



## Out Of Print - Foam Roller Techniques for Massage, Stretches and Improved Flexibility

*By Michael Fredericson, MD*

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### **Out Of Print - Foam Roller Techniques for Massage, Stretches and Improved Flexibility** By Michael Fredericson, MD

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#### **About the Author**

Michael Fredricson, MD, is an associate professor and the Director of Physical Medicine & Rehabilitation Clinics at Stanford University. For the past 14 years he has served as head physician for the track, cross-country, swimming, and gymnastics teams. He has published over 50 articles on musculoskeletal injuries and also serves on the editorial board for several national sports medicine publications.

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