

# 7 Spikey ball exercises to ease muscle pain

A spikey ball can be great for assisting in self-massage or trigger pointing tight and sore muscles. You can even try with a tennis ball before investing in a spikey ball. The benefits of using a spikey ball can be decreased pain, improved flexibility and increased blood flow to the muscles.

Beginners should place the ball (eg. between your back and a wall if standing, or your body and the floor if lying down), use your body weight to apply pressure and hold. For more intense pressure you can try rolling movements over the ball however be warned - this can be more painful.

We recommend 1-2 minutes of pressure or rolling over each point per day. If you feel a specific part of the muscle is tight, such as a knot, you can hold the pressure on this point for 30-60 seconds to help it release.

Self-massage and trigger pointing can be uncomfortable but should not be excruciating. If your pain continues or worsens, please discontinue the exercises and consult your physiotherapist.

## HAMSTRINGS

Place ball under back of thigh.



## GLUTEALS + PIRIFORMIS

Place ball under buttock (where back shorts pocket would be).  
Option to cross foot onto opposite knee for extra muscle stretch.  
*Stop if you get pain or pins & needles down your leg.*



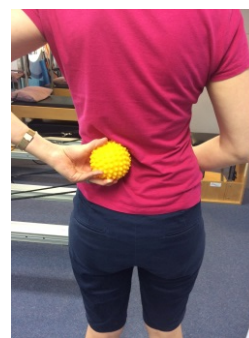
## PECS (chest)

Place the ball at the front of your chest just below your collar bone



## LOWER BACK

Place the ball in the small of your back to the side of your spine. Lean your body against a wall or the floor (harder).



## TFL (hip flexor)

Place the ball at the front of your hip where your hand enters your pocket.



## ROTATOR CUFF (shoulder)

Place the ball at the back of your shoulder, lean onto wall at 45deg angle



## CALF

Place ball under calf.  
Do not roll over Achilles tendon.

