

How to get the most out of your Therapy Ball Set



By now you are probably well aware that Therapy Balls can be an amazing tool to help relieve stressed and sore muscles. So this document is to help you get the most out of your Supreme Squeeze Therapy Ball set. Of course before using any Therapy Balls we do advise the guidance of a medical professional especially if you are suffering any injuries. Each individual has different needs so the content provided in this information may not apply to every individual.

What are trigger points?

There are small knots in the muscle which hurt more than the rest of the muscle and seem to have no underlying nerve issue causing them. Massage specialists look to methods of placing direct pressure on these trigger points in order to bring relief of pain.

Before using a massage ball...

If you have long hair we recommend tying it up out of the way. Make sure you are hydrated and your muscles are relaxed. If you have sensitive skin consider using a thin towel or using the ball on top of loose fitting clothing items.

Which Ball Should I use?

Each body part and muscle group will often respond differently to the different style or hardness of a therapy ball so selecting the correct one can have an impact on your results. While it often comes down to personal preference and your condition, in many cases you might use 2 or 3 different balls for one area starting with the softer option to help loosen your muscles up before starting a more strenuous massage. Here is a general guide to use as a starting point.

The Lacrosse Ball : The smooth lacrosse ball is great for loosening the muscles and helping them to relax. If you are looking to release a small amount of tension start with this one. The lacrosse style often works well on large muscle groups like the back or legs as it can easily roll over the surface of your skin.

Soft Spiky: this one is great for the hard to get to areas that might be a little more sensitive like adductors, calves, forearms, chest and your delts. The spikes will provide a bit more of a deep tissue massage great for relieving knots.

Hard Spiky: Some knots or muscles might be tougher or harder than others. This is when we recommend trying the hard spiky ball.



Technique

Keep sessions targeting only a few trigger points to prevent over stimulation. While using the ball on your body breathe deeply in and out and relax your muscles, this way you will get the best possible results. Roll the ball around gently until you feel the trigger point. Do not begin to apply pressure right away you need to make sure your muscles are relaxed and you find the area that is holding the most tension.

If at any point, it is extremely painful, stop. Use ice to reduce the inflammation of the area and try a different area and consider seeing a medical professional. Only apply pressure to the muscle (not the bone or joint) for 15-30 seconds. Once you feel your muscle release roll back and forth over it to soothe the whole muscle. It also helps to stretch the muscle after you have massaged it. Drink plenty of fluids before and after to help your body flush out the toxins.



Exercises targeting specific areas:

Upper back and neck – trapezius and levator scapulae

The trapezius is the muscle that runs about your shoulder blades and up the back of your neck. Levator Scapulae are the muscles that run up the sides of the neck. This is the main area where people experience tight muscles.

Beginning with the left side of the neck position the ball on the wall or floor just below the neck, to the left of the spine. Press your body onto the ball, move up and down so that the ball rolls from just above your shoulder blade to the base of your skull.

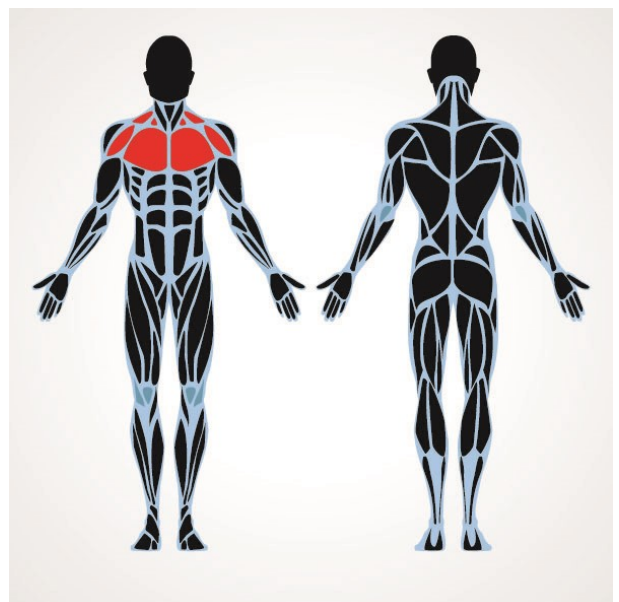
Once you locate your trigger point apply direct pressure to the area for 15-30 seconds, repeat for about 1 minute, then stretch your neck by looking from side to side and up and down slowly. Do not rush your stretches. Do the same for your right side.

Muscles of the upper arms and torso/Pectoral Muscles

Please note, for females this area can be more sensitive or difficult to massage. Try rolling the ball over with just your hand rather than against a wall. If it is still too painful avoid using massage balls in that area.

