

massage ball INSTRUCTIONS

Why Use a Massage Ball?

Applying pressure to specific points on your body aids in the mobility and recovery of muscles, which helps them return to normal function. This is the state where muscles are elastic, healthy, and ready to perform. The massage ball can also improve blood flow and help in relieving muscle tightness and knots.

EQUIPMENT NEEDED

- Two balls the size of an orange, for example massage balls, tennis balls, or lacrosse balls
- One yoga block or two thick books
- One sock

EXERCISES

- Roll each area four times
- Apply pressure for ten to 15 seconds on any knots or tender areas
- Stay relaxed and breathe deeply! If you tense up when you hit a knot, the exercise will be ineffective.

FOR BEST RESULTS

- Drink plenty of water before a massage. Hydrated tissue is resilient and pliable, whereas dehydrated sticky tissue creates adhesions and movement dysfunction.
- Go slowly and relax. Move slowly enough to identify trouble spots. When you find one, stay relaxed and apply pressure. Moving forward and backward, side to side, twisting, and dragging will aid in tissue release.
- Use your ball every day. Just five to ten minutes each day can help relieve and prevent muscle tightness.
- Avoid rolling over inflamed or injured tissue and joints.
- Consult with your doctor before beginning any exercise program.

feet

Either standing or seated, roll the entire bottom of the foot from heel to toes. Standing allows you to apply more pressure.



lower calf (soleus)

Place the ball on the block. Put your lower leg on the ball just below the largest part of the calf muscle. While applying pressure, move your leg so that the ball moves down toward your heel. Roll three areas: middle, inside, and outside.



front of calf (anterior tibialis)

Place the ball on the muscle located just below the knee and to the outside of the shin bone. Using your hand or the block, roll up and down and side to side on the muscle.



upper calf (gastrocnemius)

Place the ball on the block, and then place your lower leg on the ball in the middle of the largest part of the calf. While applying pressure, move your leg so that the ball moves up and down the upper calf muscle. Roll three areas: the middle, inside and outside.



front of thigh (quadricep)

Place the ball on the lower part of the thigh in the middle. Using your hand or the block, roll forward and back and side to side (four times each). Repeat on the inside and the outside of the thigh. Move to the mid-thigh and repeat. Move to the upper thigh and repeat.

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glutes

Start seated with knees bent and feet on the floor. Place one ball under your right glute. Keeping the knees bent and using your hands to support you, lift your left glute off the floor. Roll forward and back, side to side, and in circles (four times each). Stop on any tender spots and try to relax your weight into the ball. Lift up your right leg and pull the knee toward the chest four times. Repeat on the left side.

upper back (trapezius)

Use two balls inside a sock. Place the ball sideways just below the shoulder blades. Lay back or place your hands behind your head and perform small rolls forward and backward. Stop once you reach the top of your shoulder blades. You can also do this standing with the balls between your back and a wall.



upper back (lats)

Place a block on the wall just below armpit height. Place the ball against the block and put your body against the ball just below the armpit and toward your back. Roll up and down and side to side.



upper back (rhomboids)

Start standing next to a wall. Place the ball between a shoulder blade and your spine. Do not roll on the spine. Roll up and down along the side of the spine, pausing on any knots. Repeat on the other side.



lower back

Use two balls inside a sock. Place the sock sideways just above the hips, so that one ball is on each side of the spine. Do not roll the balls directly on your spine. Prop yourself up with your elbows and slowly roll forward and backward. You can also do this standing with the balls between your lower back and a wall.



chest (pecs)

Place the ball halfway between the sternum and the shoulder on the upper chest muscle. Use pivots (twisting), rolling up and down and side to side.



neck

Using one ball, place the ball just below the skull to the right of the spine. Drag the ball down with pressure to your shoulder. Repeat in sections until you have reached behind the ear. Repeat on the left side. Pivots can be used as well.

The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns.

References:

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