



SPIKY MASSAGE BALL

Spiky massage balls are becoming increasingly popular as they allow you to perform massage exercises by yourself at home or under the supervision and instruction of a therapist.

The spiky massage ball works by stimulating the tissues directly beneath the skin and improving circulation, which combined with relaxed breathing helps to release tension in your muscles.





BENEFITS

- Assists in relieving muscle tension
- Helps in improving poor circulation
- Can assist in range of motion
- Improves quality of movement
- Reduces muscle soreness post workout





GENERAL GUIDELINES

- DO NOT USE if you have a recent injury or trauma which has broken the skin.
- Avoid using over Chronic pain conditions and check with your Doctor or Physio first.
- Avoid applying pressure on bones and joints. Just muscle.
- Combine spiky massage 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.

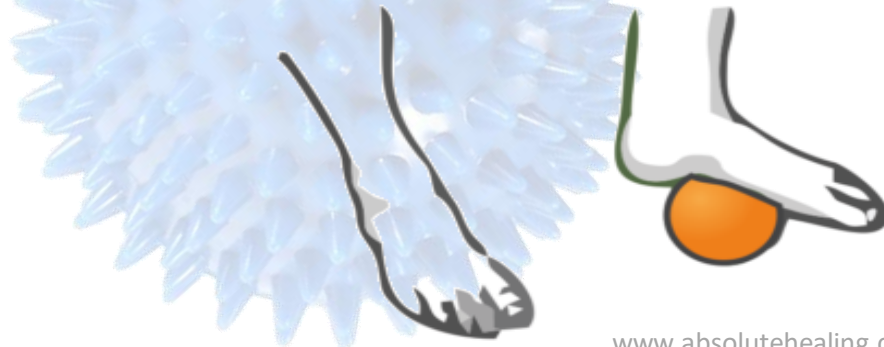




PLANTAR (Foot)



Place the sole of one foot on the spiky massage ball with your other foot on the ground. Stand next to a wall or an object for balance. Put majority of your weight on the spiky ball and roll your foot from your toes to your heel. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**



SPIKY MASSAGE BALL EXERCISES



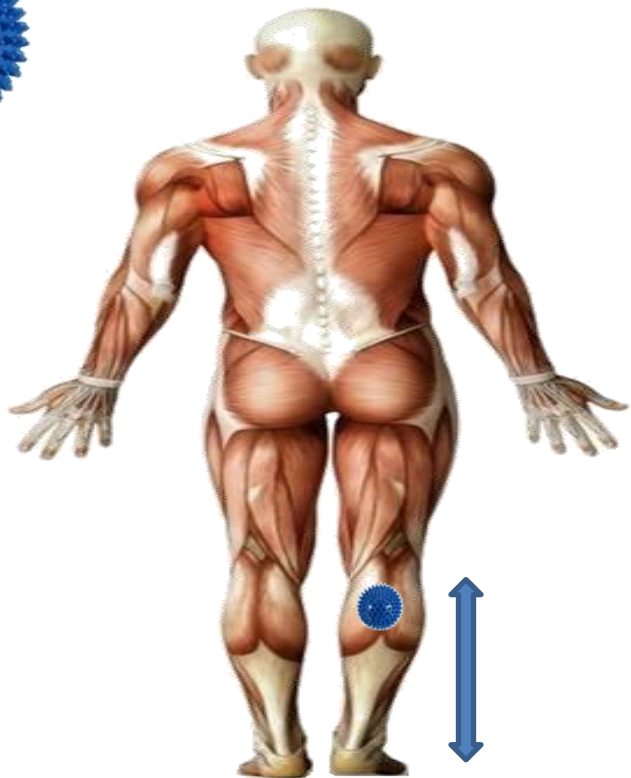
PERONEALS



Lie on your side on the ground by placing the spiky massage ball along the outside of your lower leg. Slowly move your leg up and down the spiky massage ball along the outside portion of your leg. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

