



Functional Foam Rolling

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Functional Foam Rolling: A Beginners' guide for corrective myofascial release and Functional Foam Rolling techniques



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Additionally, you will learn a simple sequence of motions that anyone can use to Foam Roll the entire body, and address all the major muscle groups. Nearly every gym has one. But what are they actually for and how do you know if what you are really doing is helping or just making the issue worse? They are in the corners of yoga exercises studios, massage treatment centers, physical therapy centers, and in the homes of an incredible number of athletes all over the world. Just like everything else in lifestyle, knowing the techniques and understanding some simple guidelines can make all of the difference between improving health or promoting injury. This workbook covers the basics of Useful Foam Rolling: We will explore what those Rolls perform for the body, how the structures of the body work and just why Foam Rolling can be so effective. By the end of this book you will understand how to use Self Myofascial Release to boost your health, improve your flexibility, and decrease pain. You will learn the advantages of Self Myofascial Release in addition to what the contraindications are and what you need to avoid in order to use these techniques securely. Foam Rolls are everywhere nowadays.



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