



Movement Challenge

Movement in a "Dysfunctional" World!



Mobility Ball Techniques!

Smashing the soft tissue helps to release restrictions and adhesions in the muscle and connective tissues. It works wonders on tension and pain. This technique is best used as a preventative measure to help reduce pain and improve range of motion within the tissues. Expect to feel a little discomfort with this technique. It's recommend to use a lacrosse ball, however, a tennis ball or some other form of a ball that doesn't have a lot of give to it, will work great.



Low-back & Hips



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 the ball on the hamstring, and then do some movement with the leg to get a deeper release.



Place ball above the crest of the hip and lie down. Gently roll onto your back, being mindful of your ribs.



Side hip smash. Work around the joint to release the small muscles. Hold the ball in place and move the leg through movement to get deeper into the tissue.

Neck & Upper-back

Place two ball in a sock or tape them together. Place on either side of the spine. Fold arms and relax, letting the muscles soften. Include continuous slow movement to get into the tissue deeper.



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.



Place ball on upper shoulder on the traps muscle. Then bridge hips up, keeping the abdominals engaged.