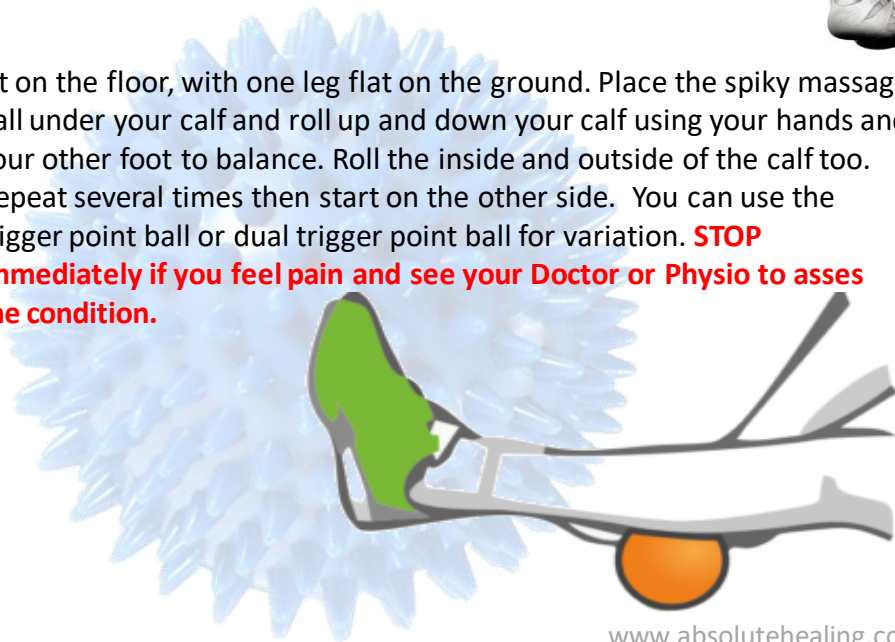


SPIKY MASSAGE BALL EXERCISES



CALF

Sit on the floor, with one leg flat on the ground. Place the spiky massage ball under your calf and roll up and down your calf using your hands and your other foot to balance. Roll the inside and outside of the calf too. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**



SPIKY MASSAGE BALL EXERCISES



ITB

Lie down on the floor on your side by placing the spiky massage ball around the middle of the outside of your upper leg. Now roll up and down your ITB muscle. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

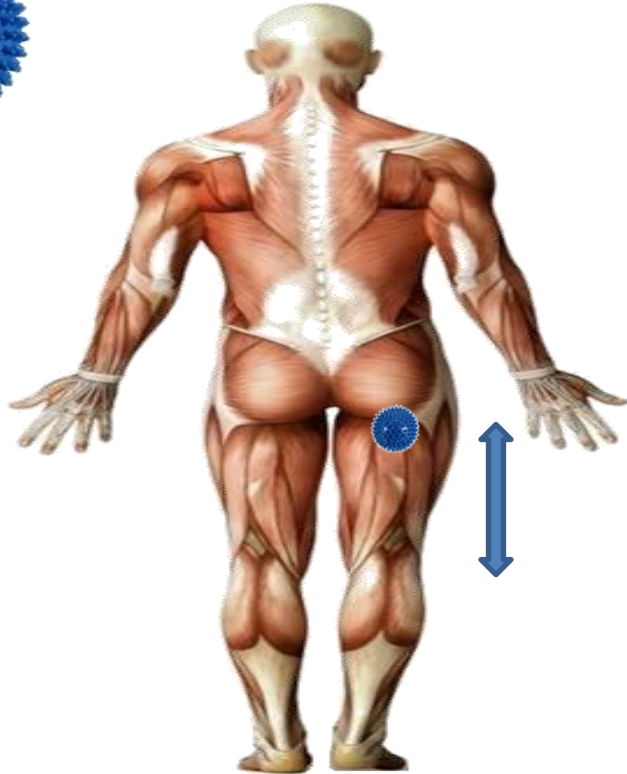
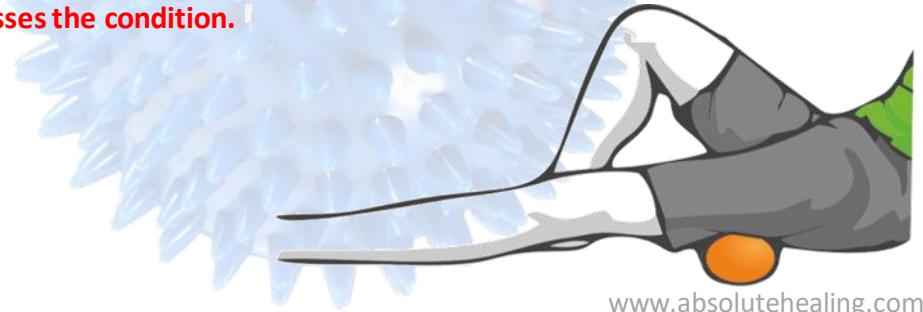


