



Foam Roller Techniques for Massage, Stretches and Improved Flexibility

By MD Michael Fredericson, PhD Terri Lyn S Yamamoto, CMT Mark Fadil

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Foam Roller Techniques for Massage, Stretches and Improved Flexibility By MD Michael Fredericson, PhD Terri Lyn S Yamamoto, CMT Mark Fadil

This book will teach you the essential techniques of self-massage and stretching using the foam roller.

This type of massage is comparable to deep tissue massage, myofascial release, and trigger point therapy.

Performing these exercises on a regular basis will help you to increase flexibility, reduce muscle tension and pain, and improve functional performance.

Contains descriptive instructions and clear photo demonstrations for each muscle group.

Written by Michael Fredericson, MD, Terri Lyn Yamamoto, PhD, and Mark Fadil, CMT. Illustrated. Spiral-bound softcover; 48 pages.

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Editorial Review

About the Author

Dr. Michael Fredericson, MD

The Director of Physical Medicine and Rehabilitation Sports Medicine Clinics at Stanford University, and a former collegiate distance runner, Dr. Fredericson is a leading authority on running medicine. He spent 20 years as head physician for Stanford University athletic teams and works extensively with USA Track & Field. He is on the Scientific Advisory Board for Runner's World magazine and has published over 100 articles and chapters on musculoskeletal injuries.

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