

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
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Thighs

Quadriceps

This is a group of four muscles, that are at the front of the leg, they run from the hip to the knee attaching on the Tibia. The Quadriceps assists with straightening and bending of the knee. Tight quadriceps can lead to knee and hip pain.



1. Place the tennis ball on the floor.
2. Lie face down and placing the ball so that it is above the knee.
3. Slowly slide your body to roll the ball up the Quadricep towards the hip, hold for 10 seconds and move in the opposite direction roll the ball towards the knee.
4. Repeat for 4 to 5 cycles

Lateral or Medial Quadricep Release

1. Reposition the leg and repeat 1 to 4 on the inside or outside of the Quadricep