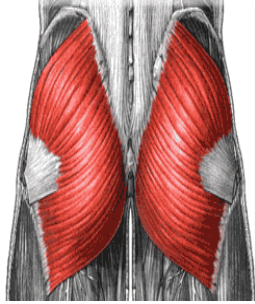


HAMSTRINGS

Sit down on the floor and place the spiky massage ball at the top of your hamstrings, just below your gluteus (buttocks) muscle. Balance yourself with your other foot and both your hands. Roll up and down the spiky massage ball by making sure you roll the inside as well as the outside of your hamstrings. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation.

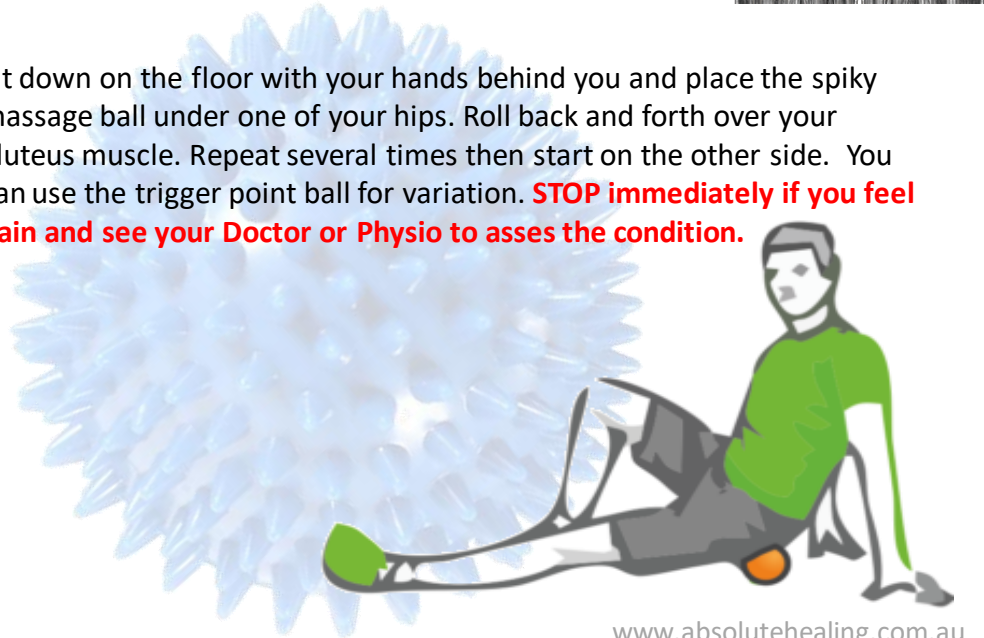
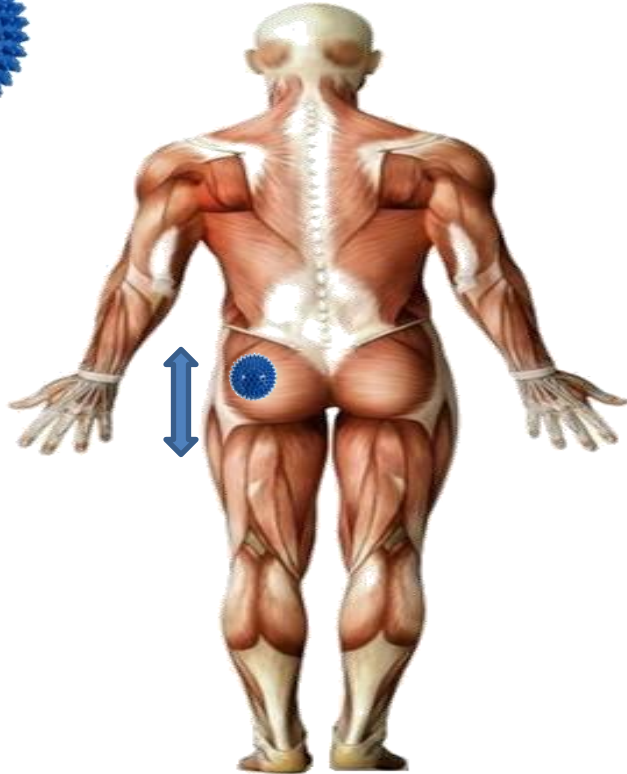
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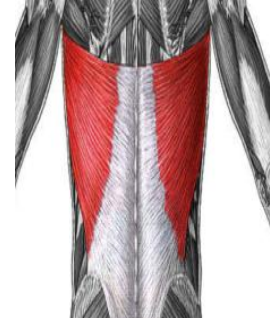


