

Trigger Point and Active Release

The 3" Mini Ball is a great tool for releasing trigger points and increasing the stretch of tight tissues. Athletes with extremely dense tissues do well with deep pressure. The concept is to apply pressure to release tight tissues and then add movement to increase tissue mobility. These moves are great to prep before activity or as a cool down after activity.

General Guidelines:

First time users may be sore 24-72 hour later due to myofascial release, toxin release and new body positions. Imagine being stuck in one position for several hours then trying to move your body- it's stiff and painful to move. Your tissues will experience the same.

Drink plenty of water- add 1-2 extra liters to your daily regimen to flush out toxins you just released. Drinking water helps rehydrate your cells.

If a movement is too painful you need a padded surface or softer ball. Try using a thick exercise mat or tennis ball. Place the ball on the muscles and avoid using the ball on bony structures. Do not push past your pain tolerance. Being tense only further increases tissue restriction.

Be careful on the sides of the spine and do not use on the spine. If you have disc issues or instability you should not do the back movements unless approved by your doctor. If any pain lasts longer than 3 days you should see your doctor.

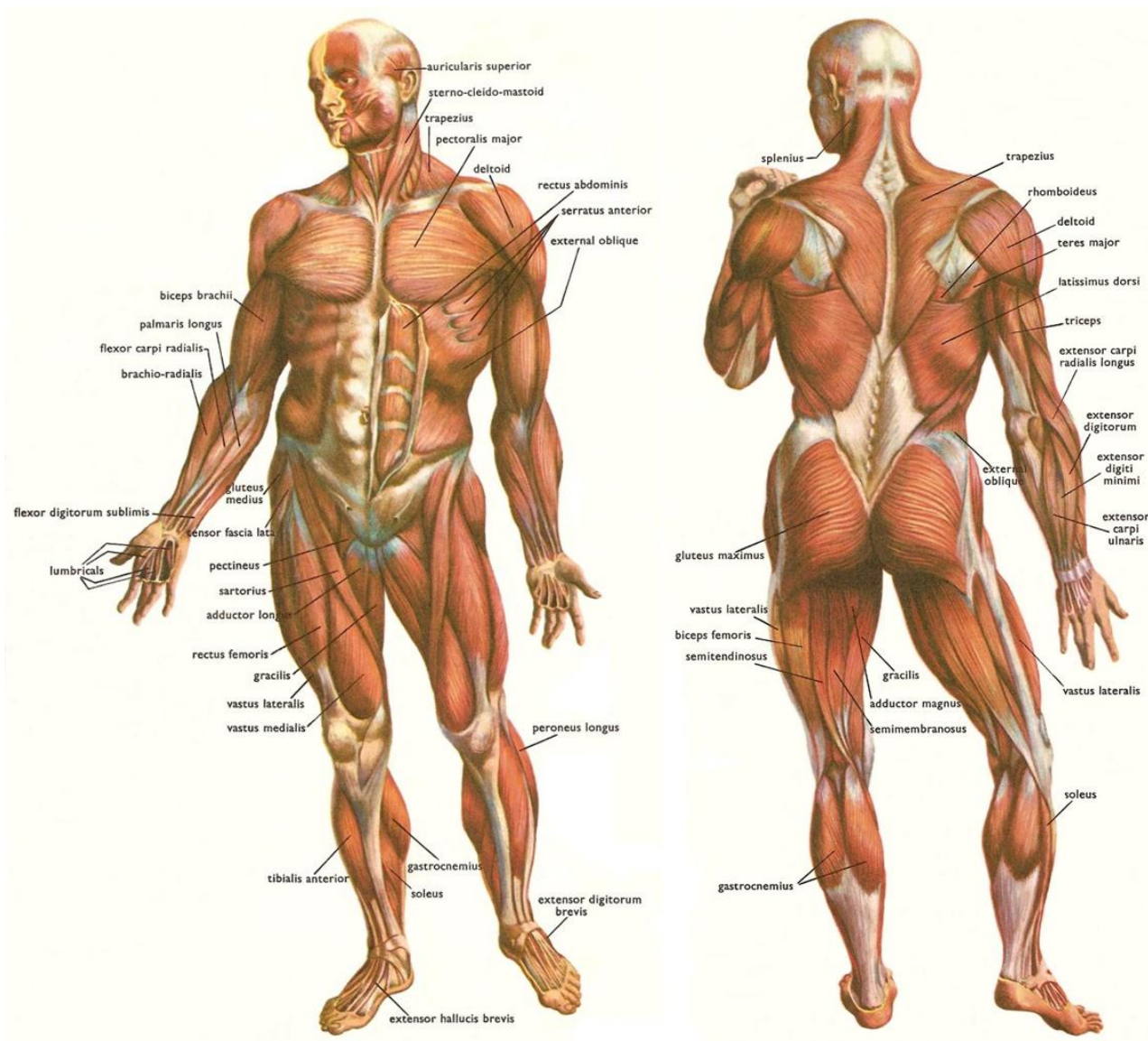
Practice deep breathing for better results. As you inhale visualize a healing energizing light and visualize exhaling stress and toxins. Cleansing breaths help increase the oxygen that has been deprived to your muscles.

