WELCOME TO THE RAD LIFE

YOUR INTRODUCTORY GUIDE TO SELF MYOFASCIAL RELEASE

WHAT IS SMR?

Self Myofascial Release (**SMR**), commonly referred to as foam rolling, is a soft tissue therapy for releasing tension in fascia that restricts movement in our bodies.

FASCIA

Fascia is a general term for the continuous stream of fibrous tissue throughout the body that gives muscles their shape, connects muscles to other muscles and bone, and generally holds everything in place on your skeleton.
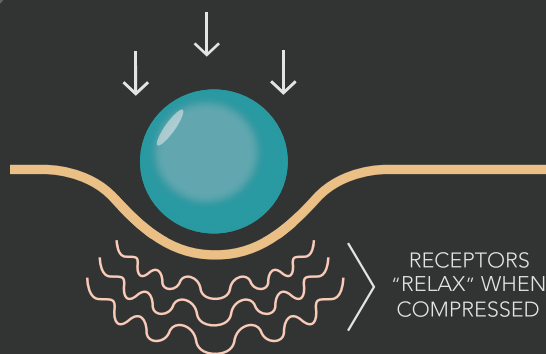
HOW SMR WORKS

Through techniques like compression and shearing we are able to stimulate small receptors in our body that help muscle and tissue relax and lengthen. Longer muscles and less tension lead to all kinds of good things like less compression of joints, wider range of motion and increased mobility.

SKIN
COLLAGEN FAT
MUSCLE
BONE

Fascia is woven between skin, fat and muscle throughout our body.
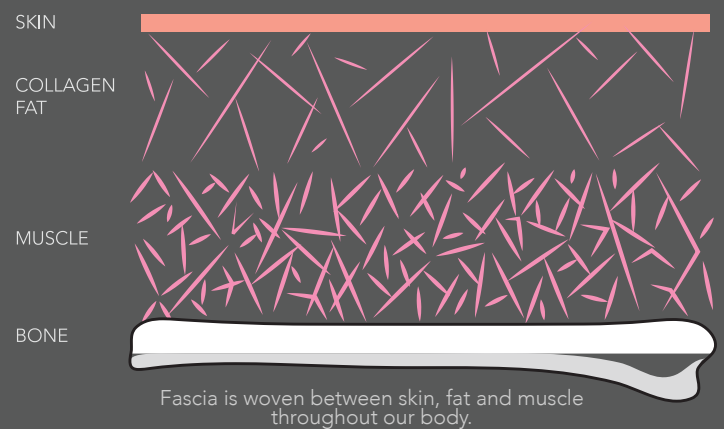
TECHNIQUES

MIX AND MATCH FOR A MINIMUM OF 10 MINUTES PER DAY.

RECEPTORS "RELAX" WHEN COMPRESSED

FLUID
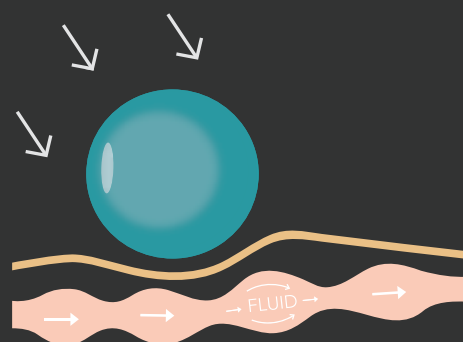
SKIN
FAT
MUSCLE

TISSUE SHEAR FORCE

COMPRESSION/POINT RELEASE

WHAT   Corrective
HOW   Oscillate slowly on a spot
WHEN   Morning, evening, post-workout, post-travel, during lunch break
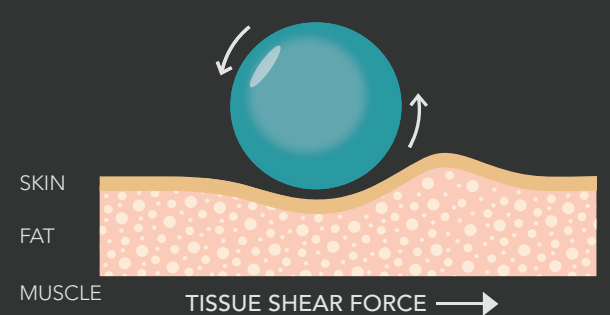TIME   10 breathe cycles (2 minutes)

