

pain pointer

a short guide to foam rolling, targeting pain, and optimizing performance

@dogsanddumbbells

what does foam rolling do?

foam rolling (aka myofascial release) helps to relieve tension in tight muscles

in order to be effective, we have to focus beyond the site of the pain, and “feel” for the cause

when you come across a tender/sore area, STAY there for a few moments and take some deep breaths

*because foam rolling also helps to open up range of motion, it's important to do *prior* to working out to optimize performance and exercise form*

muscle group: traps, rhomboids



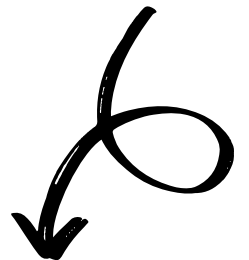
areas of pain

*upper back tightness
due to rounded
posture*

roll prior to

*pressing and pulling
movements*

muscle group: triceps



areas of pain

elbow
wrist

roll prior to

bench, OHP, low bar squat
pressing movements or high impact
sports like golf, tennis, volleyball

muscle group: lats



areas of pain

neck, mid & low back

*limited range of motion in
shoulders*

roll prior to

*overhead pressing movements
movements that require a front
rack position (ex. front squat)*

muscle group: biceps



areas of pain

shoulders

upper back tightness

roll prior to

bench press, deadlifts

*working in positions that can
cause a forward lean/rounded
posture*

muscle group: glutes



areas of pain

low back stiffness

tight hips

roll prior to

squats, lunges, hinging movements

*high impact movement
(running, jumping)*

muscle group: TFL



areas of pain

tightness in hips, knees

IT band discomfort

roll prior to

squats, deadlifts

*sitting at computer/driving in car
for extended periods of time*

muscle group: hamstrings



areas of pain

low back pain

limited hip mobility

roll prior to

*hinging movements like squat
and deadlift*

dynamic moves like high kicks

muscle group: quads



areas of pain

*low back stiffness due to long periods of sitting
hip immobility during compound movement*

roll prior to

competition bench, squat, deadlift

muscle group: calves



areas of pain

*ankle stiffness
sore/tight knees*

roll prior to

*squatting, running
high impact movement (running,
jumping)*