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Foam Rolling and Recovery vs Active Recovery

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Foam Rolling

What is Foam Rolling?



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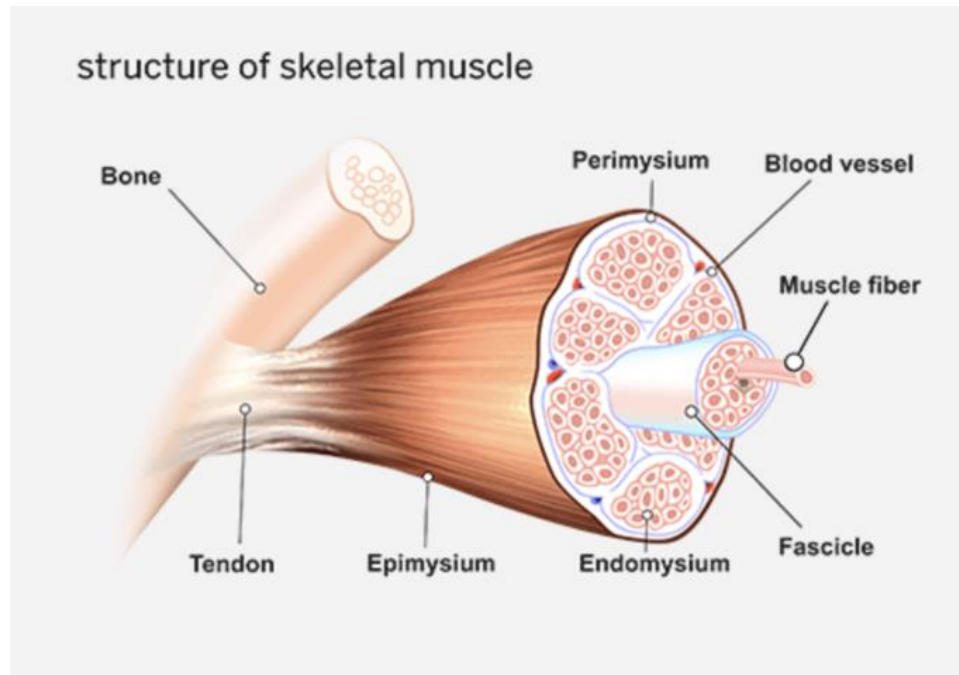
- Is done using a cylinder tube that comes in many shapes and sizes
- A self myofascial (self massage) release technique by rolling certain muscle groups using the cylinder.
- It can be used to increase flexibility, reduce soreness, eliminate knots or trigger points
- Form of active recovery.





What is Self myofascial release?

- Self massage.
- The Fascia is a thin tissue that connects our muscles. When healthy it is flexible, supple and glides smoothly.
- Rolling release tension in the fascia to help it function better.



When should you foam roll?

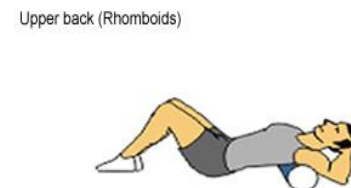
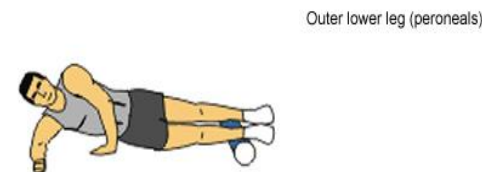
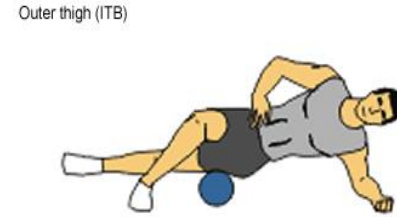
- Rolling can be done anytime!
- Rolling before a workout can help warm up and get blood flowing to your muscles. It can increase Range of motion, and increase elasticity in the muscles about to be uses
- Rolling after your workout can enhance the recovery process, reduce DOMS (delayed onset muscle soreness), and reduce muscle stiffening after your workout
- If you are feeling soreness or tightness any time in the day, foam rolling can help!



