

DIY Tennis Ball Therapy for Pain Management

Tennis ball self-massage can be applied to any part of the body.

DIY muscle release techniques are very effective for rejuvenating and regenerating muscles affected by soft tissue imbalances. They can rehabilitate and restore the soft tissue structures to a healthy condition; preparing the muscles for movement and aiding recovery.



By using a few tennis balls and a sock, and using the correct simple moves it is possible to reach the deepest layers of muscle and connective tissue and release adhesions so muscles are able to fully stretch and contract. This could relieve discomfort, pain, and increase blood and lymph circulation. With the use of a pair of tennis balls it is possible to get relief.

The benefits of Tennis Ball Massage Therapy

DIY muscle release may:

- increase joint range of motion
- help muscle performance
- decrease fatigue after exercise
- decrease soreness after exercise



DIY muscle release is best after a workout; it can be performed whenever you can fit in throughout the day. It not occupy too much time and can fitted into a busy schedule. Just like stretching, the best results are seen after consistent practice.

Releasing trigger points can be painful and ache afterwards. The pain should be a satisfying type of pain, similar to a deep tissue massage.

Here are some rules to follow while practicing DIY tennis ball therapy:

1. Warm the muscles area beforehand.
 2. When the point of tension is found hold the ball in place and keep sustained pressure the discomfort should be satisfying, not painful.
 3. Breathe deeply, to oxygenate blood.
 4. Stop if it does not feel right. This is always a good rule when exercising.
 5. Stretch the muscle afterwards. This is always a good rule following massage
-

Back

Upper Back Release

The trapezius muscle (Trapz) is a large muscle that connects your upper back, neck, and shoulders. It can often get tight and painful with overuse or stress. This can contribute to neck and shoulder pain.

This routine can aid postural correction, an upper back tension reliever, and helps to revive your breath.

There are 2 routines

Lying on the floor

1. Lie down on the floor and place two balls in a sock on either side of your **Thoracic (Ribs) spine**. Interlace your hands behind your head and lift your head off the floor, bringing your chin toward your chest. Lift your bottom off the floor, rest on the tennis balls and take 3 deep breaths.



2. Keeping breathing deeply and steady, roll on the tennis balls up and down your **Thoracic (Ribs) spine** for up to 5 minutes.

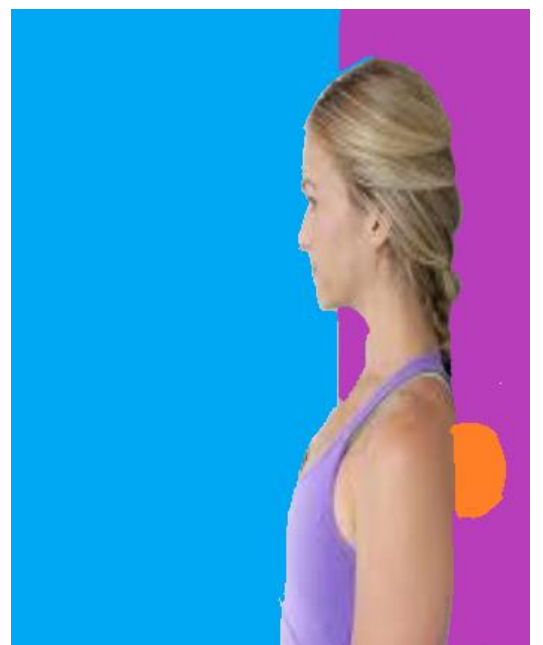


Stand against a wall

1. Stand with your back against a wall with a Tennis Ball between the wall and your **Thoracic (Ribs) spine**; with the ball on one side of your spine.
2. Move around in all directions until you find a tender spot.
3. Using your body weight press the ball into wall and

Cross your hands over your chest.

4. Roll up and down slowly on the ball, massaging any knots or tender areas you may encounter.
5. Repeat on the other side.



Low Back Release

This routine can aid postural correction through massaging and relieving tension of the muscles that attach to the **Lumbar spine** in the lower back, the Quadratus Lumborum (QL's), Erector Spinae, Oblique muscles and Lumbodorsal Fascia, which attaches to the latissimus dorsi (Lats) muscles

There are 2 routines

Lying on the floor

1. Lie down on the floor, placing two balls in a sock on either side of your **Lumbar spine** area, between your bottom and ribs.

Interlace your hands behind your head and lift your head off the floor, bringing your chin toward your chest.

Lift your bottom off the floor, so your Lumbar spine area is resting on the tennis balls and take 3 deep breaths.

Breathe deeply while shifting your pelvis up and down so the balls roll your entire lower back.



2. Move the ball more slowly in the areas where you feel stiffer, and lighten your pressure when you're near the spine so that you're not pinching the balls into your spine as you move up and down the Lumbar spine area.
3. Breathe deeply as you roll for up to 5 minutes.



Stand against a wall

1. Stand with your back against a wall with a Tennis Ball between the wall and your **Lumbar spine area**; with the ball on one side of your spine.

2. Move around in all directions until you find a tender spot.

3. Using your body weight press the ball into wall and
Cross your hands over your chest.

4. Roll up and down slowly on the ball, massaging any knots or tender areas you may encounter.

5. Repeat on the other side.

