

ROLL WITH IT

BY WRNW

Uneasy about going to get a massage? Maybe you don't want to spend the money? Or maybe its just plain difficult to get an appointment with COVID precautions!? Whatever your reasons, finding a way to get the benefits of massage without the actual massage part can be done...with a foam roller!

But I normally only see people cringing when they get on a foam roller, you say.

Let us reassure you that it does not have to be aggressive OR overly uncomfortable. Pain is not gain with foam rolling. In fact, foam rolling is meant to help gently massage and mobilize the tissue. It has some great upsides that we can also benefit from. Is it a cure all? Definitely not. In fact, it does not cure any syndrome or injury- you must get stronger for that to happen. But can it help to give short term pain relief and decrease soreness and improve recovery? You betcha.

While foam rolling does not replace something like a dynamic warm-up or a quality post-work stretching routine, it does have a special role in self care.

Here is a routine that we love for the upper body which only includes 1 actual "rolling" exercise. The other 2 use the foam roller to elongate a stretch and mobilize the muscles around the neck. Your postural muscles will soon thank you and you will be relieved that none of this should include any cringing.



Mid Back Massage Roll:

Lift your hips slightly and use your legs to pull and push your upper body back and forth, you should feel like you are giving your spine a massage and have a nice pressure in the muscles on either side of your spine.



Pec Stretch:

Open your arms out to the sides and face the palms of your hands to the sky. Take a deep breath in. As you let it out imagine your shoulders melting down towards the ground so that you feel a stretch in your chest.



Neck Stretch:

Lie in a comfortable position on your back. Tuck your chin slightly and turn your head off to one side. Hold briefly, then turn the other direction.

Do not use a foam roller over broken bones, uncovered open wounds, over a pregnant belly, over bony prominences or joints, over a recently injured area, if you have severe fibromyalgia, severe osteoporosis, circulatory issues or if it causes moderate to severe pain.

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time..

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