

# Foam Roller Fundamentals

Written by Katherine Coffee  
info@katherinecoffee.com  
Last Updated: 2009-07-08

## Foam Roller Information

### What are foam rollers?

Foam rollers are dense pieces of foam that have many uses ranging from aligning the spine and massaging tight muscles to smoothing the “puckering” or “pocketing” effect of cellulite and improving blood flow. Some rollers are used for balance work, sports performance and core training.

### Where did they come from?

Like lots of great fitness tools, the foam rollers were first developed and used by physical therapists. They have been in the fitness realm for many years but only in the last few have they gained more recognition and usage.

### Are they safe for everyone to use?

Foam rollers by design have a very beneficial, and challenging, nature. They foam roller us not recommended for individuals with advanced osteoporosis due to the firmness of the roller and the direct spinal contact and rolling. The foam roller can be used everyday in some way, especially for aligning the spine.

### What are the different types of rollers?

The traditional or regular roller is the 3 foot by 6 inch diameter white foam roller. Some rollers are cut in half so there is a flat bottom providing more stability. Some rollers are shorter for various balance and sport performance work.

### And there are different densities:

The white roller is a good one to start with for basic foam roller work.

The “pro-roller” is a green and white or blue and white swirl colored foam and provides a bit more firmness and durability. Some rollers just have different colored foam but the density may be the same as the traditional white roller.

The black roller is the most dense roller and has the longest life span due to the firmer makeup.

As always, consult your health care provider before beginning any fitness program. While the roller is a wonderful product, it will not replace a balanced and active lifestyle. The foam roller compliments all activities including golf, tennis, running, swimming, weight lifting, pilates, etc. The foam roller also compliments some of our everyday inactivities such as seated desk or computer work, driving, standing or sitting too long with compromised posture.

## Resources

Foam Roller Techniques by Michael Fredericson

### Where to buy

<[http://www.performbetter.com/SearchResult.aspx\\_Q\\_CategoryID\\_E\\_235](http://www.performbetter.com/SearchResult.aspx_Q_CategoryID_E_235)>

<<http://www.fwonline.com/foamrolls.htm>>

<<http://foam-roller.com/>>

### Foam Roller Exercises

<<http://www.performbetter.com/catalog/assets/Exercisesheets/PDF/FoamRoller.pdf>>