

MOBILITY AND TAPING

Let's Talk About Fuzz

AKA - Adhesions / Scar Tissue / Tight Muscle / Muscle Knot, etc.

Fuzz is simply when inflammation hardens and restricts normal glide between layers of muscle, tendon, ligament and/or fascia.

So What? Too much restriction in glide can lead to decreased performance, flexibility and an increased risk of injury.

The Fix is to create glide using mobility tools (balls, sticks, foam rollers, etc.) properly.

Foam Rolling 3 Ways

Slow and Deep - Pre or Post Workout

- Move towards your heart - ie. knee to hip on IT Band
- Move slowly, like squeezing last bit of toothpaste out of tube
- Do this 3x per area, 60 seconds each

Stop and Hold - Best for local trigger points

- Over any tender or hard areas hold for 30-60 seconds until pain diminishes
- Try rocking side to side over areas without rolling
- Remember 2-3 deep breaths over the hold

Short to Long - Most time will be spent here

- Self Myofascial Release - As close as you can get to having a pro do it
- Flex (shorten) the target muscle, use roller to apply pressure
- Holding firm pressure, stretch (lengthen) the muscle slowly
- Repeat 3-5 times on one area

Easy to use on:

Feet, Calves, Shins, Quads, Hamstrings, Psoas (hip flexor),
Low Back, Shoulders, Forearms, Biceps, Triceps, etc

**Full Video Library Available at www.washparkchiro.com
on the Resources Page**

Can be applied/modified to Foam Roller, Rock Ball, Theraband Roller, Rad Roller,
and other myofascial release devices.

Consult your treating physician, surgeon, health care provider prior to undertaking any home care stretching,
myofascial release or exercise program.