

SELF MYOFASCIAL RELEASE



1. Feet

Standing or sitting place the tennis ball underneath the arch of the foot. Slowly roll forward and back.



2. Upper Traps

Place tennis ball at the base of the neck. Slowly roll down and back towards the back of the shoulder, return the opposite way. Avoid the spine.



3. Back- two tennis balls

Tape two balls together, carefully set up off the vertebrae/on the erector muscles, roll laterally or vertically.



4. Calves

Start seated, place ball under the middle of your calf, flex and extend your ankle 5 times, 5 circles with your ankle L/R, bend and extend your knee 5 times.



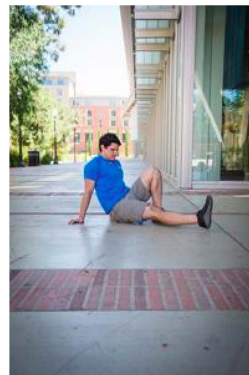
5. Glutes

Seated in a chair or on the ground, place ball in desired position on the tight area of the glute, rolling in a circular motion, small and large patterns.



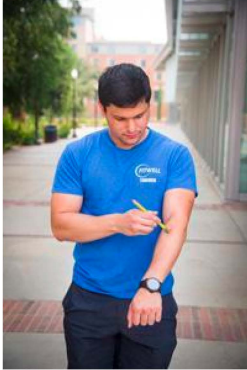
6. Hamstrings

Seated in a chair or on the ground, place ball in desired position on back of the leg, roll side or side or up and down.



7. Forearms

Place forearm on a hard flat surface, apply desired pressure with tennis ball or small object by rolling up and down or side to side.



8. Pectoralis

Start standing near a wall, place the ball on your pectoral, lean against the wall, 5 circles L/R, 5 side to side, 5 up/down each side.

