

DUAL TRIGGER POINT BALL

The dual trigger point ball is especially designed for myofascial release. Regular use of this therapy ball may help greatly to improve movement efficiency and athletic performance.

The dual trigger point ball helps restore normal range of motion to your spine by targeting the one segment of the vertebra that might be the major cause of restriction for your entire back. It also helps to increase circulation to sore and tight muscles, providing relief from pain.





BENEFITS

- Improves mobility and flexibility
- Reduces injuries & restores suppleness to your spine
- Provides improved range of motion thoracic spine
- Reduces scar tissue and adhesions
- Decreases tone of overactive muscles
- Improves quality of movement
- Reduces muscle soreness post workout.
- Improves posture.



GENERAL GUIDELINES

- Avoid recently injured areas.
- Avoid using over Chronic pain conditions and check with your Doctor or Physio first.
- Avoid applying pressure on bones and joints. Just muscle.
- Combine dual trigger point ball with your regular warm-up on workout days and focus on the muscles that you have the most trouble with.
- Some points may feel very tender at first, as you continue to roll out, it will feel less painful.
- You may also try using it as a massage ball. Ideal for shins, forearms, quads and many other muscles.





CAUTION:

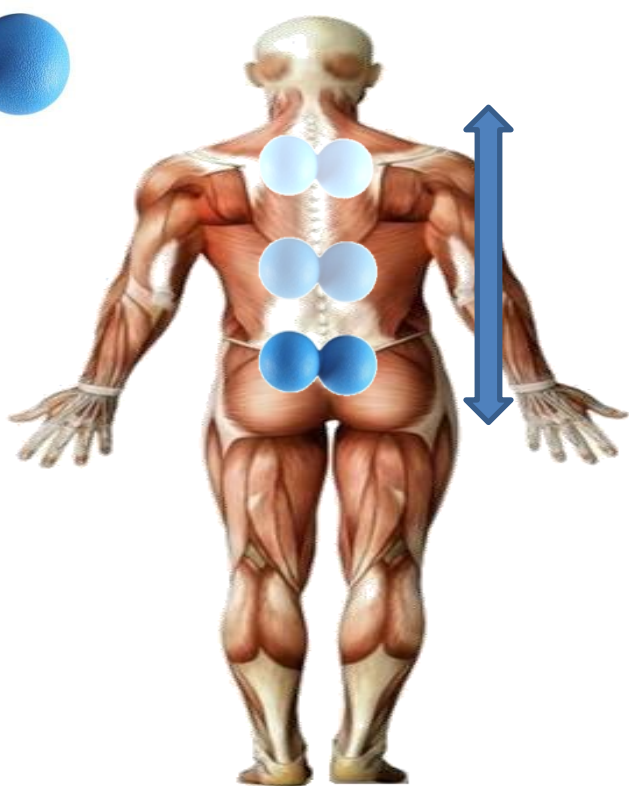
You should discuss the suitability of these exercises with your Doctor or Physiotherapist before starting. Generally, such exercises should only be performed provided they do not cause or increase pain.



DUAL TRIGGER POINT BALL EXERCISES



BACK



Lie down on the floor or lie against a wall. Position the dual trigger point balls on your back and start by slowly rolling them up and down your spine.

Now roll the dual trigger point balls up to the top of your shoulder blades and lie stationary on them. Hold it for 25-30 seconds and then slowly roll them down your spine by using your feet. Move the dual trigger point balls down your spine 3cm each time and repeat till you reach your lower back.

You can add variations by folding your arms for your mid to upper back.

Advance : You can raise your arms over your head, while lying on the ground and rolling your spine with the dual ball.

STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.



LOWER BACK



Lie down on the floor. Position the dual trigger point balls on your lower back and start slowly rolling them up to just above your bottom rib and back down towards your sacrum .

Now lift your feet off the ground and with your hands hold your knees. Roll the dual trigger point balls up just above your bottom ribs and lie stationary on them. Hold it for 25-30 seconds and then slowly roll them down your spine towards your sacrum . Move the dual trigger point balls down 3cm each time and repeat till you reach your sacrum.

You can add variations by rolling to one side, then the other and hold the pressure.

Advance : You can raise your knees all the way up to your chest.

STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.

DUAL TRIGGER POINT BALL EXERCISES



NECK



Lie down on the floor. Position the dual trigger point balls on top of your neck where your skull meets your neck.

Now apply some pressure to the dual trigger point balls and hold it for 25-30 seconds. Slowly roll them down 2-3cm and roll them back up again.

You can add variations by raising your arms over your head, while lying on the ground.

CAUTION: DO NOT USE DUAL TRIGGER BALLS IF YOU SUFFER FROM SEVERE HEADACHES, MIGRAINES OR FEELING NAUSEOUS. CHECK WITH YOUR DOCTOR FIRST. STOP IMMEDIATELY IF YOU FEEL PAIN AND SEE YOUR DOCTOR OR PHYSIO TO ASSES THE CONDITION.