



Ball Therapy

Active release for muscle activation



Stubborn muscle pain can range from simple soreness to a dull ache and significantly impact an individual's range of motion and ability to perform normal activities. Using a lacrosse ball on sore muscles is equally beneficial for those suffering with soreness due to weekend chores, sports, and poor posture. In fact, many physical therapists use lacrosse balls as part of their therapeutic treatments. Here are some great reasons to keep one or two nearby:

- Due to its small size and portability, it can be used at home or go with you anywhere!
- Especially suited to addressing pain in the shoulders, hips, and buttocks. But also feels great on the biceps, calves, triceps, and arch of the foot, that a foam roller can't match.
- Can be used at the gym as part of a stretching and loosening routine prior to exercise, as well as to help muscles transition from the contractive to resting state post-exercise.
- More pressure can be applied to the affected area with a lacrosse ball than a foam roller and be used with more pinpoint accuracy. Individuals can apply as much or as little pressure as they'd like.
- Massage reduces the production of proteins called cytokines that play a major role in the development of inflammation. Lacrosse ball massage is a natural way to relieve aches and pains without relying on potentially harmful medications.
- They are cheap, and widely available! They only cost a few bucks, and are sold in any sporting goods section/store!



Ball Therapy Exercises



SHOULDERS



Position:

- Place ball on wall or door jam
- Position upper shoulder area on ball

Action:

- Slowly move ball from neck to shoulder area. Pause at areas of greatest tension. Repeat 1-2 times on each side.

UPPER BACK



Position:

- Place ball on wall
- Position ball on mid-back, between shoulder blade and spine

Action:

- Slowly move ball up and down muscle between shoulder blade and spine.
- Pull arm across body to increase surface area.
- Pause at areas of greatest tension. Repeat 1-2 times on each side.

FOREARM



Position:

- Place lower forearm on a hard surface with palm facing down.
- Position ball on top of arm or under arm on hard surface just below the elbow area.

Action:

- Using opposite hand, press down on ball and move ball slowly from elbow to hand area.
- Pause at areas of greatest tension. Repeat 1-2 times on each side.

HIPS



Position:

- Place ball on the floor or chair.
- Sit on floor or chair and place one ankle above the knee of the opposite leg.
- Position ball under hip on the side of crossover leg.

Action:

- Slowly move ball around hip area.
- Pause at areas of greatest tension. Repeat 1-2 times of each side.

FEET



Position:

- Place ball on floor.
- Position ball under foot. This can be done standing or seated.

Action:

- Starting at the heel, slowly move ball toward toes.
- Pause at areas of greatest tension. Repeat 1-2 times of each side.