



TRIGGER POINT BALL

A trigger point is a hyperirritable spot associated within a taut band of a skeletal muscle that is painful on compression or muscle contraction and usually responds with a referred pain pattern distant from the spot.

The main goal of using Trigger Point Ball is to hydrate the tissues, aid in metabolic waste removal from the muscles and to increase blood circulation to the area. The result of this work will be decreased pain, greater range of motion, improved elasticity of the arteries and better overall performance of the muscle.





BENEFITS

- Improves mobility and flexibility
- Prevents injury & helps you recover fast
- Removes lactic acid to aid recovery
- Improves range of motion
- 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 trigger point ball with your regular warm-up on workout days and focus on the muscles that you have the most trouble with.
- It may feel very tender at first, as you continue to roll out it will feel less painful.
- Avoid placing balls directly under your lower back or under your neck.





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.





PLANTAR (Foot)



Start with placing the trigger point ball at the ball of your foot (between your toes and arch). Start rolling the ball towards your heel and stop at any trigger points you find on the way. Apply as much pressure as you can handle. Once the trigger point loosens up, roll the ball to the next spot.

Make sure you do the arch as well as the heel too. Also don't forget to roll out the inside and outside of your feet. Repeat on the other side. You can add variations by using the spiky massage ball.

Advance : Once you find a trigger point, you can apply your full body weight by lifting your other foot off the ground. Make sure you stand close to a wall or an object to help keep your balance.

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



PERONEALS



Kneel on the floor and place the trigger point ball just to the outside of your shins (As shown in the picture). Roll it down from your knee till you find the trigger point.

Apply as much pressure as you can handle. Once the trigger point loosens up, roll the ball down to the next spot. Repeat on the other side.

Advance : You can raise your knee off the ground on the side your working on for greater pressure.

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

TRIGGER POINT BALL EXERCISES



CALF



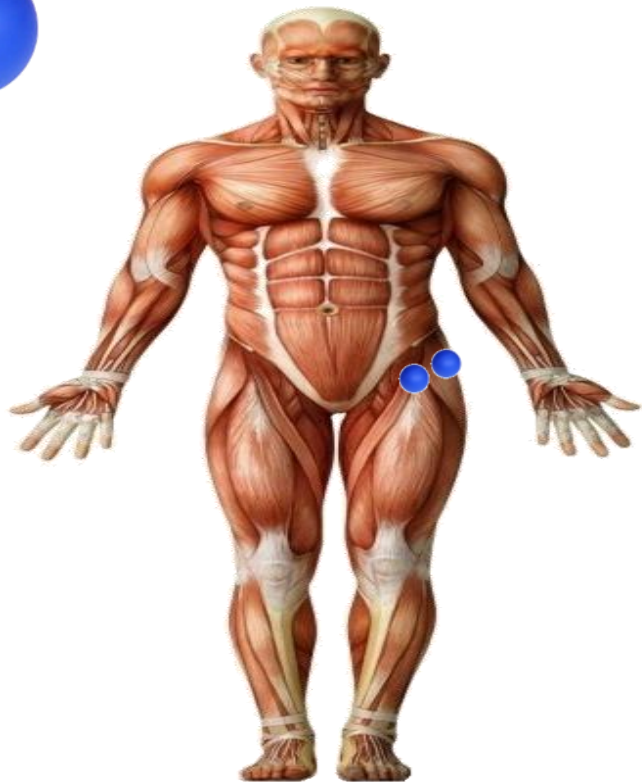
Sit on the floor with one leg flat on the ground. Place the trigger point ball under your calf and roll it down on the midline of your calf towards your ankle to find the trigger point (As shown in the picture).

Apply as much pressure as you can handle. Once the trigger point loosens up, roll the trigger point ball down to the next spot. Roll down outside and inside of your calf. Repeat on the other side.

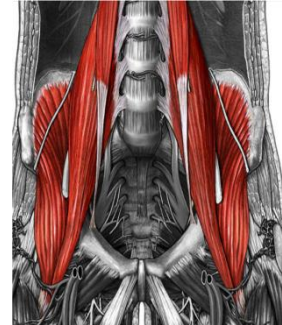
You can add variations once you find your trigger point by bringing your toes forward and holding for a few seconds and then bringing your toes back to you.

Advance : You can place your other leg on top of the leg your working on to apply more pressure.

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



HIP FLEXOR



Lie down on the floor on your stomach and place your forearms on the floor. Place the trigger point ball above your quads and below your hip bone (As shown in the picture). Roll the trigger point ball down till you find the trigger point. Apply as much pressure as you can handle. Once the trigger point loosens up, roll the trigger point ball to the next spot.