The first technique is to apply specific pressure while staying in a constant position. Apply pressure for 30-90 seconds or until you feel at least 50% relief from the trigger point or tissue tightness. This technique can be very painful for beginners. If you are extremely uncomfortable do not push past your limit. The tissue needs time to adapt to the pressure and slowly release over 90 seconds.

The second technique is to apply constant pressure from the ball and move your body through range of motion. This essentially applies pressure to one area and requires the muscles to stretch and glide over that pressure. This active release technique can also be painful for beginners.












An anatomy chart is useful to see the body structures. I encourage you to become more familiar with anatomy, trigger points and fascia.

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<p>Upper Back</p>  <p>top of shoulder blades</p> <ul style="list-style-type: none"> Use two balls to disperse pressure and place on each side of the spine 	<p>Upper Back</p>  <p>arm cross</p> <ul style="list-style-type: none"> Cross arms for deeper pressure and keep head relaxed 	<p>Upper Back</p>  <p>arm raise</p> <ul style="list-style-type: none"> Raise both arms overhead keeping balls under muscle and not on shoulder blades 	<p>Upper Back</p>  <p>arm diagonal</p> <ul style="list-style-type: none"> Use one ball under the right side and raise arm diagonal across the body
<p>Upper Back</p>  <p>arm diagonal</p> <ul style="list-style-type: none"> Lower arm in a diagonal movement across the body 	<p>Upper Back</p>  <p>arm across chest</p> <ul style="list-style-type: none"> Keep arm at shoulder height and move across your chest and then open chest wide 	<p>Upper Back</p>  <p>inside roll</p> <ul style="list-style-type: none"> Using one ball under the right side roll toward the right for inside pressure 	<p>Upper Back</p>  <p>outside roll</p> <ul style="list-style-type: none"> Roll towards left for outside pressure of upper back
<p>Trap/Rhomboid</p>  <p>mid back/shld blade</p> <ul style="list-style-type: none"> Use two balls to disperse pressure and place on each side of spine in mid back 	<p>Trap/Rhomboid</p>  <p>arm sweep</p> <ul style="list-style-type: none"> Keep your palm facing up with your hands starting at your hips 	<p>Trap/Rhomboid</p>  <p>arm sweep</p> <ul style="list-style-type: none"> Finish sweeping from hip to above head keeping fingertips on the floor 	<p>Trap/Rhomboid</p>  <p>backstroke</p> <ul style="list-style-type: none"> Use one or both arms and start with hands at hips and raise above head
<p>Trap/Rhomboid</p>  <p>arms open</p> <ul style="list-style-type: none"> Keep arms and elbows open to disperse the pressure between shoulder blades 	<p>Trap/Rhomboid</p>  <p>arms closed</p> <ul style="list-style-type: none"> Point elbows toward ceiling for deep pressure between shoulder blades 	<p>Trap/Rhomboid</p>  <p>side bend</p> <ul style="list-style-type: none"> With open elbows side bend your trunk and stretch your rib cage 	<p>Trap/Rhomboid</p>  <p>inside/outside rotation</p> <ul style="list-style-type: none"> With open elbows rotate your trunk toward ground for deeper pressure

