



Kentucky *Sports* Chiropractic

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What Should Be Every Runner's Best Friend.....The Foam Roller

By Dr. Kyle Bowling

I ask the same question to every patient who comes into my office complaining of an overuse injury:

“Have you been foam rolling regularly?”

More times than not, the answer is “no”

The foam roller can play a significant role in preventing conditions like shin splints, plantar fasciitis, muscle strains, piriformis syndrome, runner's knee, nerve entrapments, and tendinopathies. The foam roller is a good, cheap way for someone to provide themselves with a treatment called “myofascial release”. Myofascial release is a type of soft tissue technique used to treat pain and restricted motion. The roller works by putting sustained pressure on an overused and tight muscle which triggers a physiological response that restores proper motion, improves blood flow and lymphatic drainage, and speeds up recovery time.

When Do I Foam Roll And For How Long?

You want to roll before AND after activity. You roll beforehand to stretch the tissue and improve circulation which will prepare the tissue for movement. You then roll after activity to flush out residual lactic acid and inflammation which occurs throughout the activity. It is equally important to roll on your off-days as well. As far as duration goes, you should roll for approximately 60 seconds over the area you are treating. When you find a tender spot, hold pressure on that spot for at least 20 seconds. This will cause the tight spot to relax and over time, completely release.

Other Tips On Foam Rolling To Keep In Mind.

- When you first start your foam rolling routine, you'll more than likely be sore after the first few sessions. This is OK., You're working muscle fibers that have been “stuck” so it's typical to have some soreness.
- Keep the roller on soft tissue. Avoid rolling over osseous structures like bones and joints.
- Drink plenty of water after foam rolling to aid in flushing your body of waste.
- If you have any heart or vascular illnesses or suffer from chronic pain, consult your physician before starting a foam rolling routine.

For more information on the foam roller or other forms of injury prevention, contact Dr. Kyle Bowling of Kentucky Sports Chiropractic at (502) 594-8326 or email at KySportsDoc@gmail.com