FLUSHING

WHAT   Repair and recovery
HOW   Lengthwise along a muscle
WHEN   **Pre and post workout or physical activity, when feeling stiff**
TIME   20 movements

SHEARING

WHAT   Corrective
HOW   Press and pull or twist tissue
WHEN   Supplement physical therapy, pre workout or physical activity
TIME   10 breathe cycles (2 minutes)

WHY ROLL/BENEFITS

STRETCH IT OUT
Stimulate and open muscles to make your stretching more effective.

KEEP JOINTS ALIGNED
An upright and aligned body is best suited to handle the stresses of gravity and is a great home to live in!

DETOX YOUR BODY
2/3 of your body is water and muscles act as pumps, moving fluid through the body. Tight muscles aren't effective pumps; keeping fascia loose increases flushing and 'cleaning' in the body.

REDUCE SORENESS
Rolling clears the after-effects of exercise by pumping nutrition into the muscle and moving waste products out.

REDUCE CHANCES OF INJURY
Your tires wear unevenly if your car's alignment is off, same for your ankles, knees, hips, back and shoulders!

STAY LOOSE
Improve adaptability so your body is capable of responding to the demands of your lifestyle. Willow trees bend with the wind, but the stiffest trees are the most easily cracked.

RAD VS. FOAM ROLLERS

What's the difference between foam rollers and RAD products? Impeccable design. Our tools were crafted around the curves and structures of your anatomy to achieve the most effective SMR experience possible. You're only as good as your tools, and we've set your body up for success.

RAD ATOM
360° AIM IN ACTION

The RAD Atom serves up killer control and all-over access with its versatile size and just-right firmness. Perfect for unshackling shoulders, glutes and adductors, this masterpiece of innovation works two ways: use it for your usual rolling, or up the ante by inserting one end of the RAD Rod into the center hole to create a self-directed, crowbar-style shearing tool that pulls muscles open on your precise command.
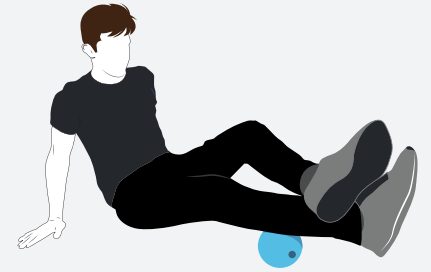
LEGS
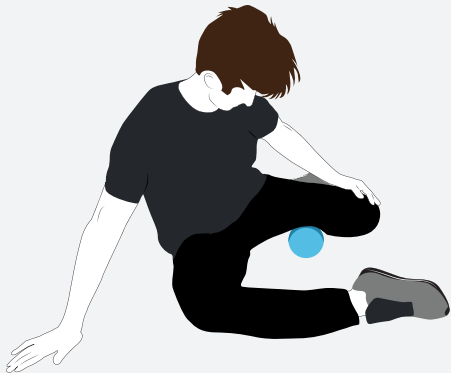
MUSCLE: ADDUCTOR
TECHNIQUE: COMPRESSION

