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Empower. Soothe everyday aches &
pains; reduce tension & stress; and
improve your overall health.

DEEP TISSUE FOAM ROLLER MASSAGE GUIDE

Three phases from beginners to fascia accustomed to rolling

CONGRATULATIONS! Purchasing a foam roller will be one of the best wellness choices one can make.

WARNING: Please review the information below to understand what self-myofascial release is and what it feels like when foam rolling causes muscle knots to release. Please also review all warnings & instructions before you begin.

Foam rolling is an excellent way to treat tight fascia, a connective tissue, and improve its quality on a daily basis. Imbalances in the fascial system need to be addressed directly. When fascia becomes affected through injury, poor posture, repetitive motions, and stress, the fascia restricts, putting pressure on the body. The restrictions often result in muscle spasms, pain, tightness, discomfort, fatigue, loss of movement, and many other symptoms. With a daily and consistent rolling program, this roller will help restore tight fascia to its pliable and relaxed form.

After completing Phases 1 and 2, Phase 3 will advance you through tighter areas of the body. All three phases can be used pre- and post-workout, or for general relief. As a bonus, we've included simple stretches you can perform using the foam roller.

Please know that rolling a tight muscle may cause discomfort. This usually indicates that the area needs some attention. Work at it slowly, remembering to breathe. Roll back and forth in small movements to find the tight spots. A tight spot feels as if there is more pressure in that space than in the surrounding areas. Once found, spend 10–30 seconds breathing and holding on that spot with as much pressure as is comfortable in order to create a release. A release should feel like less pressure is being put on the tight spot, even though you are still pushing with the same amount of weight. Each use of the foam roller makes the next time a little easier. Don't forget to breathe!

WARNINGS & INSTRUCTIONS

PLEASE READ AND FOLLOW THESE IMPORTANT WARNINGS AND INSTRUCTIONS BEFORE USING THIS PRODUCT.

These warnings, combined with a common sense approach, and in conjunction with your doctors advice, should reduce the likelihood of an injury. Proper use of this product is essential. Please do not allow children under the age of 16 to use this product in any way. Store equipment properly and away from children when not in use. Always wear proper clothing. Do not wear loose clothing that could become caught during use. Periodic maintenance is required on all equipment in order to keep it in good condition. Inspect product for cuts, tears, or abrasions prior to each use.

TIPS FOR A SUCCESSFUL PROGRAM

- It is always recommended to consult with your doctor or massage therapist before starting an at-home muscle relief practice.
- Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees, and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a specialist if unsure of how to perform any of the exercises.
- Roll over the muscle for 60–90 seconds. If a painful spot is found, stop rolling, but continue to apply pressure to the muscle using the massage product. Apply pressure for 10–30 seconds before rolling again. Always remember to maintain a strong, engaged core.

- These products are designed for muscle relief. Sensitivity issues may be experienced around the neck, lower back, and in some other areas of joints and should be treated through your doctor or massage therapist.
- If the applied pressure during product use is too soft, the muscle will not receive proper massage activation. If the applied pressure is too hard, bruising may occur, which may lead to further inflammation and pain. You should choose an applied pressure appropriate to the tightness and state of the muscle. It should be noticeable, but not excruciating.
- The muscles may experience some soreness. Muscles should feel like they have been worked and fatigued, but not to the point of excessive, ordinary post-workout soreness. After rolling, eat plenty of nutrient rich foods, such as green leafy vegetables, along with plenty of water and rest. Wait 24–48 hours before focusing on the same muscle area again.
- Tightness in the body restricts efficient movement. Substantial improvements can be experienced in everyday life when a regular rolling routine is implemented. Improvements can be seen in flexibility, overall muscular function, and performance.

Rolling Phase 1 –For beginners or very tight muscles & Fascia

Shoulders & Back–Phase 1

Acclimate your back to the feeling of self-myofascial release.

Preparation:

- Place the foam roller parallel to the floor at the level of your rib cage. Feet hip-width apart and knees slightly bent, lean into the roller. Lean as much or as little as you need in order to feel pressure, but not pain.

Movement:

- Leaning into the roller slowly bend your knees into a squatting position. Moving the roller slowly up to your shoulders and neck, and back down to the mid-back until you find a spot that is tighter (feels more pressure,) and hold on that spot until you feel a release. Move again as slowly as is needed to feel where the next tight spot is located.



Shoulder Blades/Floor Glides–Phase 1

Intended to help loosen the tight muscles of the shoulder blades and neck and to open up the thoracic spine.

Preparation:

- Place the roller parallel to your spine, knees bent above your feet. Lean back and carefully lie your head and mid-spine on the roller. Engage your core muscles, and lift your hips up into a bridge position and place your arms in a T position.

Movement:

- Slowly push your shoulders side to side on the roller, massaging the muscles in between the shoulder blades. When a tight spot is found, hold for a few breaths until the pressure has released. Bring your elbows into a 90° angle. With elbows and wrists parallel to the floor, inhale and straighten your arms over your head, attempting to touch your fingers together. Then exhale and slowly bring your elbows back to a 90° angle. Repeat 8–10 repetitions.



