

## 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.

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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
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## Neck Muscles

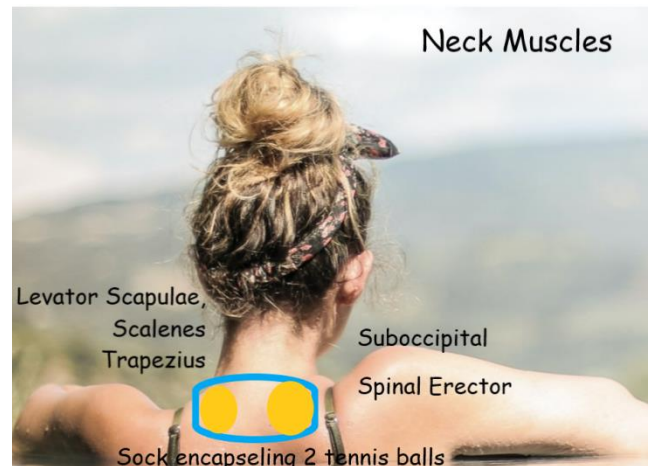
By rolling the neck and shoulders on the tennis ball will release tension in the muscles that are responsible for:-

Keeping your head looking forward, and

Allowing the rotation of the neck

(Levator Scapulae, Scalenes Trapezius  
Spinal Erector and Suboccipital)

They get stiff and tight, from non-  
movement when looking at computer screen  
and TV screens for extended periods.



1. Lie on the floor with your knees bent and your head resting on a pillow.
2. Place two balls side by side in a sock, settle them at the base of skull. Breathe deeply while you rest for 1 minute.
3. Slowly nod your head in a "YES" motion while the balls press into the neck for 1 minute.
4. Pivot your head from right to left, in a "NO" motion allowing the balls press into the neck for 1 minute..
5. Rotate your head to the right, holding the head in this position, nod "YES" for 1 minutes. Then, pivot your head to the left and nod "YES" for 1 minutes. Alternate back and forth for three times.

This routine can be very relaxing before bed and sleep.

