewellnessstudio.ca.