

## DIY Tennis Ball Therapy for Pain Management

Tennis ball self-massage can be applied to any part of the body.

DIY muscle release techniques are very effective for rejuvenating and regenerating muscles affected by soft tissue imbalances. They can rehabilitate and restore the soft tissue structures to a healthy condition; preparing the muscles for movement and aiding recovery.



By using a few tennis balls and a sock, and using the correct simple moves it is possible to reach the deepest layers of muscle and connective tissue and release adhesions so muscles are able to fully stretch and contract. This could relieve discomfort, pain, and increase blood and lymph circulation. With the use of a pair of tennis balls it is possible to get relief.

### The benefits of Tennis Ball Massage Therapy

DIY muscle release may:

- increase joint range of motion
- help muscle performance
- decrease fatigue after exercise
- decrease soreness after exercise



DIY muscle release is best after a workout; it can be performed whenever you can fit in throughout the day. It not occupy too much time and can fitted into a busy schedule. Just like stretching, the best results are seen after consistent practice.

Releasing trigger points can be painful and ache afterwards. The pain should be a satisfying type of pain, similar to a deep tissue massage.

---

Here are some rules to follow while practicing DIY tennis ball therapy:

1. Warm the muscles area beforehand.
  2. When the point of tension is found hold the ball in place and keep sustained pressure the discomfort should be satisfying, not painful.
  3. Breathe deeply, to oxygenate blood.
  4. Stop if it does not feel right. This is always a good rule when exercising.
  5. Stretch the muscle afterwards. This is always a good rule following massage
-

## **Calves (Gastrocnemius and Soleus)**

Our calf muscles are made up of the gastrocnemius - the outside muscle of the calf- and the soleus - a large, flat muscle that lies underneath the gastrocnemius. Tension in these muscles can lead to pain in the back of the knee, and the instep of the foot.



### **Calf Release**

1. Sitting on the floor position the tennis ball under your lower leg so that is placed at the top of the Calf close to the knee.
2. Place your other foot on the floor to help you roll backward and forward on the ball.
3. Slowly slide your body backward to roll the ball towards your ankle, hold for 10 seconds and move in the opposite direction roll the ball towards the knee.
4. Repeat for 4 to 5 cycles

### **Lateral or Medial Calf Release**

1. Reposition the lower leg and repeat 1 to 4 on the inside or outside of the Calf