GLUTEUS MUSCLE

Sit down on the floor with your hands behind you and place the spiky massage ball under one of your hips. Roll back and forth over your gluteus muscle. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**

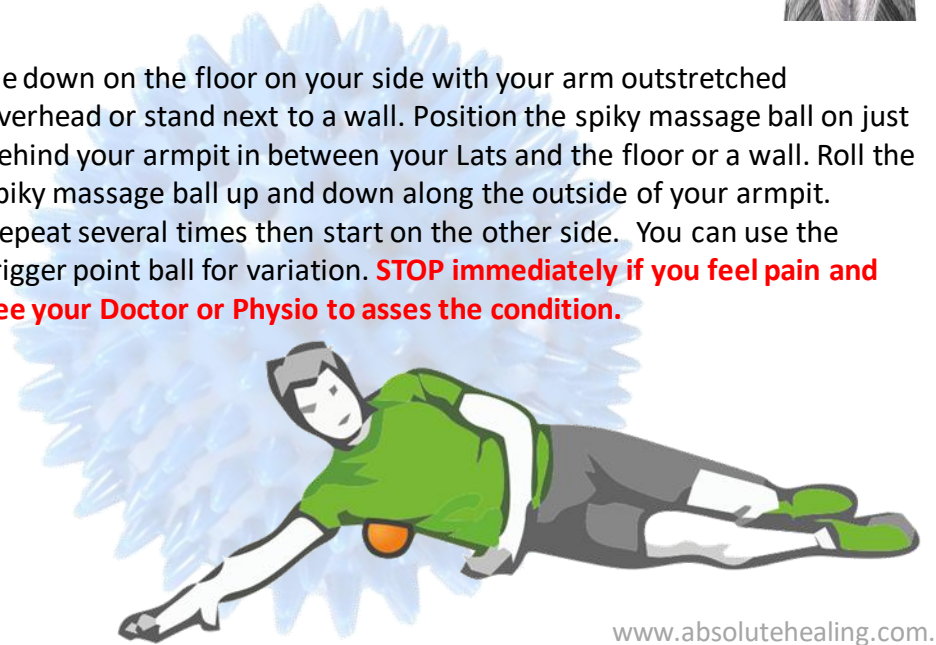


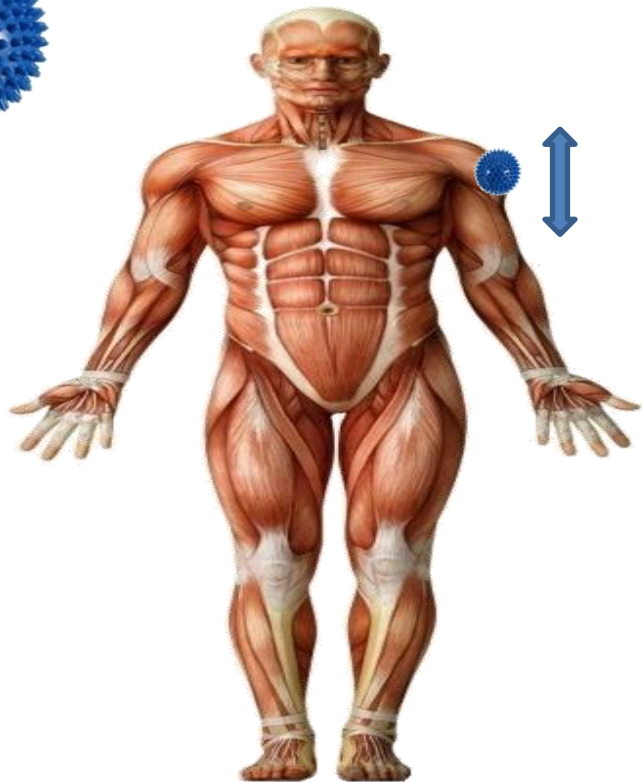
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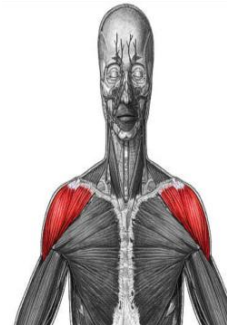
LATS

