

4 REASONS RUNNERS SHOULD BE FOAM ROLLING

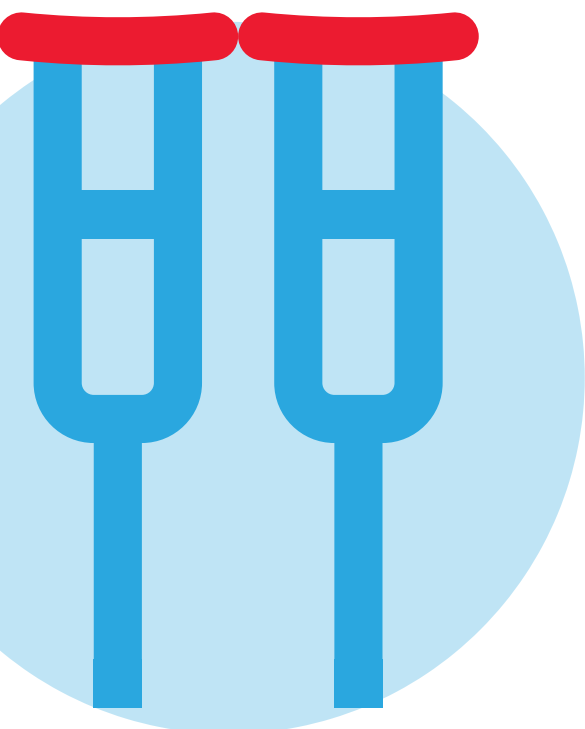
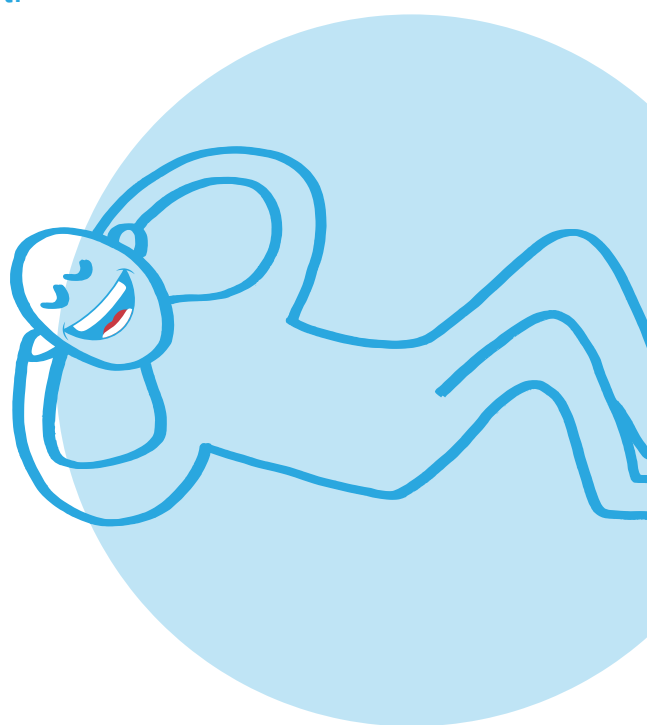


INCREASES: RANGE OF MOTION

It can help break the knots in our muscles, which restrict our range of motion. Foam rolling can help use our full range of motion. Range of motion is important for flexibility and performance. Regular use of foam rollers for myofascial release can alleviate muscle tightness, helping to ensure optimal joint range of motion and enhance overall movement.

INCREASES: RELAXATION

Part of the reason people love getting massages is because it helps them to unwind and feel better. Foam rolling is like giving yourself a massage that takes only a few minutes each time but leaves you feeling much more relaxed.



DECREASES: INJURY RISK

It can help to prevent common injuries. Tight muscles can be more prone to injury, so self-release of muscles and fascia can help loosen everything up and increase your overall performance.

DECREASES: RECOVERY TIME

Helps speed up recovery because it promotes better circulation of blood throughout the body. This helps in the natural healing process. No one wants to feel sore for long periods of time and using a foam roller will help make the uncomfortable feeling go away faster so you can start training again with less soreness.