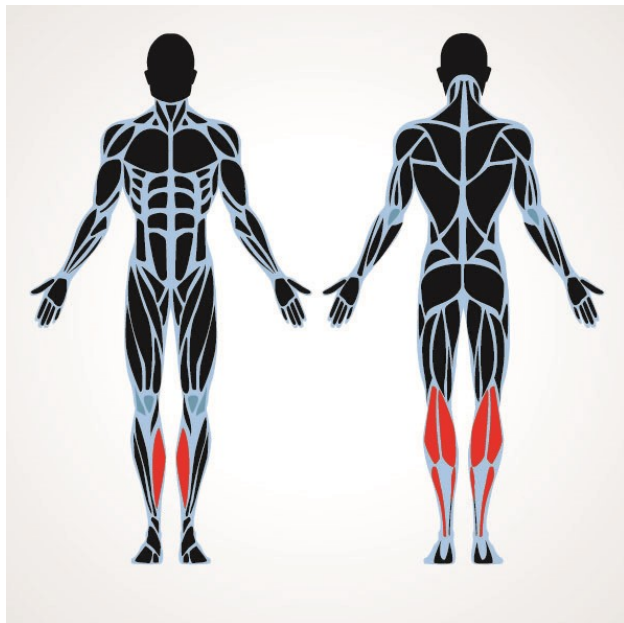
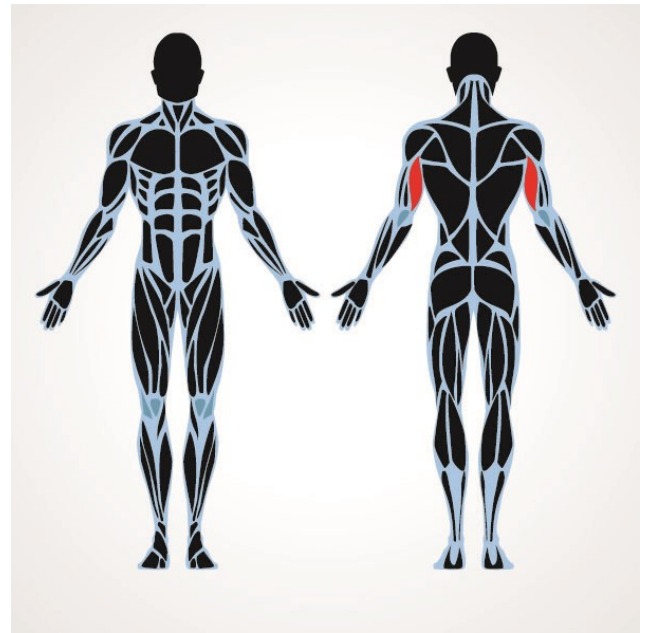
If you are male you can place the ball against your chest, an inch below the center of your left collar bone. Move around until you locate any trigger points. Apply pressure to the pressure point for 20-30 seconds, then rock back and forth over each one until you feel the muscles release.

Once again repeat on the other side. Don't forget to stretch!



Triceps

Best way to do this exercise is against the wall. Place the ball at about neck height. Massage about half way between you elbow and shoulder (tricep) and slide your arm up and down until you find the trigger point. Press and hold for 10-20 seconds until it begins to release. Don't forget to stretch your tricep after the massage.



Calf muscles

To release the trigger points in your calves kneel on the floor, place the tennis ball under your knee and slightly to the in side of your shin bone. Roll your leg forward and back until a trigger point is located. Shift your weight onto your leg to create pressure and hold for 10-15 seconds. Now do the same for the out side of the calf. Repeat for right calf

How to Use Massage Balls On Your Feet

After a long day at work, a run or even a day of shopping your feet are most likely a little sore and achy The Supreme Squeeze Massage Balls can provide almost instant relief.

Follow these steps:

- 1- Remove your shoes , socks are optional, if you have ticklish feet you might prefer to keep them on ;)
- 2- Find somewhere with a hard flat surface and a wall or table near by that you can lean on or use for support.
- 3- Place the ball under your foot on the area that has the most amount of tension
- 4- Now place as much weight and pressure on that leg so the ball pushes into your foot.
- 5- Start to wriggle your foot slightly to gradually move the ball to a new area. If it hurts hold the pressure on that one spot until pain begins to subside.
- 6- Repeat on your other foot.

Please remember we are not medical professionals and each individual is different. While our Therapy Ball Set is great for regular use on sore or tight muscles, for muscular injuries or tears we highly recommend that you consult a medical professional.

HOT AND COLD THERAPY

Depending on your injury or reason for using the massage balls you may benefit from some added hot or cold therapy. The Supreme Squeeze balls can easily adapt to provide hot or cold therapy while you use it on trigger points or for a massage.

Hot Therapy:

If you have tight muscles or knots using some heat may enhance the relief you receive. To do boil some water and pour it into a bowl. Place the ball into the bowl of hot water and leave it in there for a minute or so. Carefully remove it from the water. We recommend using tongs to remove it and place the ball into a washer or small towel before using it to avoid burning your hands. Now use the ball as you normally would on the desired area.

Warning—do not microwave the balls.

Cold Therapy:

If you have an injury and have been advised to use some cold therapy you can place the balls in the fridge or freezer until they are cold and then use them as normal. We do recommend having an article of clothing or thin towel between your skin and the ball when it is very cold to avoid frost bite.

SUPREME
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