

Myofascial Release

by Ken Black

I am sure that some of you are using a foam roller or maybe a tennis ball for myofascial release massage. If you are not using either then Google 'foam rollers myofascial exercises'. There are a lot of good articles that will get you up to speed on how to use the foam roller. Here is an addition to this which doesn't cost much and will be a great inclusion.



I have been using, and recommending, the use of small rubber balls, for example, the cheap balls kids usually play with. The bigger one is actually my dog's Kong ball. It works much better than the tennis ball as it penetrates into the dense muscles deeper than the foam roller. Because the balls are not hard they feel more like a thumb without compressing like the tennis balls.

Use the bigger balls for the meatier muscles (Glutes, Quads...) and the smaller ball for the other muscles (feet, forearms...). I have found that applying and releasing pressure on the muscles works best.

Feet

Find the painful spots on your feet and in a circular fashion roll the ball around focusing on these areas. Do this a couple of times and you won't believe how much better your feet feel. You can either do it standing or seated.



Neck

Place the ball on the neck. Roll it around and find the painful spots.



Glutes/Hips

Simply sit down on the ball. Again focus on the painful areas.



Quads

You can lay down on the ball or use your hands to hold it.



Forearms

This will really assist recovery if you do a lot of grip work. Even if you don't, you will be surprised at how much tension is stored in your forearms.



These are a few of my favorite areas but I am sure that you will find others as well. Be persistent in using this style of massage. Keep it up even when you don't feel the need. It feels great and does wonders for the body. Good luck and I know you will feel better after trying it.

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