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# Free Your Muscles

Flexibility is key to staying in shape and building muscles. If you massage yourself with a foam roller you can help relax and stretch your muscle. [Click here](#) to find out where and how to massage your muscles.

Are [adhesions](#) deep in the longissimus dorsi of your sacrospinalis in need of kneading? Let's put it another way: Does your ass hurt? Well, a simple \$18 closed-cell foam roller could be your cheap ticket away from pain—a solution just as effective as an expensive full-body massage, and without the lavender-scented oil. Self-massage with foam rollers is all the rage among elite athletes, keg-league softball players, and even [hunchbacked](#), deskbound Web 2.0 titans—and not just because it feels so good. In fact, it can help you train better and harder. You won't find a lot of scientific research on foam-roller therapy, but anecdotal love letters from physical therapists and strength coaches abound, says Mike Robertson, M.S., C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. "It helps stiff muscles relax and breaks down scar tissue, and improves your range of motion," he says. All of which can lead to a more productive workout—and help you build more muscle and greater strength as a result. That's why foam rollers have found a place in professional training rooms around the world.

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