



Rolflex Recovery Discusses The Benefits Of Using A Foam Roller vs A Massage Gun

August 02, 2023

August 02, 2023 - PRESSADVANTAGE -

Rolflex Recovery, the company behind the Rolflex arm and leg massager, has published a new blog post discussing the differences between foam rollers and massage guns, the benefits of both, and how to pick the right one based on one's needs and lifestyle. More information about the Rolflex is available at <https://rolflexrecovery.com/>.

While regularly working out and choosing the proper exercises in the gym is important, real muscle growth and repair happen due to what one does between workouts. During intense workouts, the muscle fibers sustain tiny micro-tears that leave the body feeling sore and fatigued, a phenomenon called delayed onset muscle soreness or DOMS. The body starts producing more muscle cells to fix the injuries leading to bigger, stronger muscles.

“Sleeping and resting following a workout gives your body the chance to release growth hormones that aid its healing process,” says the spokesperson for Rolflex Recovery. “However, with the right equipment and activities you can hasten this process, namely by doing stretching and yoga, cold therapy, heat therapy, massages, and, of course, using a massage gun or a foam roller.”

A massage gun works like a mini jackhammer. Based on the fundamentals of percussion therapy, it delivers rapid bursts of pressure up to 16 mm deep into the muscle tissue. The deep and rapid pulsations break up myofascial adhesions, resulting in improved blood circulation and muscle mobility. The benefits of incorporating massage guns pre- and post-workout routine include increasing range of motion and joint mobility, reducing injuries, improving muscle performance, reducing soreness and pain, and promoting recovery.

“Massage guns provide precise, targeted relief,” the spokesperson says, “are portable and convenient and provide fast results. A 2021 study from the University of Málaga, Spain, found that percussive therapy with TheraGun is more efficient than manual therapy. However, massage guns are expensive with prices ranging anywhere from \$40 to \$600 for higher-end models, and only provide a single modality which may not be suitable for everyone.”

Foam rollers, on the other hand, are versatile massage tools designed for effective self-myofascial release (SMR). Traditionally, they feature a cylindrical foam tube that uses body weight to apply pressure to various areas of the body. The benefits of using a foam roller include improved form and mobility, enhanced athletic performance, better pain management, reduced fatigue, and shorter recovery times.

When compared to massage guns, foam rollers enable athletes to treat a larger surface area as they can range from 12 to 36 inches with varying widths and densities. They are also much more affordable with base models starting as low as \$10 and higher-end models offering additional features such as textured surfaces and vibrating modes. Foam rollers provide a gentler and safer approach compared to massage guns and put athletes in firm control of the massage.

Some of the drawbacks of a foam roller include limited precision, less stimulation, and being bulky and difficult to use. The Rolflex foam roller solves both these problems by giving athletes more control over their muscle recovery and being easy to fit in a small backpack without taking up all the space. To find out more about the Rolflex foam roller, visit <https://rolflexrecovery.com/collections/deep-tissue-foam-roller>.

The spokesperson talks about how the Rolflex makes foam rolling more accessible by saying, “We designed the Rolflex so that athletes can foam roll their arms and legs at whichever angle and pressure they like for comprehensive and controlled muscle recovery. With its enhanced portability, you can focus on your workout and not how sore you feel, knowing that it will be there for you when you need it.”

The Rolflex deep tissue foam roller is an SMR and muscle recovery tool designed by athletes for athletes. It features two adjustable pressure handles, as well as stability, and contoured therapy rollers of varying densities. Co-created by a world-renowned physical therapist and a sports massage therapist, it is the go-to

tool for several popular teams in Major League Baseball, the NBA, the NFL, and the Olympics.

Readers are urged to check out the detailed analysis of foam rollers and massage guns from Rolflex Recovery for themselves by heading over to <https://rolflexrecovery.com/blogs/news/massage-guns-vs-rollers>.

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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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