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<p>Post. Deltoid</p>  <p><i>back of shoulder</i></p> <ul style="list-style-type: none"> • Use one ball in the back of the shoulder in the muscle and not shoulder blade 	<p>Post. Deltoid</p>  <p><i>internal rotation</i></p> <ul style="list-style-type: none"> • Keep shoulder and elbow at 90 degrees and rotate arm palm down to palm up 	<p>Post. Deltoid</p>  <p><i>arm sweep</i></p> <ul style="list-style-type: none"> • Keep palm facing upward with pressure in the back of the shoulder muscle 	<p>Post. Deltoid</p>  <p><i>arm sweep</i></p> <ul style="list-style-type: none"> • Sweep hand from hip to overhead
<p>Latissimus</p>  <p><i>side of shoulder blade</i></p> <ul style="list-style-type: none"> • Use one ball on side of shoulder blade and backside of armpit 	<p>Latissimus</p>  <p><i>elbow tuck</i></p> <ul style="list-style-type: none"> • Tuck elbow towards body and then straighten overhead 	<p>Latissimus</p>  <p><i>inside roll</i></p> <ul style="list-style-type: none"> • Roll your chest toward the floor for deeper pressure on the front side 	<p>Latissimus</p>  <p><i>outside roll</i></p> <ul style="list-style-type: none"> • Roll towards your back for deeper pressure on the back side
<p>Pectoralis</p>  <p><i>chest under clavicle</i></p> <ul style="list-style-type: none"> • Place one ball in the chest muscle under the collar bone 	<p>Pectoralis</p>  <p><i>arm sweep</i></p> <ul style="list-style-type: none"> • Relax head, keep palm facing down and fingertips on the floor 	<p>Pectoralis</p>  <p><i>arm sweep</i></p> <ul style="list-style-type: none"> • Sweep arm from hip to above the head 	<p>Pectoralis</p>  <p><i>arm raise</i></p> <ul style="list-style-type: none"> • Start with a bent elbow and raise your arm off the ground
<p>Pectoralis</p>  <p><i>arm raise</i></p> <ul style="list-style-type: none"> • Raise arm upward and straight above the head 	<p>Pectoralis</p>  <p><i>inside roll</i></p> <ul style="list-style-type: none"> • Push left hand on ground and roll body towards the left for deeper pressure 	<p>Pectoralis</p>  <p><i>outside roll</i></p> <ul style="list-style-type: none"> • Straighten left arm and use right hand to push and roll body towards the right 	

