



MOG BALL SELF-CARE SYSTEM

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Mobility On the Go

The MOG Ball is an innovative tool created to make self-massage easy and convenient. It's targeted to alleviate muscle tightness and trigger points throughout the body for reduced pain. Unlike other massage balls with fixed ropes, the MOG Ball's removable lanyard feature enables you to hold it between your body and the wall or a hard surface and apply pressure to the glutes, back, shoulders, and pectoral muscles. Then in just seconds, the lanyard can be removed, the MOG Ball can be placed on the floor, and you can focus on all those other areas of the body. It's a perfect travel companion!

What are trigger points?

Trigger points are hyperirritable, highly sensitive knots located in the taut band of skeletal muscles. When agitated, they can cause local or referred pain, muscle tightness, and weakness. They can also become deprived of oxygen and proper blood circulation. There are a few theories on the cause of trigger points, from drinking too much coffee to a sedentary lifestyle. Regardless of how you acquire trigger points, they can be extremely uncomfortable. One of the most common methods used to combat them is self-myofascial trigger point release.



What is self-myofascial trigger point release?

Self-myofascial trigger point release is a technique used to rid ourselves of those pesky knots. By applying direct pressure on and off of a trigger point, a "pump-like" motion is created. This action allows the local area to rehydrate and "flush" any chemical waste or acidity that may have built up. Restoring blood flow and circulation to the area is important in enabling the muscles to relax, a return to normal function, and your pain disappearing. Self-myofascial trigger point release has become a popular self-care intervention that can be performed using various types of equipment including the MOG Ball by Stride Gym!

MOG BALL IMPROVES

- Mobility
- Flexibility
- Balance
- Circulation
- Recovery
- Relaxation

SELF-CARE SAFETY

Self-myofascial trigger point release is commonly used throughout the world, but it may not be for everyone. Here are some conditions indicating that working with a doctor or licensed therapist may be your first choice for treatment:

- Easily bruising or discoloration
- Open wounds or fractures
- Swelling or inflammation
- Infectious or contagious diseases
- Severe, acute joint pain (e.g., rheumatoid arthritis)
- History of headaches or light-headedness
- Advanced, complicated joint problems (e.g., osteoporosis)
- Taking certain medications (e.g., anticoagulants)



USER CARE |

- Use this product only as intended, illustrated, or described in this manual.
- This product is not a toy and should be used for fitness and therapy purposes only.
- Do not throw or swing the MOG Ball.
- Do not leave the MOG Ball unattended. It could cause serious harm or death to children or pets.
- Always store the MOG Ball away from children and pets.
- Never place the lanyard around the head, face, or neck.
- Always consult your doctor before use.
- The MOG Ball is made out of 100% silicone. Discontinue use if you are allergic to this material.
- Stride Gym LLC is not responsible for any personal harm, death, or property damage that may occur if the MOG Ball is used improperly.



MAINTENANCE |

- Clean the MOG Ball and lanyard with mild soap and water. DO NOT use abrasive or chemical cleaners.
- Keep the MOG Ball out of direct sunlight.
- Do not expose the MOG Ball directly to extremely hot or cold conditions.
- The MOG Ball is composed of rubber and nylon. Follow all instructions to ensure a long-life span.

