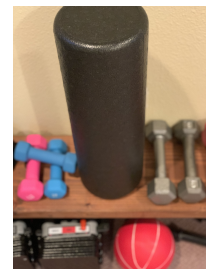


The Foam Rolling Moves You Should Be Doing



Foam rolling can be an important additive to your home care for spinal health. Foam rolling can help with muscle tightness, low back pain and mid back pain. Foam rolling is a way to perform myofascial release on yourself by moving targeted areas over the roller. By moving "trigger points" over the roller, you can help to break down tight connective tissue. It is this tightness in the connective tissue that causes muscles to become still and sore and restrict your mobility.



Foam rollers come in a variety of shapes and sizes:

- **Smooth/Plain Rollers:** They are at the least expensive version - which is always a pro! They are also the best suited for people who are new to foam rolling or who have very sore or sensitive muscles.
- **Textured/Spiky/Bumpy Rollers:** These are usually more expensive than the plain versions. They can be more painful to use because the texture creates more pressure on specific points.
- **Hand Held Massage Sticks:** These are better for calves, quads or hamstrings where you can use them like rolling pins. They can be beneficial in loosening connective tissue in legs. These are especially useful for athletes.

Without further delay, here are the five foam rolling moves you should be doing:

- **Thoracic Spine Mobilization** // Lay on your back with the foam roller perpendicular (horizontal) to the spine, start the foam roller at the area slightly below the shoulder blades and roll upward. Roll back and forth slowly to relax the spine and soften the thoracic muscles.



- **Gluteal/Piriformis** // Place the foam roller under the gluteal region. Roll back and forth in a slow short motion while remaining seated on the foam roller. Use your arms to support some of your body weight.



- **Hamstring** // Position the foam roller underneath the back side of the thigh. Roll from the lower gluteal region to the back of the knee using your arms to move your body back and forth.



- **IT Band** // While laying on your side, put the foam roller between the outside of your thigh and the floor. Cross your top leg over to take some pressure off the IT band. Roll from the top of the knee to the hip.



- **Calf** // Place the foam roller under the large part of the calves. Cross one leg over and roll back and forth. Switch crossed legs and repeat.



For all of these, slowly roll one muscle at a time for up to 2 minutes. You can roll the same area multiple times by moving back and forth between muscle groups. If you feel severe pain discontinue the exercise, do not try to push through pain when foam rolling you may do further damage to the tissue.

We hope you find this helpful, and as always, let us know if you have any questions! Looking forward to seeing you at your next adjustment.

- Dr Chris



March Means Spring Break is Near!



Tri-West Health Benefits

Spring Break Hours

March is spring break month! We want to make sure that everyone gets their adjustments in, so here's what you need to know:

We will be OPEN extra hours: Saturday, March 21st, 9am-Noon AND Sunday, March 22nd, 8am-Noon.

We will be CLOSED Monday, March 23rd - Monday, March 30th.

We will be back in the office Tuesday, March 31st with normal morning hours AND an extra bonus Tuesday afternoon shift to get everyone back on track. All of these hours will be reflected on our [online scheduler Genbook](#), if you have any questions or can't remember the details.

We are looking forward to a little relaxing and recharging and hope everyone has a chance to do so too!

Spreading the Word about Veterans & Chiropractic Care!

If you or someone you know are a veteran with Tri-West Health Benefits - you might be eligible for chiropractic care! A lot of our veteran patients with Tri-West don't know about this and we're trying to spread the word to help our veterans feel their best. Getting care involves getting a pre-authorization & referral, but Alex can help explain what you need to do to get your care covered!



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