

MASSAGE BALLS

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WHY USE A MASSAGE BALL?

Massage balls are affordable and small and therefore they can easily fit into a suitcase or handbag to use wherever you go. They also promote self-sufficiency so there is no need to rely on anyone else. Notwithstanding, it does not always give the same results as a traditional massage delivered by an experienced therapist

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WHERE AND WHEN TO USE

Since they are so conveniently easy to use, you can use them almost anywhere for example against a wall, the back of a chair, on the floor or use your hands. Some office workers keep them at their desks as a reminder to use them during the day to help with releasing built-up muscle tension from poor posture or stress.

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HOW TO USE A MASSAGE BALL

Start with only a few knots at a time, the most painful area being first. The idea is to trap the knot in the muscle with the ball and apply gently to medium pressure until the painful sensation has faded. Once you have the correct spot (and you will know when), hold it there and try to relax until only about 80% of the ache remains. When pressing too firmly, the sensation can be too painful for you to relax which defeats the purpose of using the massage ball in the first place, it could also potentially irritate the area. You are looking for a "good pain". Roll the ball around to look for more tender spots or just enjoy gently going back and forth over the tight muscle. If you feel the muscle needs it, you can repeat it twice a day. After releasing the knot, follow it up with gentle stretches to the same muscle. It's okay to lightly exercise the muscle afterward but avoid fatiguing it for 24 hours.

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1. SHOULDERS

With your back against a wall, place the ball between your neck and shoulder blade. Gently lean into the wall and roll up and down or sideways. Hold still to release any knots as you find them.



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2. FEET

In either sitting or standing, take off your shoes and step lightly onto the ball. Roll the ball back and forth on the bottom of the foot.



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VIDEO'S

Remember to check our videos for more examples on how to use the massage balls.