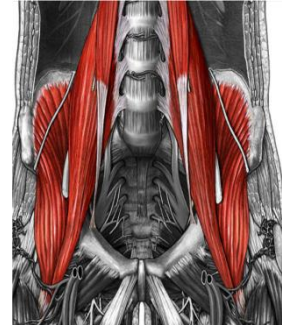
Now roll over onto your side (to release your TFL muscle). Place the trigger point ball just below your hip bone (As shown in the picture). Roll the trigger point ball down till you find the trigger point. Apply as much pressure as you can handle. Repeat on the other side.

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

TRIGGER POINT BALL EXERCISES



PSOAS



Lie down on the floor on your stomach. Place the trigger point ball on your PSOAS muscle, which is approximately the mid point between your belly button and your hip bone (As shown in the picture). Roll the trigger point ball around till you find the trigger point. Apply as much pressure as you can handle. Repeat on the other side.

NOTE: Women during their period and pregnancy are advised to avoid the above exercise. STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.

TRIGGER POINT BALL EXERCISES



ITB



Lie down on the floor on your side by placing the trigger point ball below your hip bone. Now roll it down towards your knee till you reach approximately the middle of your ITB muscle (As shown in the picture). Apply as much pressure as you can handle. Repeat on the other side.

Advance : You can push against the trigger point ball with your body weight to increase the pressure.

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



HAMSTRINGS

Sit down on the floor and place the trigger point ball at the top of your hamstrings, just below your gluteus (buttocks) muscle (As shown in the picture).

Apply as much pressure as you can handle. Once the trigger point loosens up, roll the trigger point ball down to the next spot. Repeat on the other side.

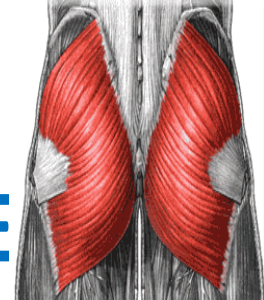
You can add variations by sitting on a chair or on the floor. Also by rotating your leg internally and externally while on the trigger point.

Advance : You can tilt your body forward slightly, like as in stretching out your hamstrings, to apply more pressure.

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



GLUTEUS MUSCLE



Sit on the floor by sitting on the trigger point ball with one hip. Position the trigger point ball approximately in the middle of your gluteus and roll it till you find the trigger point. Apply as much pressure as you can handle. Once the trigger point loosens up, roll the trigger point ball towards the next spot. Repeat on the other side.

You can add variations by lifting the knee up on the side your working on and alternate back down.

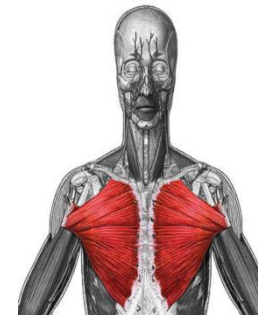
Advance : You can lower your knee down outwards towards the floor, then slowly bring it back up.

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

TRIGGER POINT BALL EXERCISES



CHEST

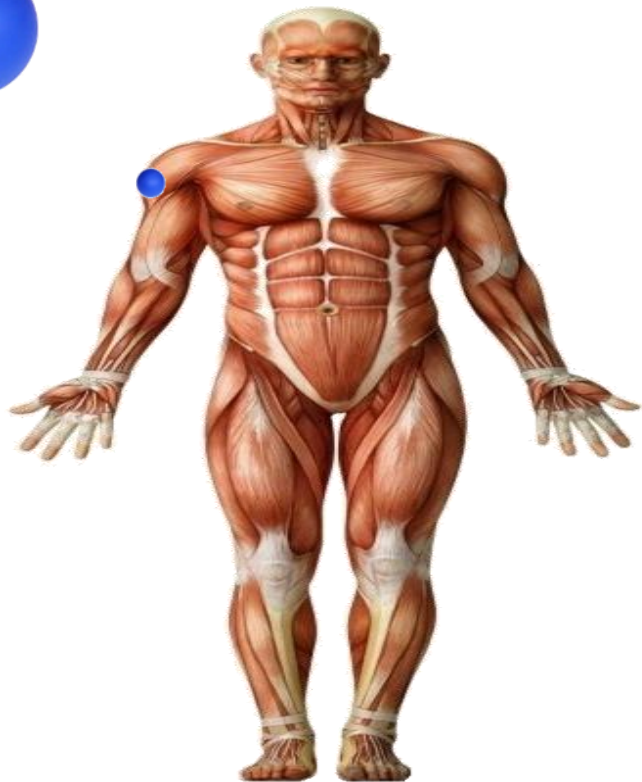


Lie face down on the floor and position the trigger point ball on your chest (As shown in the picture). Place your opposite side hand on the floor to support your body weight.

