

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Time to Get Rolling: Foam Rolling Tips from Wounded Warrior Project

JACKSONVILLE, Fla., May 11, 2017 /[PRNewswire-USNewswire](#)/ -- You've probably seen them scattered around at the gym or being used by specialty fitness trainers. They're the peculiar foam tubes people lie and roll around on the ground with. They also have the least creative name imaginable – foam rollers. And craziest of all, they work – that's why Wounded Warrior Project® (WWP) incorporates them into stretching routines after [Physical Health and Wellness](#) activities.

Using them isn't as simple as lying or sitting on them – each muscle group is specifically targeted. There are precise techniques that ensure you get the most out of this stretch method. With today being National Foam Rolling Day, it's as good a day as any to show you some movements that can get you foam rolling like a pro. Below is a sample, and the complete list of foam rolling tips can be found at

<https://newsroom.woundedwarriorproject.org/Time-To-Get-Rolling-Foam-Rolling-Tips-from-Wounded-Warrior-Project>.

Shoulders

Exercise – Foam Roll Shoulder Series

- **A Stretch:** With your head and hips supported by the foam roller, relax your arms by your hips with palms facing up. Hold for 30 seconds.
- **T Stretch:** With your head and hips supported by the foam roller, relax your arms even with your shoulders in a T position with palms facing up. Hold for 30 seconds.
- **Y Stretch:** With your head and hips supported by the foam roller, relax your arms overhead in a Y position with your thumbs pointing toward the floor. Hold for 30 seconds.
- **Shoulder Hugs:** With your head and back supported by the foam roller, start with arms crossed in a hugging position, open arms to a T position, then return to that same hugging position. Alternate with arm crosses over top. Repeat 30 times.
- **Walk the Ceiling:** With your head and back supported by the foam roller, start with arms extended and palms together. Begin by lowering one arm down beside your hip while extending the other arm overhead and toward the floor. Continue by moving your arms in opposite directions alternating sides. Repeat 30 times.

To learn more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <https://newsroom.woundedwarriorproject.org/>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <https://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-05-11-Time-to-Get-Rolling-Foam-Rolling-Tips-from-Wounded-Warrior-Project>