Hamstrings–Phase 1

Hamstrings can be chronically tight, causing lower back pain and difficulty in proper body mechanics.

Preparation:

- Place the roller under your bended knees with hands behind you on the floor. Straightening your legs, push through the back of the thighs onto the roller. Lift hips off the floor, body weight supported by the arms.

Movement:

- Using your hands, slowly push your legs on the roller from the back of knee to the hips. If a tender or tight spot is located, stop rolling and rest on the tight spot, breathing into the muscles for 10–30 seconds until it releases.



Quadriceps–Phase 1

Quads can be prone to tightness, causing knee or hip pain. Rolling out the quads is a great start to leg rebalance and proper mechanics.

Preparation:

- Starting on your knees, bring the roller to the legs and walk your hands out into an elbow plank position. Place the thighs onto the roller. Your feet should now be off the floor and thighs completely on the roller. Engage your core muscles and keep your tailbone tucked under to protect your lower back. Do not let your hips sag toward the floor.

Movement:

- Pushing through your elbows, slowly move on the roller from the knees to the hips, focusing on breathing into the muscles. If a tender or tight spot is located, stop rolling and rest on the tight spot, breathing into the muscles for 10–30 seconds until it releases.



Rolling Phase 2—After completion of Phase 1 or Fascia accustomed to rolling

As you are now using almost your entire body weight, you will feel more pressure on the muscles. Go slow, pay attention to the muscles, and breathe.

Shoulders & Back—Phase 2

Preparation:

- Position the roller level with your shoulder blades; hands behind head with elbows out wide, knees bent, feet hip-width apart, tailbone tucked under and core engaged. Be sure to maintain proper positioning to protect the lower back by keeping your torso straight and abs engaged. Push your heels into the ground and slowly raise your hips off the floor in a bridge position.



Movement:

- Slowly roll from the rib cage to the upper shoulder blade and neck area, then back down to the lower ribs. Support the weight of your head with your hands and keep chin tucked to chest or neutral. If a tender or tight spot is located, stop rolling and rest on the tight spot, breathing into the muscles for 10–30 seconds until it releases. Continue rolling up and down the spine, stopping on tight areas.



Hamstrings—Phase 2

Preparation:

- Place the roller under your bended knees and hands behind you on the floor. Straightening your legs, push through your hands and the back of the thighs to lift hips off the floor. Cross one leg over the other, shifting the weight into the bottom hamstring on the roller.

Movement:

- Using your hands, slowly push your legs from back of knee to hips on the roller, making sure to keep the hip slightly tilted so the weight is put into the middle part of the hamstring. If a tender or tight spot is located, stop rolling and rest on the tight spot, breathing into the muscles for 10–30 seconds until it releases. Uncross legs and switch to the other side, shifting weight to the other hamstring and repeating the process.



Quadriceps/Inner Thighs–Phase 2

Preparation:

- Place the thighs onto the roller into an elbow plank position. Your feet should now be off the floor and thighs completely on the roller. Engage your core muscles and keep your tailbone tucked under to protect your lower back. Do not let your hips sag toward the floor.

Movement:

- Pushing with the elbows, slowly move the roller from the knees to the hips, focusing on breathing into the muscles. Start exploring the location of the other muscles by shifting weight to the outside and inside of the thighs. To access the inner thigh directly, widen the legs, turning the heels in and pointing the toes outward. Push up and pull down using the elbows to feel the muscles of the thighs. Once a tender or tight spot is located, stop rolling, and rest on the tight spot, breathing into the muscle for 10–30 seconds until it releases.



Stretching–After rolling to increase flexibility

Chest, Shoulders, & Rib Cage

- Lie down on your back with the roller under your shoulder blades. Keeping your hips on the floor, slowly reach your arms up over your head, bringing the pointer fingers and thumbs as close to the floor as possible. Lift your rib cage and allow the stretch to increase from your neck and mid-back down to your lower back. Hold for 5–8 slow, even breaths. Come out of the stretch by tucking your tailbone under to protect your spine as you roll to one side, returning to a seated position.



Inner Thighs

- Sit down on the roller and bring the soles of your feet together, letting your knees drop out to the sides. Letting your hips open as far as is comfortable, bring your heels in toward the roller. Hinging from your hips, push back on the roller until your tailbone is no longer touching. Keep your back straight while bringing your belly and chest forward to increase the stretch in the inner thighs. Hold for 5–8 slow, even breaths. Release by bringing the sitz bones back onto the roller and knees together. Repeat a second time, trying to bring heels a little closer to the roller, and belly a little closer to the thighs.



Rolling Phase III—After completion of rolling phase 1 and 2 or Fascia accustomed to rolling

Glutes/Outer Hips

Glutes and hips can be chronically tight causing lower back and hip pain. Rolling these muscles out can help increase range of motion and facilitate easier movement.

Preparation:

- Begin seated on the roller, knees and ankles together. Leaning back, place your hands on the floor behind the roller and start to move your knees and hips to one side. Most of the pressure should be located in the middle part or meat of the glute, and not on the hip bone itself.

