

# BALLS

## (Fascia Balls/Tennis Balls/Massage Balls)

### Users Guide

No matter what type of ball you use or where you use it on your body, the instructions are the same. The basic guidelines are listed below and a list of the balls with their recommended body parts/conditions and positions are on the following pages.

#### GUIDELINES for ball use:

1. Set aside TIME for yourself with no distractions, normally at least 30 minutes.
2. On a hard floor, use a yoga mat and blanket to provide you with a comfortable place on the floor.
3. Place the ball under an area of pain or tightness and slowly roll on it to find the point of greatest intensity. Don't roll too fast or you may pass right over key spot. It may take ten seconds or more to sink in deeply enough to realize you are in a restriction.
4. When you find an area that feels hot, hard, tender, tight or refers pain/sensation to another area, stay there and allow your body to sink further into the ball.
5. Breathe into whatever you are experiencing and continue to allow your body to SOFTEN and relax around the ball. It is often easier to soften your body on your EXHALES.
6. Remain in the area for 3-5 minutes, longer if you choose. You will want to stay still in that area, softening until the sensation you are experiencing diminishes or disappears. This allows you to access multiple layers of the fascial system.
7. When that area feels complete and you are ready to move on to the next layer, roll slowly and stay present, as the next layer may be just millimeters away from where you were just working.
8. Sometimes a slight weight shift or change in position is all it takes to access the next layer without rolling at all.
9. Listen to what your body is telling you and allow your intuition to guide you. There is no right or wrong way to do MFR stretching as long as you are following the general principles.
10. If the intensity feels too severe, decrease it to a level you can maintain for at least 2-5 minutes. You can do this by shifting your weight, arms or legs; or using a pillow as a prop.



# Fascia Balls



## Body Parts/Conditions

- Spine (MFR Stretching, page 27)
- Low Back (MFR Stretching, page 30)
- Abdomen (MFR Stretching, page 33)
- Pecs (MFR Stretching, page 20 w/door jam)
- Sternum
- Jaw (MFR Stretching, page 14)

## Body Positions

- Laying on floor (with yoga mat/blanket)
- Standing
- Sitting

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# Sternum

This technique releases the sternum, which connects to the pecs, neck, abdomen, hips, and mid-back.



Lie on your stomach up on your elbows or arms, and place the ball on your sternum. Create a traction pull toward your head and wait for several minutes (5-10) for greater releases.

*See additional photos in Myofascial Stretching Book.*

# Tennis Balls or Massage Balls

(individual)



## Body Parts/Conditions

- Hips/Buttocks (MFR Stretching, pg 36)
- Shoulder (MFR Stretching, page 15)
- Pectorals (on walls)
- Front of hips
- Legs (upper)

## Body Positions

- Laying on floor (with yoga mat/blanket)
- Standing

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# Pectorals

This technique releases the pectorals, which connects to the neck, jaw, abdomen, hips, and mid-back.



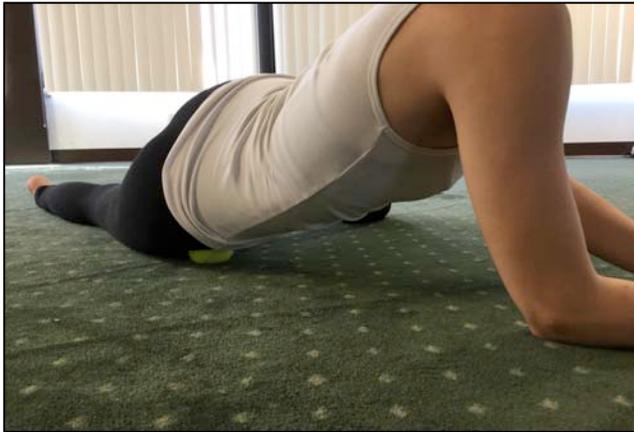
Hook the ball in the doorjam and your pectoral muscle, and lean fully into it.

Add unwinding in your arm and neck to create angles of the greatest tension and wait for releases.

Repeat for other side.

# Front of Hips

This technique releases the various angles of the hips and buttocks, connecting to legs and knees, as well as the back and upper torso.



Hook the ball in the tensor fasciae latae muscle and lean fully into it.

Sink deeply into the muscle for at least 5-10 minute for greatest releases.

Repeat for other side.

## *Tensor fasciae latae muscle*



# Legs (upper)

This technique releases the quads and hamstrings, which connect to the hips and knees.



Lie on the ball under the most restricted part of your quads or hamstrings and sink fully into it for at least 5-10 minute for greatest releases.

Repeat for other leg.



*See additional photos in Myofascial Stretching Book.*

# Massage Balls

(in netting)



## Body Parts/Conditions

- Spine

## Body Positions

- Laying on floor (with yoga mat/blanket)

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# Spine

This technique releases the spine which connects to all parts of the entire body.



Lie on the balls so they rest under both sides of your spine, with your hands supporting your head. Roll the balls along your spine to find the most restricted area.

Allow your arms to spread wide so you can sink deeply for 5-10 minutes for deep release.

Repeat for other restricted areas.