MUSCLE: HAMSTRING
TECHNIQUE: COMPRESSION

MUSCLE: CALF
TECHNIQUE: COMPRESSION

SHOULDERS

MUSCLE: ROTATOR CUFF
TECHNIQUE: COMPRESSION
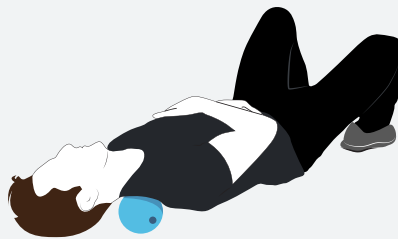
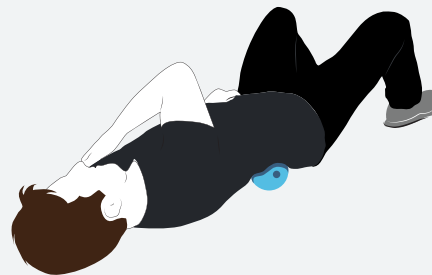**MUSCLE:** TRAPS
TECHNIQUE: COMPRESSION
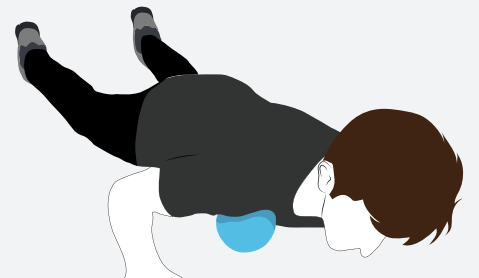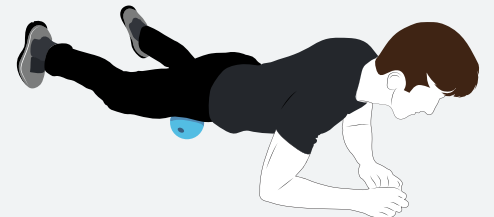
MUSCLE: PECS
TECHNIQUE: COMPRESSION

BACK + PELVIS
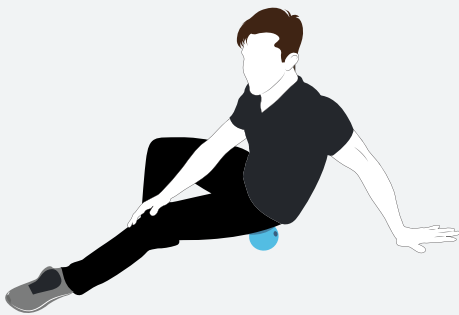
MUSCLE: GLUTES
**TECHNIQUE:** COMPRESSION

MUSCLE: QUADRATUS LUMBORUM (QL)
**TECHNIQUE:** COMPRESSION

MUSCLE: QUADS
TECHNIQUE: COMPRESSION

SHEARING WITH THE RAD ROD

"The Crowbar." Insert one end of the RAD Rod into the center hole of the RAD Atom to transform this baller compression ball into a monster of cross-friction release. It basically becomes a crowbar capable of prying muscles free from restrictions. More pressure, less pressure, one direction, the other direction…it's all up to you and it's at your fingertips.
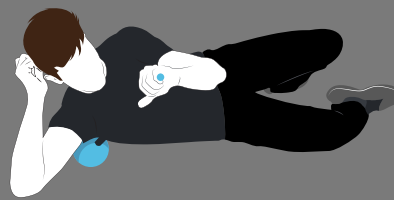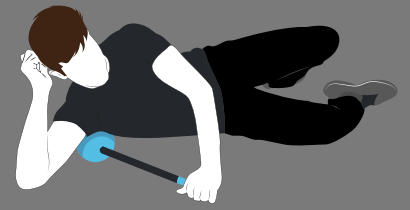
GET RAD EDUCATED
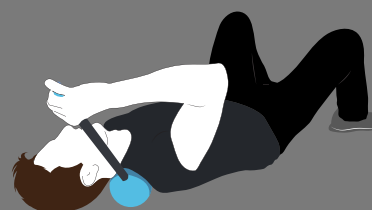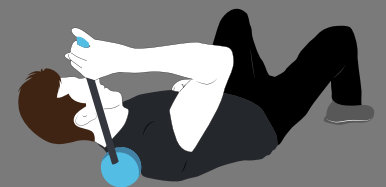
Visit our YouTube channel or RADRoller.com for more tutorials and information on RAD Certifications.

ROTATOR CUFF

TRAPS

ADDUCTORS

GLUTES