Movement:

- Rolling from the sits bone to the top of the hip, start exploring the location of the glute muscles by shifting weight to the outsides and insides of the hip bone. Continue slowly rolling up and down the hip, stopping on any tight or tender spot. Once a tender or tight spot is located, stop rolling, and rest on the tight spot breathing into the muscle for 10 to 30 seconds until it releases. To mitigate the amount of pressure put into the glutes, use your legs and your hands to lift hips to the perfect amount of weight. For an even deeper roll, cross your foot over your knee.



Illiotalibial (IT) Band

The IT band is a strip of very strong fascia that runs from the hip down to the knee. If they become overly tight, it can cause hip or knee pain. Rolling the IT band can release the tightness; however, this is a very painful process unless accustomed to frequent rolling. Begin gently and slowly, with as little pressure as possible. Progress to a deeper roll once ready.

Preparation:

- Position yourself on your side, placing the roller midway between the knee and hip. Using your foot as a guide, make sure the thigh is flat by keeping the leg straight and the foot parallel to floor. Bend your elbow and place it on the floor, directly under the shoulder. Bend the knee of the top leg and place the foot by the roller. Head should be kept in a “neutral” position.

Movement:

- By pulling with your elbow, begin rolling to the hip joint, then push down the lateral thigh to the knee. Mitigate how much pressure is put onto the thigh by pushing with the top foot and lifting with the shoulder. Once a tender or tight spot is located, stop rolling and rest on the tight spot, breathing into the muscle for 10 to 30 seconds until it releases. Switch to the other side and repeat.



Latissimus Dorsi (Lats)

Tight lats can cause shoulder pain, range of motion issues, and prevent proper twisting or core mechanics. This can be a painful place to roll because of the location by the ribs, so make sure to start lightly and properly locate the muscle.

Preparation:

- Lie down on the floor, rolling to one side. Place the roller under the pit of your arm and extend the arm on the floor in a straight line above the head. The thumb faces the ceiling. Use the other hand to mitigate pressure.

Movement:

- With only a slight movement, push from the pit to the rib cage, finding the meat of the lat muscle. You may need to twist your body back and forth as you roll to locate any tight or tender areas. Once a tender or tight spot is located, stop rolling and rest on the tight spot, breathing into the muscle for 10 to 30 seconds until it releases. Switch to the other side and repeat.



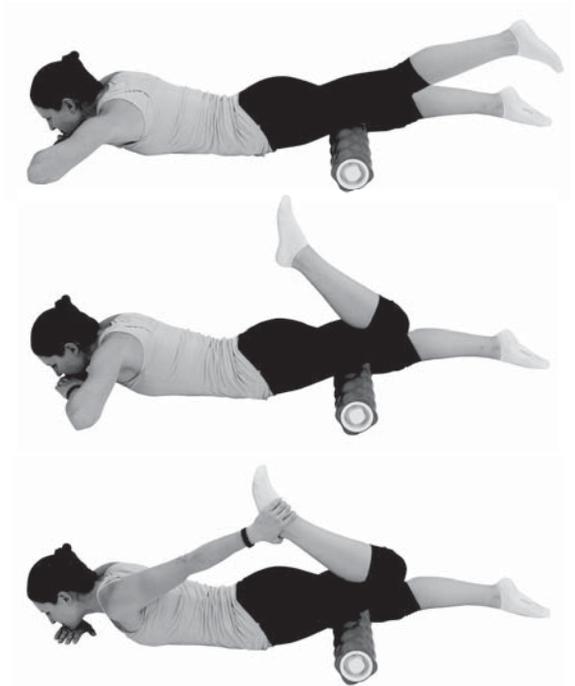
Hip Flexors & Quads

Preparation:

- Begin lying on your stomach. Lift your left thigh off the floor and place the foam roller under it, right above the knee. Drop your left hip back down onto the ground, let your chin rest on your hands and hold the stretch in your hip flexor for 3–5 breaths.

Movement:

- Slowly bend your knee, bringing your heel toward your hip to stretch out your quadriceps muscles. For more of a hip flexor stretch, bring the roller closer to the hip. For more of a thigh stretch, place a stretching strap, or use your hand to pull the heel toward your back. Try to keep the left hip pushing toward the floor at all times.



Child's Pose

Preparation:

- Kneeling on the floor, cross one foot on top of the other, bringing your knees wider than hip width apart. Place the foam roller in a perpendicular line in front of you.

Movement:

- Using your hands to push the roller forward at arm's length, sit your hips back onto your heels and let your head sink through your arms, belly sink toward the thighs. Push your forearms into the roller to release into the stretch. Take 5–8 slow, even breaths, then slowly roll back up into a kneeling position.



Hamstrings

Preparation:

- Sitting on the floor, straighten legs in front of you with knees slightly bent. Slide roller under knees and push roller to calves. Straighten legs, stretch forward, and place hands on roller.

Movement:

- Hold stretch for 5–8 slow, even breaths. For more of a stretch, push roller to ankles or heels, straighten legs, and reach hands toward toes.

