

Mobility Ball Techniques



Mobility techniques are best used as a basic maintenance routine. Smashing the soft tissue helps to relax the muscle and connective tissues, and release any restrictions or adhesions. It works wonders on tension and pain.

This technique works great for neck, shoulders, back, glutes, feet, and legs. The goal is to apply pressure to the area you are feeling some discomfort, either holding pressure or incorporating movement as you are smashing. For maintenance, preventative care, or acute pain use for a minimum of 2 minutes to the area of concern. Then work the areas above and below the problem area. Expect to feel some discomfort and referral pain with this technique and if it feels sketchy move to a different area.

Use your body weight to distribute weight onto the ball and do your best to remain relaxed, and breathe deeply to help the muscles release. When using movement move slow and controlled.

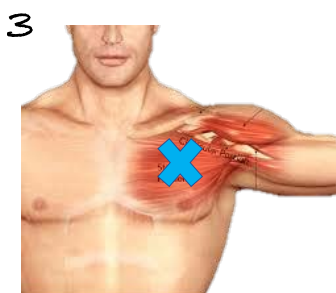
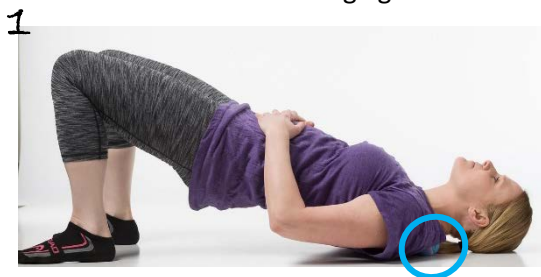


Shoulders

Tape two balls together, put them in a sock, or purchase a peanut that is already connected. Place the balls on either side of the spine and cross your arms. When the tissue has relaxed begin to incorporated movement by extending arms overhead and then back to starting position. Move up and down the spine.

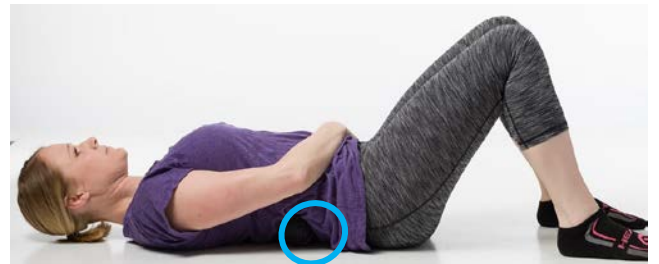
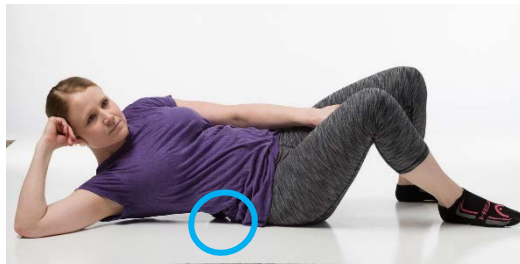
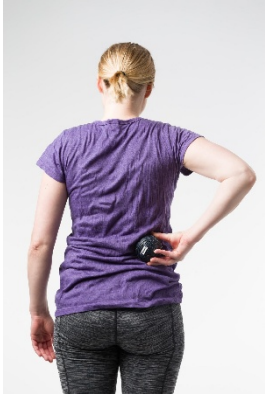


1. Place the ball on the upper shoulder, traps area. Then shift hips into a bridge, engaging abdominal region. Hold to let the muscles release then move slightly to find a different area.
2. Work the muscles on the back of shoulder blade in a side lying position. This muscle commonly refers pain is the front of the shoulder.
3. Working the front of the body is just as important as doing work on the back. When the muscles in the front are locked short, they will create an imbalance between the front and back relationship, creating tension. Your target here is the pectoralis major muscle. You can do this on the floor or leaning against the wall.

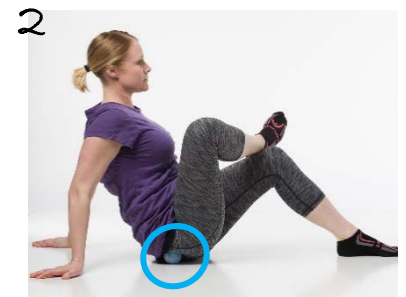


Low-Back & Hips

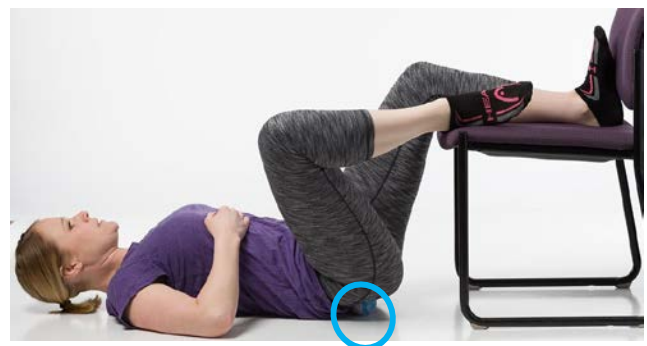
Place the ball between the bottom rib and the crest of the hip. Then lie down and gently roll onto your back, being mindful of your ribs. Hold this position, using the weight of your body to compress into the ball.



1. Side hip smash. Work around the joint to release the small muscles. Hold the ball in place, until you feel it release and then move the leg through movement to get deeper into the tissue.
2. Sit on the ball, either on a chair or the floor to smash the gluteal muscles. Find a hotspot (painful area) and let the muscles release



Place feet up on a chair at about a 90 degree angle. Place the ball on the gluteal muscles, finding a hotspot. To incorporate movement, bring the working leg into deeper flexion and then move the leg back and forth. The movement should be slow and controlled.

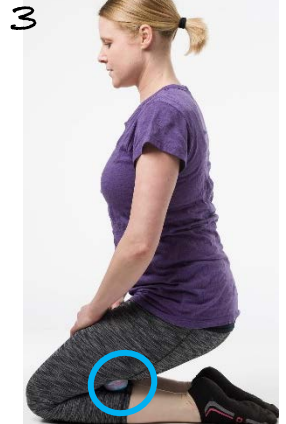


Bonus: Tired achy feet? Place a lacrosse ball or small bouncy ball in the arch of your foot. Find a hotspot and hold, until the area eases. Move to a different area and repeat.



Legs

1. Place the ball in the Tibialis Anterior muscle on the front of the shine. Use your bodyweight to apply pressure.
2. Sitting in Z position or on a chair with one legs ankle to knee. Place the ball on the medial calf and press down with your upper body.
3. Sitting on the floor place the ball on the calf muscle, then sink into the ball with your bodyweight.



Place the ball above the knee joint on the quadriceps muscles. Then move the leg through flexion and extension. Move the ball throughout entire quadriceps.



1. Remain in same position as above. Gently rotate through the hip, bending and moving the knee out. The goal it to work the tissue of the inner thigh.
2. Place the ball on the hamstring, and then move the leg through flexion and extension. Move throughout the entire hamstring muscles.