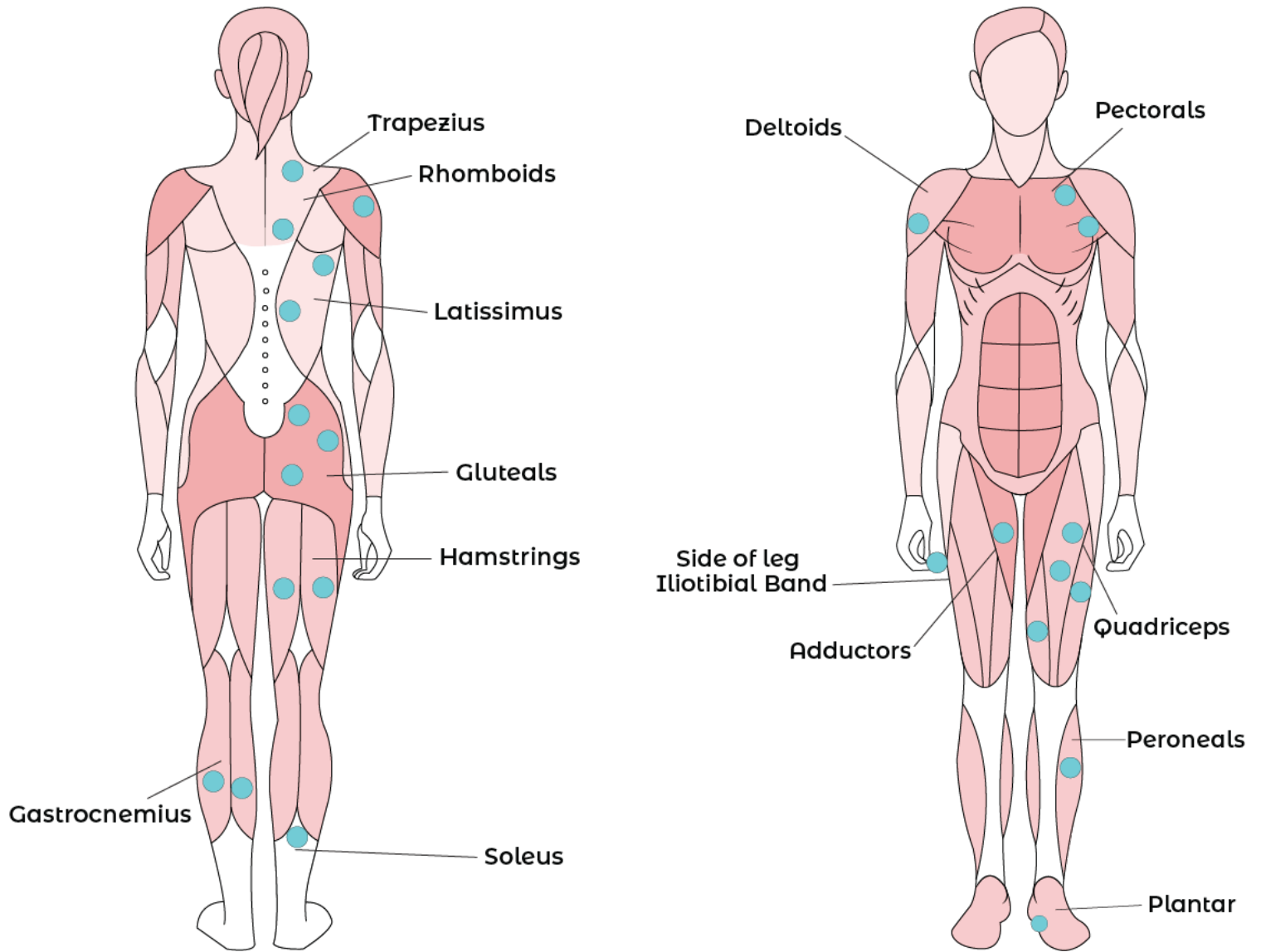
PLEASE READ |

- Keep all pressure on muscle tissue only.
- Do not apply pressure on bones, joints, or tendons.
- Do not lie on or apply pressure to ribs.
- Do not apply pressure to, roll on, or massage any part of the spine.
- Do not apply pressure to major arteries.
- Seek immediate medical attention if you experience any loss of breath, chest tightness, or chest pain.
- Some people may experience muscle soreness and minor bruising after self-treatment. If this does occur, allow for pain and discoloration to go away before retreating the area.
- Maintain proper hydration levels to support the body's recovery process.

