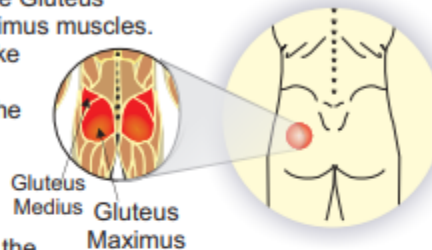


# Lacrosse Ball

Glutes:

## GLUTES

The glutes are made up of the Gluteus Medius and the Gluteus Maximus muscles. Sore glute muscles can make the body feel slightly uncomfortable especially in the lower back and hip region. Reducing the build up of tension in this area will not only bring soothing relief but also allow for the flexibility of the hips and back.



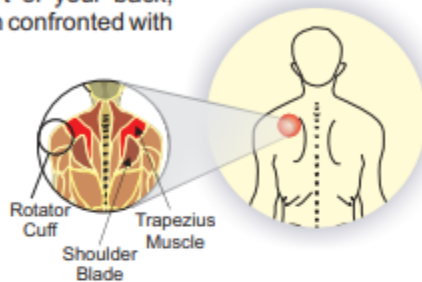
### To massage the glutes with the lacrosse ball.

- Rest your glute against the wall with your legs fully bent, your hands well rested on the floor directly beside you.
- You can also stand with your back against the wall while placing the lacrosse ball between the fleshy area of your glute and the wall.
  - Carefully move up and down until you find a tender spot on the glute.
  - Relax your weight fully on the wall to allow the ball to apply pressure to the affected area.
  - Hold the ball in position while ensuring an up and down movement of your glute against the wall for about 120 seconds. You will start to feel a reduction in the level of pain as the affected part will feel more relaxed producing a soothing effect.
- Repeat this process on the other glute until you feel less pain.



## UPPER BACK AND SHOULDER

The trapezius muscle is the large muscle on the body that connects the upper part of your back, neck, and shoulders together. When confronted with severe pain after stress, it causes neck and shoulder pain. The Rotator cuff muscle is the muscle located in the upper back region of the human body. This muscle often times gets stiff and sore and there is the need to use a lacrosse ball to massage the muscle. Massaging the muscle involves identifying a soft trigger point directly at the shoulder. This trigger point is precisely located on the back of the shoulder blade. Massaging the muscle involves first rotating the arm clock wise and anti-clock wise in order to free the arm and extend the muscle. Use the lacrosse ball to keep up the pressure on the trigger point as you rotate the arm anti-clock wise.



back of the shoulder blade. Massaging the muscle involves first rotating the arm clock wise and anti-clock wise in order to free the arm and extend the muscle. Use the lacrosse ball to keep up the pressure on the trigger point as you rotate the arm anti-clock wise.

- Stand firm with your back leaned against the wall.
- Place a lacrosse ball between the wall and upper part of your back. The back of the shoulder is made up of different trigger points, so it is important to locate all these trigger points in order to find a lasting solution to the affected areas. The trigger point can be on one side of the spine.
- Position the ball on this side and move around with the ball until you find a soft or tender spot.
- To feel the effectiveness of this massage, relax your body weight on the wall and cross your hands over the chest and ensure an upward and downward movement of the ball against the wall. The upward and downward movement involves moving your back and the ball simultaneously against the wall in order to locate the specific trigger point.



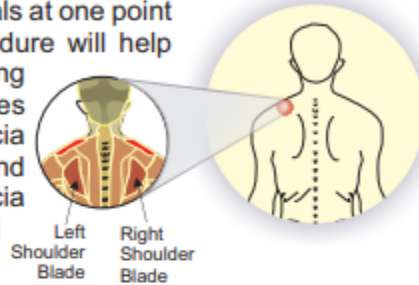
Upper Back and Scaps:



- Massage all knots on encountered tender areas repeatedly in order to feel the effect of the ball on the trigger points. These trigger points are known to cause severe radiating pain into the front part of the shoulder, so often times the pain might be felt more in some areas than the others. Ensure that you massage the back of the shoulder using this process for about 3 minutes.
- Hold the ball again in position for another few seconds and repeat the process all over again.
- Do this 1-3 times in a day to get a satisfying result

## SHOULDER

Shoulder pain is felt by all individuals at one point or the other. The following procedure will help massage and release fascia along the shoulder blade. The muscles attaching to the lower back and fascia can become increasingly tight and there is the need to release fascia deep to the trigger point around those muscles.



### To massage the shoulder using the lacrosse ball:

- Gently place a lacrosse ball inside an old sock to prevent the ball from falling.
- Stand upright with the back against the wall in order to ensure maximum pressure on the affected part.
- Push down continuously and move the arms back and forth about 1-3 inches across the affected muscle.



Ensure the lacrosse ball is between your shoulder and the wall as this will ensure maximum massage of the affected area.

- Place the ball appropriately between the shoulder and the wall especially the point where the soft tissue between your spine and shoulder bone is located so as to release more pressure to the trigger point.



- Hold the end of the socks with one hand and press your body deeper into the wall while leaning on the ball.

- Move the body around on the wall with the ball in between to massage the affected area.
- Keep your arms close to your side to prevent the build of fatigue.
- Repeat this process for about 2 more times until you feel