

# Foam Roller

A foam roller is a cylindrical exercise device used to administer self-massage and myofascial release to the muscles in your body. Used by professional athletes and weekend warriors alike, this method promotes healthy and elastic muscles by releasing tightness and promoting blood flow.

## How to use:

- Place your foam roller on a solid, flat surface.
- Contact your injured area on the top of the foam roller.
- While applying pressure via body weight, move your body so that the foam roller “rolls” over the entire affected area.
- Do not apply more pressure than what is tolerable.
- Continue rolling back and forth slowly for 10 times.
- Repeat twice a day, every day.



## Benefits:

- Increases circulation to muscles.
- Improves movement by reducing friction between muscles and fascia.
- Reduces scar tissue and adhesions found in muscles and connective tissue.
- Decreases pain and soreness.
- Increases range of motion and flexibility of muscles, tendons, ligaments, and connective tissue.
- Decreases your risk for injury.
- Increases recovery and repair of muscles after physical stress.



For more ideas on how to use your foam roller:  
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