

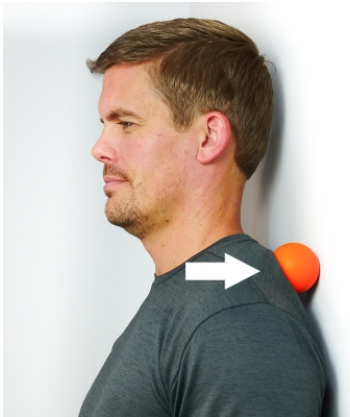
## SELF MYOFASCIAL RELEASED BALL

Created by Hung Wu Oct 27th, 2023

View at [www.my-exercise-code.com](http://www.my-exercise-code.com) using code: WMNEG5C



8 Exercises



### SELF MASSAGE BALL - UPPER TRAP

Stand with your back towards a wall. Place a lacrosse ball or tennis/racquetball on back of your upper trap muscle as shown.

Lean into the ball to apply gentle pressure to the tight areas. Do not roll over bony areas.

You can hold on one area or move your body to roll the ball in small movements.

Duration 90 Seconds

Complete 1 Set

Perform 1 Times a Day



### SELF MASSAGE BALL - INFRASPINATUS

Stand with your back at a 45 degree angle to a wall.

Place your hand on your opposite shoulder and place a massage ball between the wall and the soft part your shoulder blade (infraspinatus muscle) as shown.

You can use a tennis ball, lacrosse ball (as shown) or racquetball.

You can hold on one area or use small movements with your body to allow the ball to roll up/down or side-to-side or circles.

Duration 90 Seconds

Complete 1 Set

Perform 1 Times a Day



### SELF MASSAGE DOUBLE BALL (PEANUT) - MID BACK - MID SCAPULAR - MIDDLE TRAPS

Place a double lacrosse ball or 2 tennis/racquetballs taped up together between a wall and between your shoulder blades.

Lean into the ball to apply gentle pressure to the tight areas. Do not roll over bony areas.

You can hold on one area or bend and straighten your knees to roll the double ball up/down your spine.

Duration 90 Seconds

Complete 1 Set

Perform 1 Times a Day



### SELF MASSAGE DOUBLE BALL (PEANUT) - LUMBAR SPINE - PARASPINAL MUSCLES

Place a double lacrosse ball or 2 tennis/racquetballs taped up together between a wall and your low back as shown.

Lean into the ball to apply gentle pressure to the tight areas. Do not roll over bony areas.

You can hold on one area or bend and straighten your knees to roll the double ball up/down your spine.

Duration 90 Seconds

Complete 1 Set

Perform 1 Times a Day



### SELF MASSAGE BALL - GLUTE - WALL

Place a ball between a wall and your buttocks.

You can use a tennis ball, lacrosse ball (as shown) or racquetball.

Lean into the ball to apply gentle pressure to the tight areas. Do not roll over bony areas.

You can hold pressure on one area or move your body to allow the ball to roll up/down or side-to-side.

Duration 90 Seconds

Complete 1 Set

Perform 1 Times a Day



### SELF MASSAGE BALL - PECTORALIS

Stand facing a wall and then place a lacrosse ball or tennis/racquetball on the front of your chest in the tight area.

Place your arm behind your back and then lean into the ball applying pressure to the area.

You can hold this and perform small movements to roll the ball on the tight areas.

Duration 90 Seconds

Complete 1 Set

Perform 1 Times a Day



### SELF MASSAGE BALL - WRIST FLEXORS

Sit in chair and place your arm on a table with your palm directed downward.

Place a lacrosse ball or tennis/racquetball under your forearm.

Lean your body forward and back to allow the ball to roll the ball up and down your forearm for a gentle massage. Not over any bony areas.

Duration 90 Seconds

Complete 1 Set

Perform 1 Times a Day



### SELF MASSAGE BALL - WRIST EXTENSORS

Sit in chair and place your arm on a table with your palm directed upward.

Place a lacrosse ball or tennis/racquetball under your forearm.

Lean your body forward and back to allow the ball to roll the ball up and down your forearm for a gentle massage. Not over any bony areas.

Complete 1 Set

Hold 1 Minute

Perform 1 Times a Day

