

Foam Rolling

Foam rolling is recommended by the Football Science and Medicine Department. The use of massage to reduce the effects of DOMS on footballers has proven effective with research supporting its implementation as a post exercise recovery tool (Pearcey et al., 2015).

While warming up appropriately is important, so is your body's ability to recover between sessions. Myofascial release is a type of stretching involves manipulating the muscles (myo) and fascia, an elastic web of connective tissue that covers the body and helps facilitate movement. Fascia surrounds and covers all facets of muscle, bone, nerves and blood vessels. And under normal conditions and in a relaxed state allows the body to move freely and effectively. However, incorrect body alignment, muscular imbalances, inflammation and stress can create adhesions (tightness) within the fascia and connective tissue, restricting player's movement.

Due to the fact that fascia acts like an interconnected web, these adhesions can also affect other parts of the body that create painful imbalances. This can ultimately lead to reoccurring injuries that can threaten the length of a player's career.

Using a foam roller, hockey ball or tennis ball, this technique requires you to apply pressure for a stipulated time of roughly 20-30 seconds gently rolling back and forth over the specific area.

The continual pressure helps iron out any fibres that have bunched up, and straightens them in line with the muscles and fascia. Ensure muscles are warm before applying foam roller.

Pain should never be more than 7 on a scale of 1 – 10.



Piriformis/Gluteus Medias

Sit on side of glute area with ankle of opposite foot across quad.

Lean towards the side where your knee is.

Balance on hand and one foot holding trigger points (knots) until pain diminishes.

Roll from top of glute to middle back and forward.

Adductors

Balance on either both hands (as shown) or elbow and hand.

Place one leg (roller side) at about 130 degrees.

Slowly roll from knee to hip complex changing leg position slightly for emphasis

Shift weight toward roller for more pressure.



Iliotibia Band

Bend the top leg and position it in front of you.

Begin with roller at hip bone on your side. Keep body perpendicular to ground. Balance on forearm.

Slowly roll all the way down the leg to above the knee to find trigger points (knots).

Change emphasis slightly by rolling side to side.

Quadriceps

Balance on elbows, face down with quads on foam roller.

Start from right above the hip.

Work your way up and down the roller

To place great emphasis on one leg, cross over the back or shift body weight to one side.

