

# The Benefits of Self Myofascial Release

## Research supports foam rolling for improved health and fitness.

Self myofascial release (SMR) has been a buzzword in the fitness industry for about a decade now, and for good reason. Not only does this self-massage technique help keep personal training clients and group exercise participants in prime physical condition, but it also helps fitness professionals stay active so they can continue to Inspire the World to Fitness®. Here are some interesting results from recent studies on the benefits of SMR.

Integrating SMR into a warm-up routine helped **13** out of **14** study subjects with plantar issues to either maintain or increase their performance.

## Subjects

who used a foam roller before doing vertical jumps and other athletic drills experienced “significantly less” fatigue than their counterparts who did not participate in SMR.

1

### SMR”

“An acute bout of SMR on the quadriceps muscles enhances knee-joint range of motion “without a concomitant deficit in muscle performance.”

2

According to one study, SMR is “a valuable tool for preparing a competitive or recreational athlete for exercise” and offers “increased strength and jumping ability.”

3

Foam rolling reduces arterial stiffness and improves vascular endothelial function.

