

Self Myofascial Release 1/2

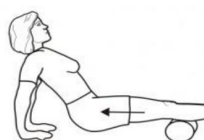
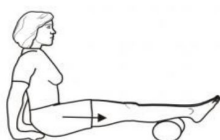
Short notes, Instruments & Techniques

Foam rollers, massage balls & sticks are an alternative to deep-tissue massage. It helps with circulation, loosening of tight muscles and it is invigorating.

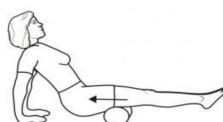
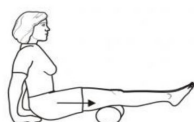


Always consult your specialist when in pain. Check the pressure point with a movement of muscles to be felt. Don't put pressure on nerves, side and front of neck, bones & joints.

1 - Calves Massage on Roller



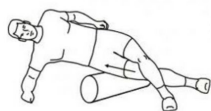
2 - Hamstrings Massage on Roller



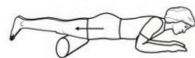
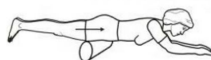
3 - Buttocks Massage on Foam Roller



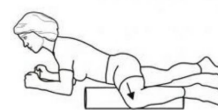
4 - Iliotibial Tract Massage on Roller



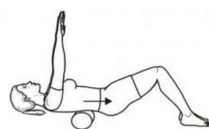
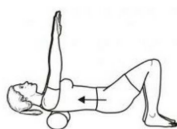
5 - Quadriceps Massage on Roller



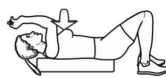
6 - Inner Thigh Massage on Roller



7 - Roller Back Massage Arms Extended



8 - Chest Stretch On Foam Roller



9 - Latissimus Dorsi - Teres Minor on Foam Roller



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Self Myofascial Release 2/2

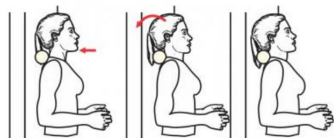
Short notes, Instruments & Techniques

Movement can be used in length, cross-sectional or circular motion. Pressure points can be motionless to relax, vibrations or combined with some twisting or stretching and movements of other body parts.



Interventions can be done 10-20 seconds (1-3 minutes total per part). Short and active to pre or get instant relief, longer to recover and stimulate tissue changes (1-2 months)

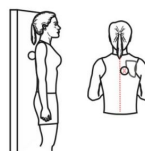
1 - Neck Massage on wall with ball



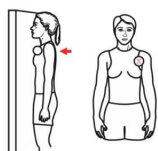
2 - Upper Trapezius Massage with Ball



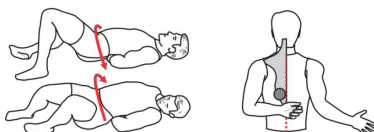
3 - Lacrosse Ball Mid Trap Release



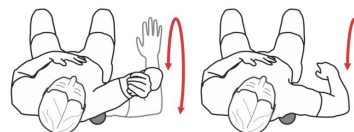
4 - Lacrosse Ball Pec Minor Release



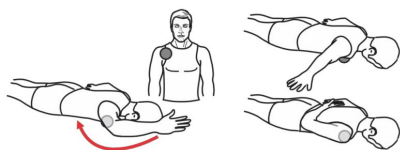
5 - Lower Trapezius Massage & Internal Rotation



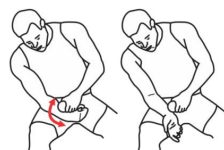
6 - Posterior Deltoid Massage & Rotation



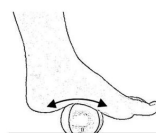
7 - Anterior Shoulder Ball Smash



8 - Lower Forearm Self-massage



9 - Plantar fascia massage



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