Lie down on the floor on your side with your arm outstretched overhead or stand next to a wall. Position the spiky massage ball on just behind your armpit in between your Lats and the floor or a wall. Roll the spiky massage ball up and down along the outside of your armpit. Repeat several times then start on the other side. You can use the trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**





SHOULDERS



Lie down on the floor on your back or stand next to a wall. Position the spiky massage ball on the back of your shoulder on the floor or the wall. Roll it back and forth. Also, turn to your side and roll the outer side of your shoulder as well. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**



SPIKY MASSAGE BALL EXERCISES



TRICEPS

Stand with your back towards a wall, by placing the spiky massage ball just below your shoulder. Roll the ball up and down your Triceps. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to assess the condition.**



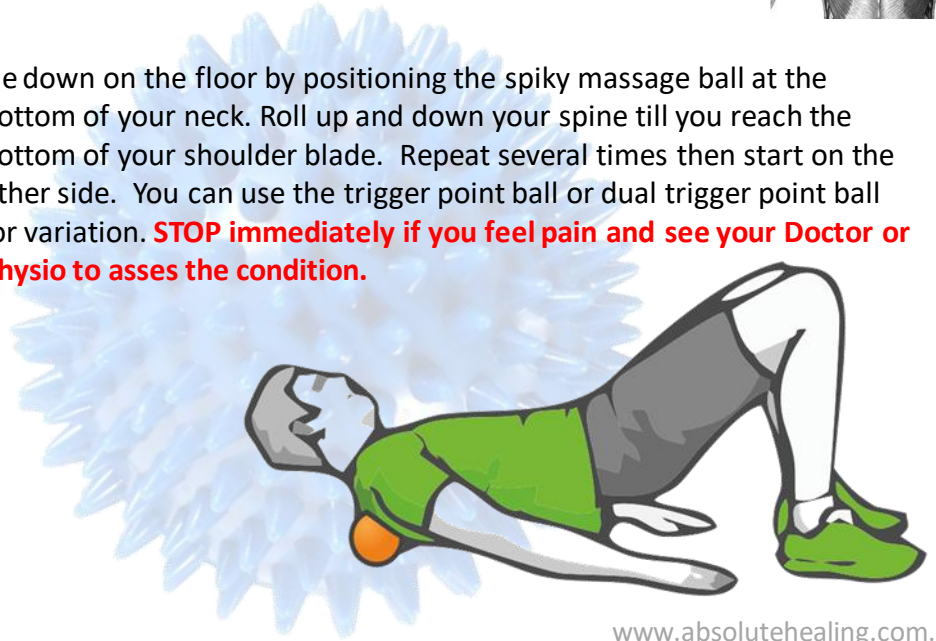
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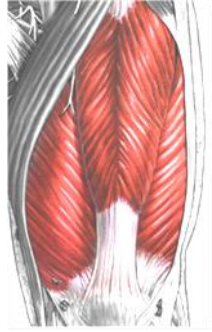


TRAPEZIUS



Lie down on the floor by positioning the spiky massage ball at the bottom of your neck. Roll up and down your spine till you reach the bottom of your shoulder blade. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**





QUADRICEPS

Lie down on the floor on your stomach by positioning the spiky massage ball on your quads. Start below your hip and roll back and forth of your quads. Also, roll the outside of your quads. Repeat several times then start on the other side. You can use the trigger point ball or dual trigger point ball for variation. **STOP immediately if you feel pain and see your Doctor or Physio to asses the condition.**

