

## MASSAGE BALL RELEASES

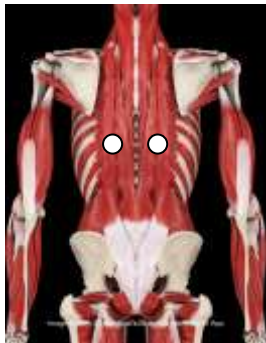
The Massage Ball is a simple, self-help method to care for your muscles. It massages and strengthens muscles, opens joints, increases flexibility and stimulates blood flow. It will improve your range of motion and help to prevent injury from sporting and day-to-day activities. Muscles are marked with a white dot.



### Quadratus Lumborum:

- Place hands at waist level, fingers forward, thumb back
- Place ball where the thumb rests
- Lean back against the wall, at a 45 degree angle and push for 3 minutes
- Repeat on other side

\*Note: Find the spot that radiates pain downwards.



### Erector Spinae:

- Start ball at waist level, to one side of the spine
- Lean back against the wall
- Legs out comfortably apart, away from the wall
- Bend knees slightly, rolling up and down for up to 5 minutes each side of the spine
- If you find a sore spot, hold the ball on it for 3 minutes
- Repeat on other side



### Rhomboids:

- Place ball between spine and medial edge of your shoulder blade
- Bring one arm across your body, supporting it with the other arm, so that the shoulder blade is out of the way
- Lean back against the wall
- Legs out comfortably apart, away from the wall
- Bend knees slightly, rolling up and down for up to 5 minutes each side of the spine
- If you find a sore spot, hold the ball on it for 3 minutes
- Repeat on other side



### Teres:

- Place ball alongside the shoulder blade at the armpit level
- Lean sideways against the wall
- Legs out comfortably apart, away from the wall
- Bend knees slightly, rolling towards and away from the armpit for up to 5 minutes
- If you find a sore spot, hold the ball on it for 3 minutes
- Repeat on other side



**Supraspinatus:** (small muscle at the top of the shoulder blade)

- Place ball at the top of the shoulder blade
- Lean back against the wall
- Hold on the sore spot for 3 minutes
- Repeat on other side



**Trapezius:**

- Place ball between neck and shoulder
- Lean backwards against the wall
- Hold on sore spot for 3 minutes
- Repeat on other side



**Levator Scapulae:**

- Place ball between your spine and top of shoulder blade
- Lean backwards against wall
- Hold on sore spot for 3 minutes
- Repeat on other side



**Serratus Anterior:**

- Place the ball underneath the armpit, in the midline, on the side of the ribs
- Lean sideways against the wall
- When you find a sore spot, hold for 3 minutes
- Repeat on the other side



**Piriformis:**

- Place ball along the middle of your buttocks just above the level of the top of your leg
- Lean forward, resting your hands on your knees
- Roll the ball from side to side, along the buttocks
- When you find a sore spot, hold the ball for 3 minutes



**TFL:**

- Place the ball on your side, between the top of your pelvis and your hip
- Lean sideways against the wall
- Roll the ball, in small movements, from side to side
- When you find a sore spot, hold the ball for 3 minutes

Aim to complete the releases several times a day and repeat on both sides.