

Key Points for Foam Rolling:

Maintain good posture while foam rolling.	Pause over the area that is most tender.
Pull your belly-button in at all times to provide stability and support for your hips and low back.	Hold for roughly 30 seconds with maximal pain tolerance and 90 seconds for lower pain tolerance.
Foam roll slowly over the treatment area, approximately 1-2" per second.	Make sure to breathe while Foam Rolling. Holding your breath will cause more tension throughout your body and the area to be treated, thus making it difficult for the foam roller to penetrate to deeper layers.

Not recommended for individuals with the following conditions:

Malignancy Osteoporosis Osteomyelitis (infection of bone tissue) Phelbitis (infection of superficial veins) Cellulitis (infection of soft tissue) Acute rheumatoid arthritis Blood clot Aneurysm Anticoagulant therapy Bursitis Sutures Congestive heart failure Bleeding disorders	Goiter (enlarged thyroid) Eczema and other skin lesions Hypersensitive skin conditions Open wounds Healing fractures Obstructive edema Advanced diabetes Hematoma or systemic or localized infection Febrile state Advanced degenerative changes Organ failure
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At this time, there are no known reasons that Foam Rolling cannot be performed on a daily basis.

One set per body region or muscle group is sufficient.

Frequency	Sets	Repetitions	Duration
Daily (unless specified otherwise)	1	n/a	Hold tender spots for 30-90 seconds depending on intensity of application.

Reference:

NASM Essentials of Corrective Exercise Training. First Edition. P.206-207 Micheal A. Clark, Scott C. Lucett. Lippincott Williams & Wilkins, a Wolters Kluwer business, 2011.