



# The Art of Foam Rolling

Foam rollers can be found throughout gyms.physiotherapists and

Injuries, repetitive motions and transference pain with a disability or not, can degrade your muscles and fascia, (the connective tissue that surrounds and supports your muscles) leading to localised areas of

pressure to these trigger points, which creates systemic pressure that in



### By using your own body weight and TriggerPoint products you can start

· Break down soft tissue adhesions and scar tissue, making your

### How to Roll

## Pre-Gen

Place GRID beneath extended leg just above knee. Shift weight onto GRID and turn toes inwa



# Re-Gen

Lie on back, place GRID kest above lumbar curve Place feet flat on floot. Craddle head in hands or





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