

Course Information Sheet

Course Title: Complete Guide to Foam Rolling

Course Description: *Complete Guide to Foam Rolling* is your answer to moving better, feeling better, and improving your performance. Foam rolling before, during, or after a workout can get blood flowing, allowing muscles to work more efficiently, and initiate the recovery process to reduce soreness.

Backed by scientific research, *Complete Guide to Foam Rolling* provides step-by-step instructions for 27 of the most effective foam rolling techniques for muscle preparation and recovery. Reduce pain and restore function with therapeutic movements that help rehabilitate your body and reduce the risk of injury. Learn to breathe, relax, and roll through tight spots as part of your warm-up, flexibility work, and recovery. Then adapt any of the ready-to-use protocols or create a customized program to address specific problem areas well as your overall muscle and nervous system needs.

You'll learn the difference between various types of rolling equipment and how to choose which is right for your individual needs. Special tips throughout the text provide further advice to help you prevent injury to muscles and joints.

Invest in your training success by applying these proven self-massage techniques. *Complete Guide to Foam Rolling* is your path to better overall performance. Softcover 208 pages.

Learning Objectives:

1. Understand and explain the foundational knowledge of the human body in order to properly utilize foam rolling
2. Devise and develop foam rolling techniques for most levels of fitness and physical abilities
3. Identify situations where you may not need to foam roll, or experience a contraindication
4. Understand and explain the difference between the terms “foam rolling” and “self-myofascial release” while realizing the in-depth training required to understand how and when to properly release muscles and connective tissue.
5. Describe the various types of equipment used and the key features of each in order to best help your client achieve results.
6. Explain and understand the safety recommendations for each piece of equipment

7. Create programs that not only help the injured area, but identify other areas of the body that are contributing to create a whole-body approach
8. Execute a proper assessment of the client
9. Understand the different ways to foam roll based on the client's goals.
10. Create foam rolling programs for warm up and recovery
11. Create foam rolling programs for prevention, or work with a client to continue a rehabilitative program devised by a physical therapist after PT is completed.
12. Explain the research behind foam rolling and how to implement such research appropriately with each client.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:
www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Instructor/Author Credentials:

Kyle Stull is the senior master trainer and senior manager of research and program design for TriggerPoint, a division of Implus LLC. TriggerPoint is the creator of the GRID Foam Roller and Myofascial Compression Techniques. For the past 13 years, TriggerPoint has helped establish foam rolling as an industry and has advanced the practice forward.

In his position, Stull collaborates with leading universities and industry professionals, conducting research and creating evidence support for materials used for instruction. Since 2010 he has also been a faculty instructor with the National Academy of Sports Medicine, where he teaches fitness and corrective exercise workshops and contributes content for various journals and articles.

Stull has a doctorate in health sciences, a master's degree in rehabilitation, and a bachelor's degree in sport management. He is a licensed massage therapist, is a certified strength and conditioning specialist, and holds NASM-CPT and NASM-CES certifications, with more than 14 years of experience in personal training, corrective exercise, and manual therapy.

As a member of the Fascia Research Society and the International Academy of Orthopedic Medicine, Kyle is committed to being at the forefront of industry developments and maintaining the highest standards in his practice by incorporating the latest research into his work.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A