

## **Deep Soft Tissue Rolling**

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**Equipment:** Available at sports and running stores.

1. Roller: This is for rolling larger areas such as the legs.
  - a. Foam: 5" round x 18" (or longer) solid usually of blue foam (this lasts longer than the lighter, white roller)
  - b. Padded PVC Pipe: 5" round x 6" to 30" long. These are hollow, thus easier to pack.
  - c. Alternates: 4-5" PVC pipe or large rolling pin covered with a towel.
2. Orb: This is for focused massage such as the gluts.
  - a. 4.5" firm plastic ball.
  - b. Alternates: tennis balls, lacrosse ball, OR padded 4-6" exercise ball.
3. Stick: This is for smaller areas OR areas that need lighter pressure such as the inside of the thigh.
  - a. Flat, "The Stick"
  - b. Knobby, "Addaday"

**When to Use Deep Tissue Massage:** This helps you relax tight tissues and heal injured tissue.

1. Before exercising, stretching, or yoga.
2. After exercise for cool down and recovery.
3. Combined with stretching (BEST) such as 'speed stretching'.
4. Regularly for injury recovery.
5. Before bed for relaxation.

**Practical:**

1. Leave equipment in an area with a comfortable, padded floor. Consider an area where you can be entertained while you roll. I foam roll/stretch while I watch TV.
2. This only takes about 10 minutes per day. Set a routine time either right after getting up, right after returning home, or before bed (the easiest times to add new habits).
3. Areas will be very sensitive initially. You will see significant improvement within a week.
4. Try rolling everywhere; you will be surprised how many tight areas you have.
5. Roller and Stick: up/down (head to toe) for easier massage or side-to-side for deeper massage
6. Orb: use in a circle with the orb on the floor or against a wall.
7. Use your body weight to apply greater pressure either against the floor or wall.
8. Avoid using firm massage over boney areas as this can cause soft tissue injury.

**Where to Use:**

1. Roller:
  - a. Calves
  - b. Hamstrings (back of the thigh)
  - c. IT Band (outside of the thigh)
  - d. Quads (front of the thigh)
  - e. Inside of the Thigh
  - f. Back
  - g. Side of the Ribs
2. Orb:
  - a. Calves
  - b. Gluts
  - c. Back and Neck
  - d. Chest
  - e. Bottom of the Feet
3. Stick: Can be used in any area where you need localized treatment with control of pressure.

**More Education:** See Fleet Feet St. Louis: <http://www.fleetfeetstlouis.com/locations/des-peres> → "Train" pull down menu → "FITtalks" → "This is Hw We Roll" class, \$10 for a one hour class.