



proaxistherapy™

# Foam Roller Instructions



## Benefits of Using a Foam Roller:

- Increases blood flow
- Increases oxygen to muscles
- Enhances delivery of nutrients to aid recovery
- Accelerates removal of waste products after exercise
- Eliminates painful trigger points in soft tissues
- Decreases overall tightness in muscles
  - Maximizes effectiveness of stretching
- Helps maintain natural alignment
- Promotes balance between strength and flexibility

## Foam Roller Directions:

- Only roll soft tissue, never over bony prominences
- Find 2 -3 tender areas in each muscle group and stay on each spot for 30 seconds
- Move to next muscle group
- Moderate discomfort with foam rolling is safe and appropriate
- Adjust pressure to personal tolerance of discomfort
- Can be used as an effective warm up or cool down with exercise
- Always feel free to consult a health care or exercise professional with any questions

## Need some ideas?

- View the reverse side of this handout for pictures of common foam roller exercises.
- Visit our video library at [www.proaxistherapync.com](http://www.proaxistherapync.com) (or use the QR code) to follow along with our foam roller exercise videos.
- Explore our website, [www.proaxistherapync.com](http://www.proaxistherapync.com), for articles, videos, and more!



[www.proaxistherapync.com](http://www.proaxistherapync.com)



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Carrboro, North Carolina

**Southpoint Durham Location**  
*Fitness World Health Club*  
105 West NC 54, Ste 271  
Durham, North Carolina

**Pittsboro Location**  
*Central Carolina Orthopaedic*  
959 East St, Ste C  
Pittsboro, North Carolina

**For appointments,  
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