

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
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Shoulders Tension

Rotator Cuff Muscles

Supraspinatus, Infraspinatus, Teres Minor, and Subscapularis.

Each one of these muscles is part of the rotator cuff and plays an important role.

These muscles connect the scapula and to the head of the humerus, forming a cuff around the shoulder joint. This routine exercises the rotator cuff muscles they can become tight from overuse, repetitive motion, and poor posture.



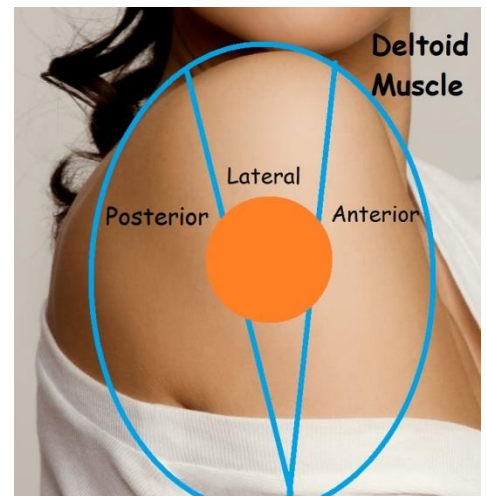
Lying on the floor or against the wall, place a ball behind your shoulder blade. Experiment by moving your shoulder in every possible direction for 3 minutes on each shoulder.

Deltoid

The deltoid muscle is the main muscle of the shoulder, consisting of three muscle heads, Posterior Lateral and Anterior.

The deltoid muscle surrounds the shoulder joint on all sides attaching to the clavicle, acromion, spine of scapula and the humerus.

The deltoid muscle function is to aid in moving the arm forward, backwards and to lifting the arm.



Lying against the wall, place a ball either on the front side or towards the back of the deltoid. Experiment by moving your shoulder in every possible direction for 3 minutes, on each shoulder.