|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| https://tse2.mm.bing.net/th?id=OIP.C8IwdCtMpoQWSnBfy_rKKQEsDB&pid=15.1&P=0&w=256&h=166 |
| ***Foam Rolling 101***Fascia is a fibrous layer of connective tissue, under your skin, that surrounds the muscles in the body. Without proper mobility, fibers of the fascia become tight and bind to muscles and nerves, preventing normal range of motion and causing pain.Foam rolling is a great way to reduce the pain in and around the joints by increasing muscle flexibility. Finding knots in tight and painful muscles will release and lengthen the muscles, reduce stress, and eliminate lactic acid with the correct and proper technique of foam rolling.  |
|  |

 |  |

|  |
| --- |
| Foam Rolling is…Easy to learnGreat for all agesSpeeds up recovery and sorenessPrevent injuries |
|  |
| Limitless BasketballPresentsELB ConsultingNutritionPersonal trainingYogawww.elb-consulting.com |

 |