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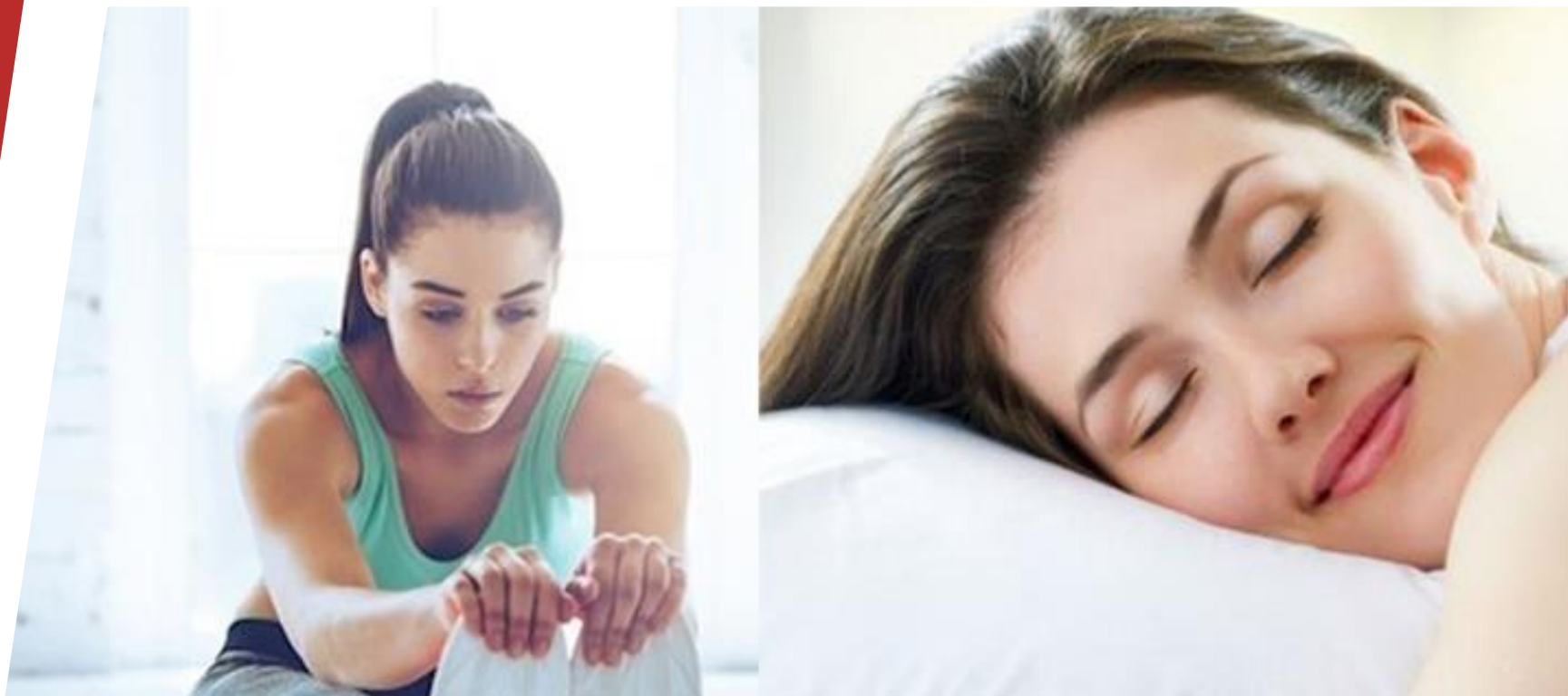
How to foam roll

- Start off soft and add pressure every few passes. Should feel tender but NOT painful.
- Roll your body parts individually (quads, hams, and gluts or upper, middle and lower body).
- Go for 20-30 seconds of the full length of the muscle than repeat with the next muscles. The muscle should begin to relax in 10-30 seconds.





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Rest vs Active Rest



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What is Rest?

- Sleeping!
- Essential for helping your body recover.
- 7-8 hours.
- Repairs and even builds muscle from a previous workout!

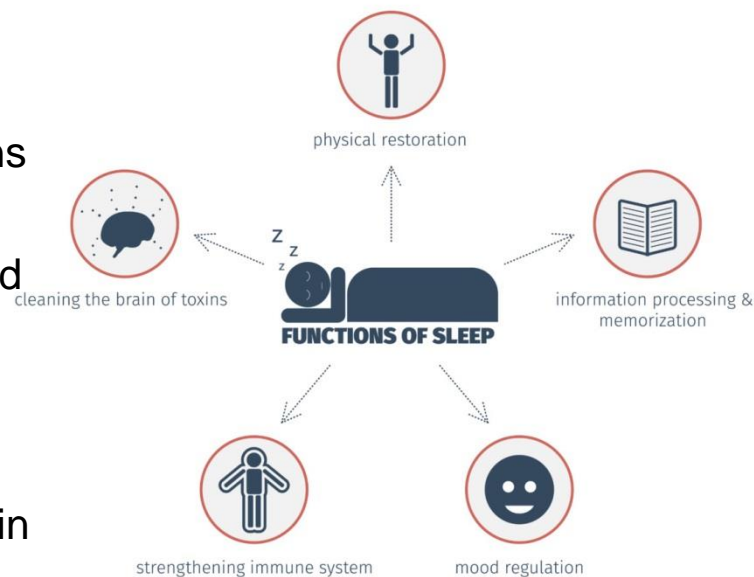




What is Rest so important?

- **Mental health-** healthy brain function! Helps you remember, pay attention, make decisions, and be creative.
- **Physical health-** repairs heart and blood vessels, maintains hormone levels, keeps immune system functioning well. Promotes growth hormone so you can repair and even build muscle from your workout!
- **Performance-** Makes you more perform better when in school and performing everyday tasks. You perform better in your workouts. Sleep promotes growth hormone so you can repair and even build muscle from your workout

WHY IS SLEEP IMPORTANT?



What is Active Rest?

- Low intensity.
- Move but not too hard.
- Can help stimulate the recovery process by not adding stress to the damaged tissue.
- Active rest can be any of the following: walking, hiking, easy swim, light stretching, light weight training, or even day to day activities that keep you on your feet!



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