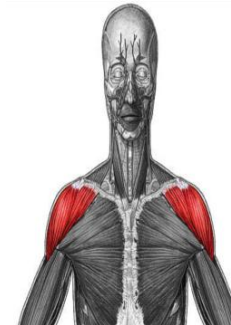
Roll the trigger point ball till you find the trigger point. Apply as much pressure as you can handle. Once the trigger point loosens up, roll the trigger point ball towards the next spot. Repeat on the other side.

You can add variations by raising your arm in front of you above your head with your elbows slightly bent.

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



SHOULDERS



Lie down on the floor on your side or stand against a wall. Position the trigger point ball at the front / side section of your shoulder (As shown in the picture). Roll the trigger point ball till you find the trigger point. Apply as much pressure as you can handle. Repeat on the other side.

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



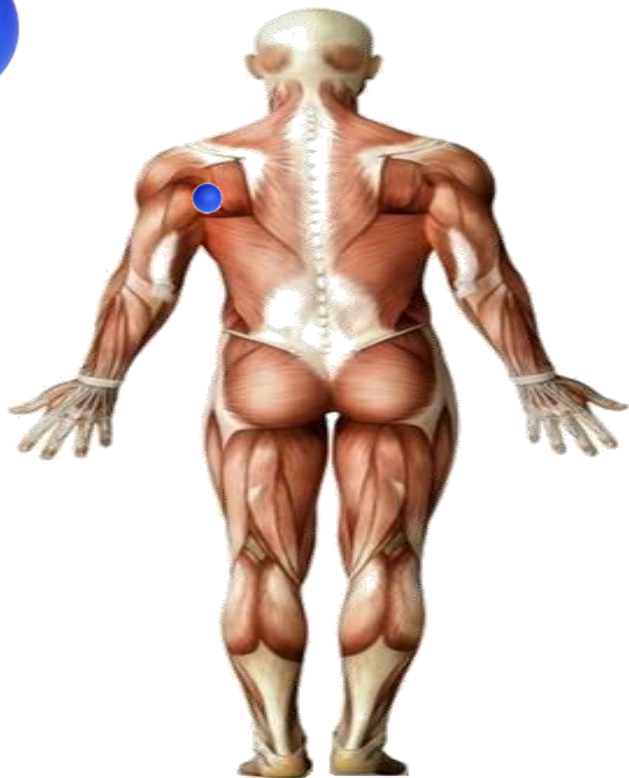
TRAPEZIUS

Lie down on the floor by positioning the trigger point ball on your upper back just below your neck (As shown in the picture). Roll the trigger point ball down your spine till you find the trigger point. Apply as much pressure as you can handle. Once the trigger point loosens up, roll the trigger point ball down towards the next spot. Repeat on the other side.

You can add variations by using the duel trigger point balls. Also by raising your arms straight in front of you and slowly bringing them out and holding and then bringing them back up.

Advance : You can raise your hip off the ground to apply more pressure.

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



TERES MINOR



Lie down on the floor on your side by positioning the trigger point ball on the upper outer edge of your shoulder blade (As shown in the picture). Roll the trigger point ball around the edge of your outer shoulder blade, just below your armpit, till you find the trigger point. Apply as much pressure as you can handle. Repeat on the other side.

You can add variations by applying rocking motion.

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

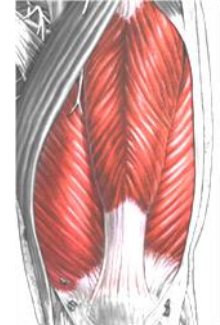


TRICEPS



Lie down on the floor, arm straight out, with the side to be worked on or stand and lie against a wall. Position the trigger point ball on your triceps (As shown in the picture). Roll the trigger point ball till you find the trigger point. Apply as much pressure as you can handle. Repeat on the other side.

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



QUADRICEPS

Lie down on the floor on your stomach by positioning the trigger point ball on your quads start below your hip (As shown in the picture). Roll the trigger point ball down towards your knee till you find the trigger point. Apply as much pressure as you can handle. Once the trigger point loosens up, roll the trigger point ball down towards the next spot. Repeat on the other side.

You can add variations by rocking side to side on the trigger points slowly.

Advance : You can bend your knee and hold it with your hand (like a quad stretch). Then slowly straighten it back down.

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