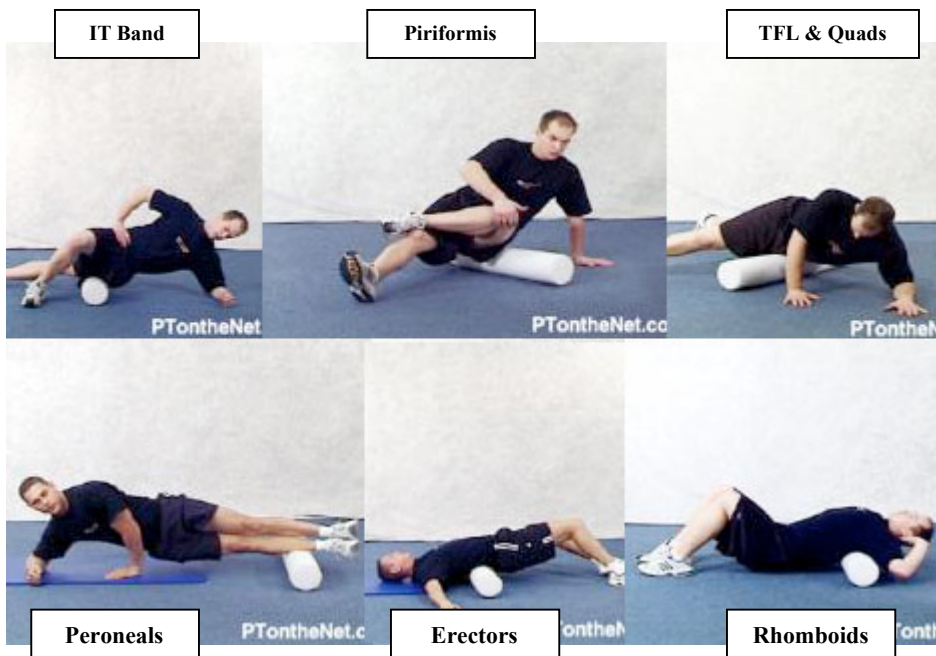


## SMR—Self Myofascial Release

A little less known modality referred to as Self Myofascial Release (SMR) can often be incorporated to ultimately compliment a complete approach to flexibility training. SMR is a technique used by Rolfers, massage and physical therapists and athletic trainers to relieve trigger points in muscles and loosen the fascia that gets bound up over time by repetitive movements, injuries and poor posture that limit range of motion and performance. This is done by applying deep but intentional pressure to trouble areas where tension is found to attain release. This can be done by manually manipulating the areas with the hands or by using small, soft medicine balls, tennis balls or foam rollers. The athlete simply lies on the trouble spot and rolls gently back and forth on the area, while making sure not to overdo it, until release is felt. Combined with the previously mentioned flexibility techniques, SMR is an excellent complement to the performance program and aids in total performance enhancement and injury prevention.



With all of these areas of the body playing a major role in both Lower Cross and Pronation Distortion Syndrome, performing myofascial release on these areas is key to creating the range of motion that will begin correct the deviations as well as facilitate better recovery.

These are just some of the many examples that can be employed from a wide variety of flexibility exercises and modalities to address the specific needs of the triathlete and correct the postural deviations associated with the sport. Addressing flexibility is necessary to create length in the tight areas that can cause discomfort and pain and inhibit efficient movement in your sport. Flexibility must be addressed first in a proper corrective and performance periodization before beginning to strengthen.