INSTRUCTIONS |

- Locate the "knot" or tender spot within the muscle.
- Select the appropriate body position (floor or wall).
- Place the MOG Ball in between you and the wall or a hard surface.
- Apply direct pressure on the trigger point.
- Apply pressure to the knot for 30-90 sec; release and repeat as needed until the pain subsides.
- You can perform this technique for up to 5 minutes total per trigger point area.
- Do not exceed 2 times of treatment on the same area, within a 24 period.
- Avoid overworking one particular area.
- Allow up to 72 hours of rest on sensitive areas after self-care sessions.

COMMON TRIGGER POINTS



UPPER BODY |

Pectorals – Wall

Stand facing 4-6 inches away from the wall. Place the MOG Ball between your pectorals and a hard surface. Hold the lanyard firmly with one hand and gently lean forward. Apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



Trapezius – Wall

Stand with your back 4-6 inches away from the wall. Place the lanyard over your shoulder and position the MOG Ball between your trapezius and a hard surface. Hold the lanyard firmly with one hand and gently lean back into the MOG Ball. Apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



Rhomboids – Wall

Stand with your back 4-6 inches away from the wall. Place the lanyard over your shoulder and position the MOG Ball between your rhomboids and a hard surface. Hold the lanyard firmly with one hand and gently lean back into the MOG Ball. Apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



Latissimus - Wall

Stand to the side with your back 4-6 inches away from the wall. Position the MOG Ball between your latissimus and a hard surface. Hold the lanyard firmly with one hand and gently lean into the MOG Ball. Apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



Medial Deltoid – Wall

Stand to the side with your shoulder 4-6 inches away from the wall. Position the MOG Ball between your deltoid and a hard surface. Hold the lanyard firmly with one hand and gently lean into the MOG Ball. Apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



LOWER BODY |

Glutes – Wall

Stand with your back 4-6 inches away from the wall. Place the lanyard around the hip and position the MOG Ball between your glutes and a hard surface. Hold the lanyard firmly with one hand and gently lean back into the MOG Ball. Apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



Hamstrings – Seated

Remove the lanyard from the MOG Ball. Sit on a firm chair or hard surface. Lift up one leg and position the MOG Ball between your hamstring and a surface. Gently bring your leg down and apply pressure to the trigger point for the desired time. Release and repeat as needed.



Iliotibial Band – Floor

Remove the lanyard from the MOG Ball. Lie on your side with your elbows and legs both touching the floor or exercise mat. Bring your top leg over and place the MOG Ball below your hip, between your iliotibial band and a firm surface. Gently apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



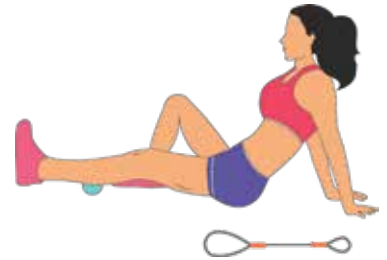
Quadriceps – Floor

Remove the lanyard from the MOG Ball. Lie face down with both your elbows and legs touching the floor or exercise mat. Position the MOG Ball between your quadriceps and a firm surface. Gently apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



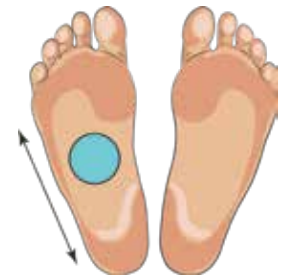
Calf – Seated on Floor

Remove the lanyard from the MOG Ball. Sit on a mat or hard surface. Lift one leg and position the MOG Ball between the floor and your calf muscle. Gently bring your leg down and apply pressure to the trigger point or massage for the desired time. Release and repeat as needed.



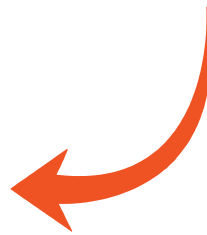
Plantar – Bottom of foot

Sit on the chair in an upright position. Lift one leg up and place the MOG Ball between your foot and floor. Gently bring the foot down applying pressure to the MOG Ball. Roll the ball forward and back along the bottom of the foot. Maintain for the desired time.





MOG Ball workouts SCAN HERE



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