

# MASSAGE BALL SET



Relax !



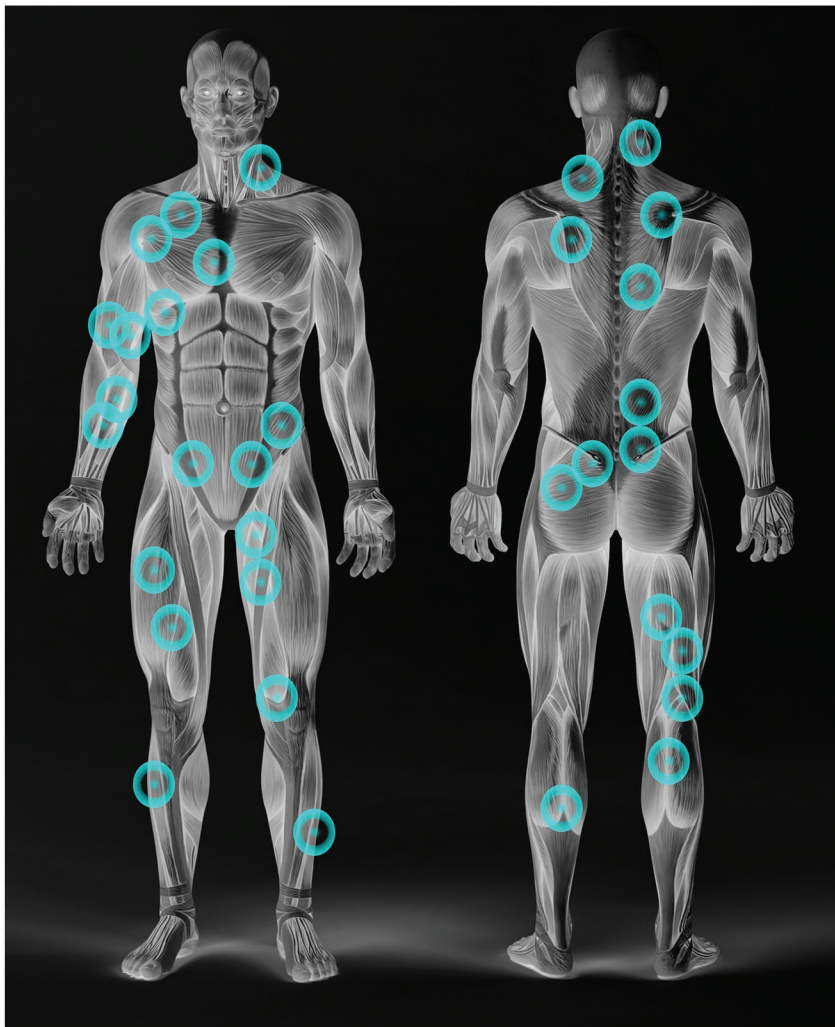
Self-massaging is an accessible and effective act to relieve sore and tense muscles. After a sports training or to relieve tension associated with stress, massage balls can meet your needs. With 3 balls of various shapes and densities, you will be able to relax and loosen your muscles by massaging 'trigger points'. Your pains are alleviated; your posture, your movements and blood circulation are facilitated. Of course, before using therapeutic products, check with a health professional, especially if you are made sensitive because of injuries.

## Trigger points

Trigger points are painful spots tender to palpation which appear under the form of hardened fascia (connective membrane that surrounds the muscles and other organs) nodules. Trigger points are not present in a healthy muscle, however, during a muscular dysfunction, there are two types of trigger points: active and latent. Latent trigger points: They are not painful but may be activated after a stressful situation such as an accident, a poorly managed physical or sporting activity or prolonged sitting (working behind a desk, a long drive) Active trigger points: They are responsible for chronic pain and may cause reduced mobility and affect all our activities.

The image below shows the main trigger points.

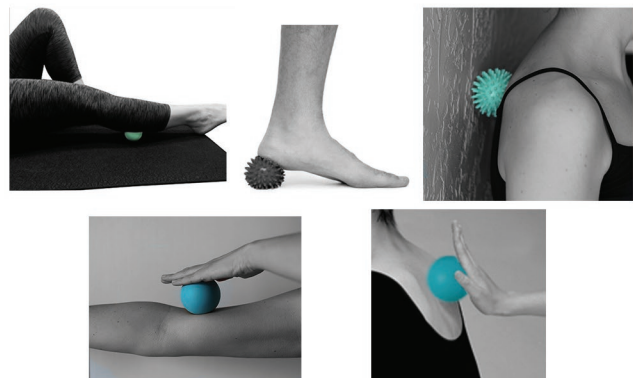
If you have pain here  push and massage here   



Each one of your muscles or muscle groups responds differently depending on the style or hardness of the massage ball used.

Choose one of the 3 balls depending on your personal experience and your physical condition. In many cases, you could use 2 or 3 different balls for one area.

**Simply place the ball on the 'trigger' zone and roll it slowly from side to the other in order to massage the complete area. Relax and breathe normally. Relax! Repeat this between 15-90 seconds if it feels comfortable and if it does not cause pain. You can also apply a more sustained pressure on a tight muscle knot for 15 to 60 seconds until muscle tension is released.**



*Please remember we are not medical professionals and each individual is different. While our Therapy Ball Set is great for regular use on sore or tight muscles, for muscular injuries or tears we highly recommend that you consult a medical professional.*

Thank you for your order

Contact us : [contact@myami.fr](mailto:contact@myami.fr)