

Roll Away the Years: **A GUIDE TO FOAM ROLLING AS YOU AGE**



Your introductory guide to relieving muscle and joint pain to regain your youthful mobility in the comfort of your own home.



#OLDSCHOOLSTRONG

Personal Training and Proactive Aging
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1. Introduction

Welcome to "Roll Away the Years: A Guide to Foam Rolling as You Age" – your go-to resource for regaining the strength, mobility, and vitality of your youth without risking injury. If you're tired of feeling stiff, achy, and limited in your movements, then you've come to the right place.

I use foam rolling techniques to help with general tightness and to alleviate aches and pains in all of my joints and muscles. Regular foam rolling can also help you avoid surgeries and aid in prehab in preparation for surgery or to expedite recovery after surgery.

Even if you've been immobile, stiff or experiencing joint or muscle pain for years or you've been told you need surgery. Foam rolling could be the answer to your problems. And if you suffer from osteoarthritis, foam rolling could prove to be the magic bullet you're looking for to help manage your pain.

In this e-book, we'll dive into the world of foam rolling – a simple yet powerful tool that can help you banish stiffness, improve flexibility, and prevent injuries as you age. So, grab your foam roller and let's roll!

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2. Understanding Foam Rolling

Foam rolling is like giving yourself a deep tissue massage, minus the hefty spa bill. By using a cylindrical foam roller to apply pressure to different parts of your body, you can release tight muscles, break up adhesions, and improve blood flow – all of which are crucial for maintaining mobility and preventing injuries. Think of it as your secret weapon against the stiff joints and achy muscles that often come with aging.

3. Foam Rolling for Overcoming Stiffness and Soreness

Let's face it – as we get older, our bodies don't bounce back from workouts like they used to. That's where foam rolling comes in. By incorporating foam rolling into your routine, you can help alleviate the stiffness and soreness that often accompany physical activity. Whether you're recovering from a tough workout or just dealing with the general wear and tear of daily life, a few minutes of foam rolling can work wonders for your body.



4. Foam Rolling for Injury Prevention and Mobility Enhancement

One of the biggest benefits of foam rolling is its ability to prevent injuries and improve mobility. As we age, our muscles and connective tissues become less pliable, increasing our risk of strains, sprains, and other injuries. By regularly foam rolling, you can keep your muscles and joints supple and resilient, reducing your risk of injury and enhancing your overall mobility. Plus, improved mobility means you can stay active and engaged in the activities you love for years to come.

5. Choosing the Right Foam Roller

When it comes to foam rolling, not all rollers are created equal. From smooth foam rollers to textured ones with bumps and ridges, there are plenty of options to choose from. So, which one is right for you? It ultimately comes down to personal preference and your specific needs. Smooth rollers are great for beginners or those with sensitive muscles, while textured rollers provide a deeper massage for more experienced users. Experiment with different types to find the one that feels best for your body.



6. When to Foam Roll

1. **Before workouts:** Foam rolling before your workout can help prepare your muscles for activity by increasing blood flow, loosening tight areas, and enhancing mobility. It can also serve as a form of dynamic warm-up and reduce the risk of injury during exercise.
2. **After workouts:** Foam rolling post-workout can aid muscle recovery by releasing tension built up during exercise. It can help flush out metabolic waste products accumulated during exercise, encourage the delivery of nutrients, and facilitate the repair process.
3. **In the morning:** It's a great way to wake up your muscles, increase circulation, and improve overall mobility. It can help alleviate stiffness and tightness developed overnight and set a positive tone for the day ahead.
4. **Before bed:** Foam rolling before bed can help unwind your body and mind and help you relax. It can be particularly beneficial if you experience muscle tightness or restlessness at night and help improve sleep quality and recovery while you rest.
5. **Anytime you have a few minutes to spare:** Foam rolling is flexible (pardon the pun) – you can do it anytime, anywhere, with just a few minutes to spare... during a break at work, watching TV, or waiting for dinner to cook. Squeeze a quick roll in whenever you can.



