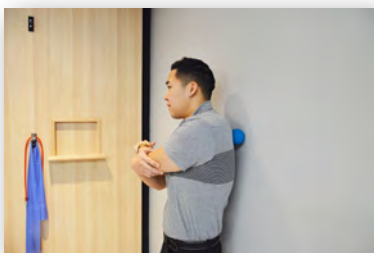


# LACROSSE BALL <sup>self</sup>MASSAGE

## RELIEVE TIRED & ACHING MUSCLES

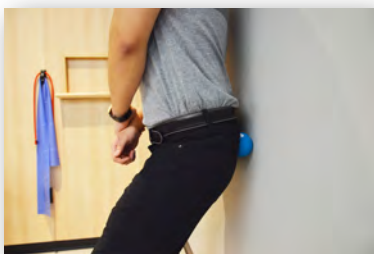
### A few things to remember:

- Take slow, deep breaths in and out to allow relaxation.
- You may feel slight discomfort where the ball is pressing a trigger point.
- Put a hand towel over the ball or switch to a foam roller, if the pressure is too strong.
- Do not press too hard over an area as it may cause bruising.
- Consult a chiropractor if you have any concerns before doing these exercises.



### UPPER BACK & SHOULDERS

- Stand with your back against a wall with the lacrosse ball between the wall and your upper back.
- Position the ball on one side of your spine.
- Move around in all directions until you find a tender spot.
- Relax your weight into the wall and cross your hands over your chest.
- Continue to move up and down slowly, massaging knots or tender areas.
- Repeat on the other side if necessary.



### GLUTES

- Stand with your back against a wall with the lacrosse ball between the wall and the meaty area of your glutes.
- Move up and down and side to side until you find a tender spot.
- Relax your weight into the wall, allowing the ball to apply pressure on this area.
- Hold for 30 seconds, or until you feel the pain subside.
- Repeat on the other side if necessary.



### HAMSTRINGS

- Sit on a hard chair or table that is high enough off the ground to let your legs hang.
- Place the lacrosse ball under your thigh, moving it around until you find a tender spot.
- Lean forward and put your arm and body weight on your thigh.
- Slowly extend and bend your knee for 30 seconds and move the ball as needed.
- Repeat on the other side if necessary.

# self LACROSSE BALL MASSAGE

RELIEVE TIRED & ACHING MUSCLES



## CHEST & SHOULDERS

- Stand to face a wall.
- Place the lacrosse ball on your chest muscle close to your armpit.
- Lean forward and slowly roll the ball on the chest and shoulder area.
- Once you find a tender spot, relax into the position. You can slide your arm up and down the wall for added benefit.
- Continue to slowly move around in small circles to gently massage the area.
- Repeat on the other side if necessary.



## CALVES

- Sit on the floor with both legs extended in front of you.
- Place the lacrosse ball under the middle of the calf, with the other leg crossed over. This will allow for deeper release of muscle tension.
- Roll your body back and forth until you find a tender spot, then relax into the position.
- Hold for 30 seconds and repeat on the other side if necessary.



## FEET

- Sit comfortably with your feet on the floor.
- Place the lacrosse ball under the arch of your foot.
- Lean forward, putting some weight on your affected side. Put just enough pressure to feel tension.
- Slowly roll the ball back and forth along the arch of your foot. Lift toes up to reach all muscles.
- Continue for 30 to 60 seconds.
- Repeat on the other side if necessary.

Exercises demonstrated by Dr. Bernard Kim, Vancouver BCCA Member.



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