

Massage with a Ball

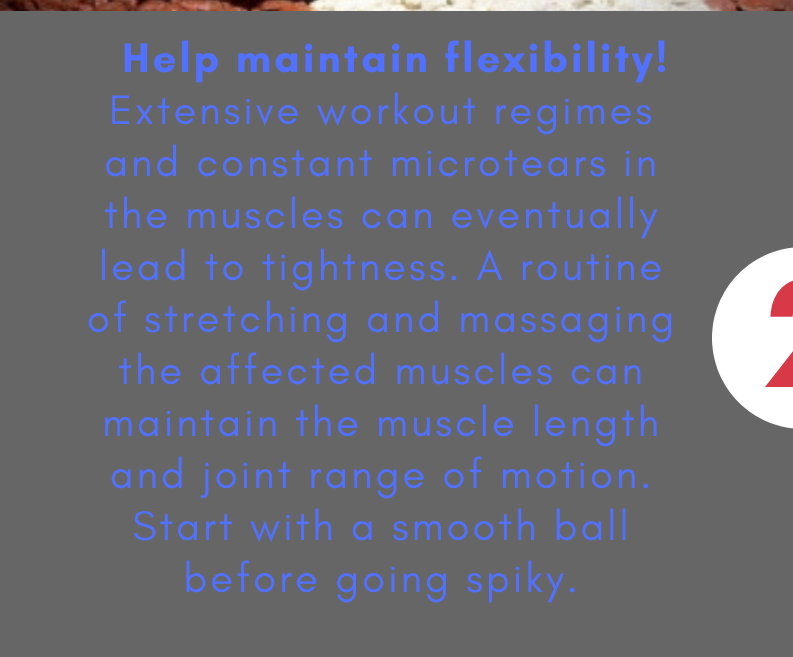
Pick a ball...Golf, Tennis, Lacrosse, Spiky or Smooth



1

Massaging sore muscles feels good!

After an intense workout or injury, muscles can be quite sore for a few days. Tiny tears in the muscle cause inflammation and soreness. Massaging those damaged tissues helps them heal quicker.



2

Help maintain flexibility!

Extensive workout regimes and constant microtears in the muscles can eventually lead to tightness. A routine of stretching and massaging the affected muscles can maintain the muscle length and joint range of motion. Start with a smooth ball before going spiky.



3

Prevention of injuries.

Tight muscles have tendency to get injured. Injured muscles tend to get hurt again. Staying limber can prevent injuries. Using a ball on some of your knots can help you self-treat in between your professional massages.



4

Get into trigger points

Balls can get into knots in your back/neck where foam rollers can't fit. Balls are more precise targeted release of trigger points. Trigger point release can be painful and cause radiating symptoms that will stop when the pressure is released.

5

Good maintenance tool.

Rolling with a ball might not "FIX" all your problems, but it might help. If you've been suffering for a while, it's time to get some professional help. Check me out online or set up a visit.



BETTER WELLNESS PT
FEEL BETTER. BE BETTER.