



## Rolflex Recovery Explains How to Foam Roll Calves

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Rolflex Recovery, a company based in Carlsbad, CA, designed the Rolflex deep tissue foam roller to treating arm & leg soreness and shorten muscle recovery times. They've released a blog post to explain how to foam roll your calves. The process of using the Rolflex deep tissue foam rollers to treat muscle soreness quickly is described by Nic Bartolotta, who is a physical therapist and holistic health practitioner. Nic specializes in myofascial release methods for addressing soft tissue limitations. More about the use of the deep tissue foam rollers for relieving muscle soreness in the calves can be gleaned from <https://rolflexrecovery.com/pages/how-to-foam-roll-calves>.

Nic Bartolotta says, "Calves are one of the most active muscles in the human body, helping you stand, walk, and even travel up stairs. As a result, they're also one of the most commonly overused muscles, especially for athletes. And because they're constantly in use, treating pain and tightness is difficult. Stretching can be effective but over only a long period of time. The most effective way to improve flexibility and loosen tight calves is with a foam roller. Foam rolling will help alleviate your calf pain and tightness. Foam rolling your calves can also help: relieve tension that impacts your ability to walk, run, and jump; reduce muscle fatigue and improve recovery times after training; increase flexibility and range of motion that will allow you to run faster and jump higher; and prevent injuries like muscle strains caused by chronic tightness."

It is also important to understand calf physiology in order to understand how foam rolling can help with muscle soreness. The calf is made up of two muscles, which are the gastrocnemius and the soleus. The gastrocnemius is the muscle that is just below the skin and is made up of two parts or "heads" that form a diamond shape. The soleus is located under the gastrocnemius. The soleus is a smaller and flatter muscle that plays an important role in upright posture.

The gastrocnemius and soleus connect at the base of the calf through the Achilles tendon, which transfers the power and energy from the calf to the ankle and foot to allow the individual to walk, run, or jump. And just under the knee, the smaller soleus muscle connects to the tibia and fibula. The larger gastrocnemius is attached to the outside and inside of the femur. To see videos showing the use of the Rolflex, those interested can check out the Rolflex YouTube channel at <https://www.youtube.com/@RolflexRecovery>.

The process of foam rolling tight calves and treat muscle soreness consists of a number of steps. The first step is to warm up the calf using long strokes with the foam roller. Nic explains, "Position the Rolflex so that the contoured foam roller sits directly on the calf muscle. Begin massaging the entire length of your calf with long, broad strokes. Apply moderate pressure as you foam roll the muscle, making mental notes of areas that are more sensitive than others. These are called trigger points."

The second step is to switch to the front and foam roll the anterior tibialis or the shin muscle. The shin muscle must be massaged with the foam roller for 30 seconds. If there are any sensitive areas or trigger points discovered while doing it, the user has to hold the foam roller in place and flex the foot up and down, five to 10 times. This is known as active release therapy (ART). By applying pressure to the muscle while pointing the toes up and then down the hard myofascial tissue surrounding the muscle is broken down, which expands the muscle's range of motion. The next step is to employ the ART technique using the foam roll to break down the myofascial tissue in the calves. The final step is to foam roll the top of the calf muscle.

Founded in 2016, Rolflex Recovery is focused on offering an all-natural solution for muscle pain based on the principle that leverage beats gravity. The Rolflex was originally designed to offer an easy way to multiply the pressure using leverage and effectively apply pressure anywhere in the body. The intuitive design of the Rolflex has enabled users to achieve relief for tight overused muscles that result from doing sports, work, or any activity that requires the use of muscles.

Those who are interested in learning more about Rolflex Recovery and the deep tissue foam rollers can visit their website at <https://rolflexrecovery.com/> or contact them on the phone or through email.

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For more information about Rolflex Recovery, contact the company here: Rolflex Recovery Ryan Hellriegel +1 (760) 560-6808 hello@rolflexrecovery.com 2796 Loker Ave W #106, Carlsbad, CA 92010

## **Rolflex Recovery**

*The only foam roller designed specifically for arms & legs; co-developed by a physical therapist and ex-NBA trainer, it's trusted by over 50,000 people.*

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