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<p>Top of Gluteus</p>  <p><i>top of gluteus</i></p> <ul style="list-style-type: none"> • Use two balls and place each on the side of the tail bone in the glute muscles 	<p>Top of Gluteus</p>  <p><i>inside roll</i></p> <ul style="list-style-type: none"> • Roll your hips to the right and then dip your left hip downward 	<p>Top of Gluteus</p>  <p><i>outside roll</i></p> <ul style="list-style-type: none"> • Roll your hips to the left then dip your right hip downward 	<p>Piriformis</p>  <p><i>middle of glute</i></p> <ul style="list-style-type: none"> • Use one ball in the middle of your glute muscle and not on the tail bone
<p>Piriformis</p>  <p><i>leg drop</i></p> <ul style="list-style-type: none"> • Straighten leg and drop it towards the ground 	<p>Piriformis</p>  <p><i>leg raise and drop</i></p> <ul style="list-style-type: none"> • Raise your leg up and down and keep pressure in the middle of your glute 	<p>Piriformis</p>  <p><i>hip flexion knee drive</i></p> <ul style="list-style-type: none"> • Bend your knee towards your chest then straighten leg toward the ground 	<p>Piriformis</p>  <p><i>hip abduction</i></p> <ul style="list-style-type: none"> • Straighten leg and sweep leg to the side away from the body
<p>Piriformis</p>  <p><i>hip circles</i></p> <ul style="list-style-type: none"> • Keep knee bent and rotate thigh in circles 	<p>Piriformis</p>  <p><i>hip opener</i></p> <ul style="list-style-type: none"> • With knee bent and heel on the ground open hip and drop knee towards ground 	<p>Piriformis</p>  <p><i>hip closer</i></p> <ul style="list-style-type: none"> • Rotate hip and take knee towards the inside of the body 	<p>TFL</p>  <p><i>top of hip</i></p> <ul style="list-style-type: none"> • Place one ball in the tensor fascia latae at top of the hip between pelvis and thigh
<p>TFL</p>  <p><i>hip flexion</i></p> <ul style="list-style-type: none"> • Straighten bottom leg and slide foot along floor towards your head 	<p>TFL</p>  <p><i>inside roll</i></p> <ul style="list-style-type: none"> • Roll body toward the floor for deeper pressure on the front side 	<p>TFL</p>  <p><i>outside roll</i></p> <ul style="list-style-type: none"> • Roll body backward and raise up on your elbow for pressure on the back side 	<p>TFL</p>  <p><i>outside roll</i></p> <ul style="list-style-type: none"> • Raise up to your hand for more hip stretch and deeper pressure

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<p>Hip Flexor</p>  <p><i>front of hip</i></p> <ul style="list-style-type: none"> Place ball in front of hip below pelvis bone 	<p>Hip Flexor</p>  <p><i>outside roll</i></p> <ul style="list-style-type: none"> Roll body to the right for deeper pressure to the outside of hip flexor 	<p>Hip Flexor</p>  <p><i>inside roll</i></p> <ul style="list-style-type: none"> Roll body towards the left for deeper pressure to the inside of the hip flexor 	<p>Quadriceps</p>  <p><i>double ball roll</i></p> <ul style="list-style-type: none"> Place two balls in the middle of the thigh and roll up, down and side to side
<p>Quadriceps</p>  <p><i>knee bend/heel lift</i></p> <ul style="list-style-type: none"> Bring your heel towards your back for deeper pressure 	<p>VMO</p>  <p><i>inside quad near knee</i></p> <ul style="list-style-type: none"> Place ball on inside of thigh and above the kneecap for the medial quadriceps 	<p>VMO</p>  <p><i>knee bend and hip flex</i></p> <ul style="list-style-type: none"> Bend knee and roll body downward for deeper pressure on inside thigh 	<p>IT Band</p>  <p><i>outside of thigh</i></p> <ul style="list-style-type: none"> Place two balls on the side of the thigh and roll from the hip to knee
<p>Hamstring</p>  <p><i>top of thigh</i></p> <ul style="list-style-type: none"> Place ball at top of thigh on tendon and just below the bone 	<p>Hamstring</p>  <p><i>forward reach</i></p> <ul style="list-style-type: none"> Reach forward for greater stretch and pressure 	<p>Hamstring</p>  <p><i>middle of thigh</i></p> <ul style="list-style-type: none"> Place ball in middle of hamstring, reach forward and rotate leg and foot 	<p>Hamstring</p>  <p><i>double ball roll</i></p> <ul style="list-style-type: none"> Use two balls and lift hips to roll entire hamstrings on the balls
<p>Gastrocnemius</p>  <p><i>middle of calf</i></p> <ul style="list-style-type: none"> Use one or two balls in middle of the calf and roll towards heel 	<p>Gastrocnemius</p>  <p><i>pump ankle and foot</i></p> <ul style="list-style-type: none"> Place ball in middle of the calf and pump foot back and forth 	<p>Anterior Tibialis</p>  <p><i>front of shin</i></p> <ul style="list-style-type: none"> Place ball on the front of the shin muscle and pump your foot back and forth 	<p>Foot</p>  <p><i>middle of arch</i></p> <ul style="list-style-type: none"> Place foot on ball, roll, stretch and mobilize the foot