TENNIS BALL SELF-MASSAGE

A tennis ball is a great tool to massage those hard to reach places. Get rid of knots and ease muscle tension with a few of the exercises below. Remember to only move the ball around an inch every 3 seconds. Slow and steady wins the race. If you find any knots or sore spots, hold gently or work on those areas until the soreness subsides a little.

COACHING TIPS

The shoulder massage is great for relieving tension in the upper back between the shoulder blades (the trapezius and rhomboid muscles). Run the ball up the muscle between your shoulder blade and spine on left and right sides. You can move your arm too so that the shoulder blade moves to hit all those hard to reach spots. Using a wall is great for this. Move your feet further away from the wall to create more pressure.

This is a great one for the hamstrings and glutes. Run the ball up the leg from just above the knee, all the way to your bum (glutes) trapping the ball between a chair and your leg. There are 3 hamstring muscles so do this with the ball on the inside, middle and outside portions underneath the thigh to hit them all. The harder your chair the tougher this one will be. You can do this one while sat at your desk!

This final one is great if you have tight or sore feet. Often walking around all day with shoes or high heels on can create tension under the foot. Take your shoe off and roll the ball in the arch of your foot (the fleshy part on the inside). This is great as you can do it sat at the desk too. If you want a bit more pressure, stand up so you can put more weight on the foot with the ball under. This works well on most floors but the harder the floor, the more intense the release will be.

Please consult your physio or GP if you have any injuries before trying these exercises.