7. The Fundamentals of Foam Rolling

1. Roll slowly: Move at a pace of no more than one inch per second.
2. Apply moderate pressure: Think Goldilocks – not too hard, not too soft, just right.
3. Embrace discomfort: While foam rolling might not always feel pleasant in the moment, it should produce a slight amount of discomfort.
4. Focus on rolling each muscle group for 1-2 minutes, hitting the inner, outer, and middle angles.
5. Identify trigger points: If you encounter a knot that feels painful, you've found a trigger point.
6. Address knots with patience: When you find a knot, pause for 5-30 seconds and gently rock the area to release the tension. Repeat as needed until the knot dissipates.
7. Aim to foam roll each side of your body and include movements such as rolling up and down, side to side, and rocking back and forth.
8. For a comprehensive routine, allocate less than 15 minutes per session, 2-3 times per week.



8. What Muscles to Foam Roll

For a beginner exerciser over 40 looking to decrease overall body stiffness, focusing on foam rolling the major muscle groups can be incredibly beneficial.

Incorporating foam rolling into your routine to target these major muscle groups can help alleviate stiffness, improve mobility, and enhance overall well-being, making it easier to stay active and engaged in your fitness journey. Remember to roll slowly, apply moderate pressure, and listen to your body to ensure a safe and effective foam rolling session.

Here are the key areas you should target:

1. Lower Back
2. Hamstrings
3. Quadriceps
4. Hip flexors
5. Thoracic Spine
6. Calves

1. **Lower Back:** Start by foam rolling your lower back to relieve tension and tightness in the muscles surrounding the spine. This can help alleviate stiffness and improve mobility in the lumbar region.



2. **Hamstrings:** Tight hamstrings are common, especially among older adults. Foam rolling the hamstrings can help loosen up these muscles, increasing flexibility and reducing stiffness in the legs and lower back.



3. **Quadriceps:** The quadriceps are another essential muscle group to target, especially if you spend a lot of time sitting. Foam rolling can help release tension in the quads, improving mobility and reducing stiffness in the front of the thighs.



4. **Hip Flexors:** Foam rolling the hip flexors can be particularly beneficial for older adults who spend long periods sitting or have tightness in the hip area. This can help improve hip mobility and alleviate stiffness in the pelvis and lower back.



5. **Thoracic Spine:** Focus on foam rolling the thoracic spine to address stiffness and tightness in the upper back. This can help improve posture, reduce discomfort, and enhance overall mobility in the upper body.



6. **Calves:** Finally, don't forget to foam roll your calves. Tight calf muscles can contribute to stiffness in the ankles and feet, affecting your overall mobility and movement patterns.





9. How You Should Feel After Foam Rolling

While incorporating foam rolling into your routine, it's important to note that you may experience some temporary soreness as you break up muscle tissue and release tension. This is a normal response and typically indicates that the foam rolling is effectively addressing tight areas and trigger points. However, it's essential not to overdo it to avoid potential bruising or excessive discomfort.

Foam rolling should ultimately leave you feeling loose, limber, and relieved of muscle soreness. With consistent practice, you'll notice a decrease in muscle tightness and improved overall mobility. Just like exercise, the key to reaping the full benefits of foam rolling is making it a consistent part of your daily workout routine.



10. Conclusion:

Congratulations! You've reached the end of *"Roll Away the Years: A Guide to Foam Rolling As you Age."* Armed with the knowledge and techniques outlined in this ebook, you're well on your way to reclaiming the strength, mobility, and vitality of your youth. So, grab your foam roller, roll out those kinks, and get ready to feel better than ever. Remember – age is just a number, and with the power of foam rolling on your side, the best is yet to come!

LEARN MORE by applying for one of my online coaching and proactive aging programs:

ONLINE COACHING APPLICATION:

<https://ricksherrell.com/online-coaching-application/>

MY WEBSITE: <https://www.RickSherrell.com>

ON FACEBOOK: <https://www.facebook.com/RickSherrell>

ON INSTAGRAM: <https://www.instagram.com/RickSherrellTrainer>

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NOTE: The foam rollers pictured in this document are TriggerPoint CORE Foam Rollers. I consider them the best foam roller on the market based on their firmness, textured pattern and durability. This one investment should last you for a lifetime of flexibility and pain relief. You can find them on AMAZON here: <https://amzn.to/3Pj9vtP>