



MASSAGE BALL SET



SOFT BALL WITH SPIKES



LACROSSE BALL



HARD BALL WITH SPIKES

Relax !

Exercises to relieve muscle, myofascial syndrome and untie «Trigger Points» (knots, contractions).
Helps improve athletic performance and relieves muscle pain.
FREE EBOOK EXCLUSIVELY FOR MYAMI CUSTOMERS

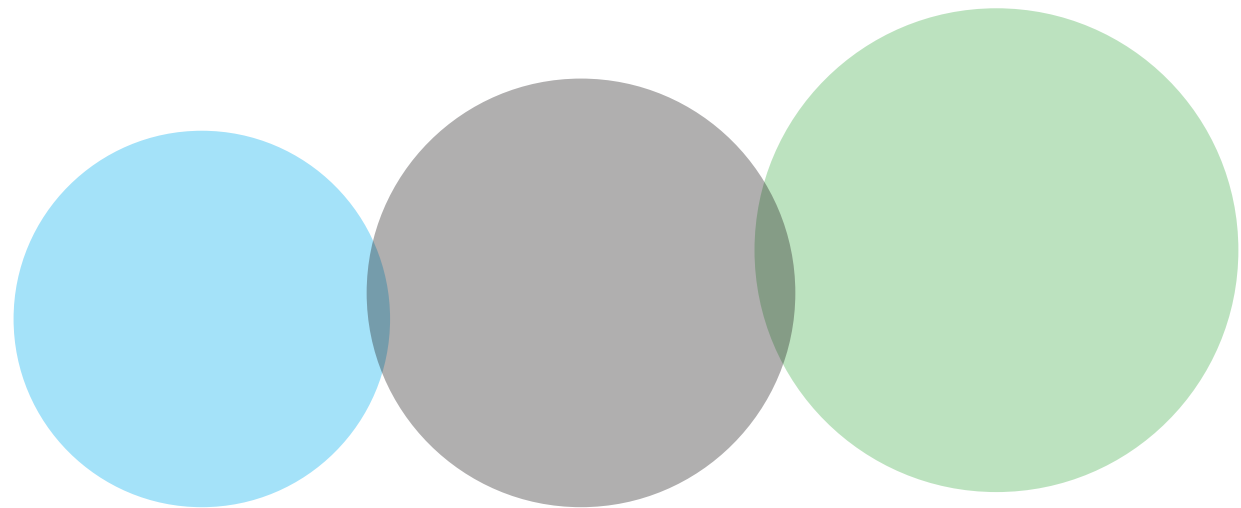


WARNING

This book is not intended to replace the medical advice of a licensed physician.

The reader should consult his doctor in any question relating to his health.

The exercises provided in this book are for informational purposes only and should not be construed as a recommendation for specific treatment or care. Exercises are not without risks, and this or any other exercise program can lead to injury. These include, but are not limited to, the risk of injury, the aggravation of a pre-existing condition, or the deleterious effect of exertion such as muscle contraction, abnormal blood pressure, fainting, heart rhythm disorders. To reduce the risk of injury, before beginning this or any other exercise program, consult a health professional for appropriate instructions. The exercise instructions and advice given are not intended to replace a medical consultation. As with any exercise program, if you start feeling weak, dizzy or uncomfortable, you should stop immediately and see a doctor.



« TRIGGER POINTS » ?

TRIGGER POINTS

Trigger points» or «points of relaxation» are painful knots on palpation that appear in the form of hardened fascia like nodules. Trigger points are not present in a healthy muscle. Multiple trigger points are part of a syndrome called myofascial syndrome.

In order to understand how self-massage works to eliminate these knots and their resulting pain, it is important first to understand the different types of Trigger Points.

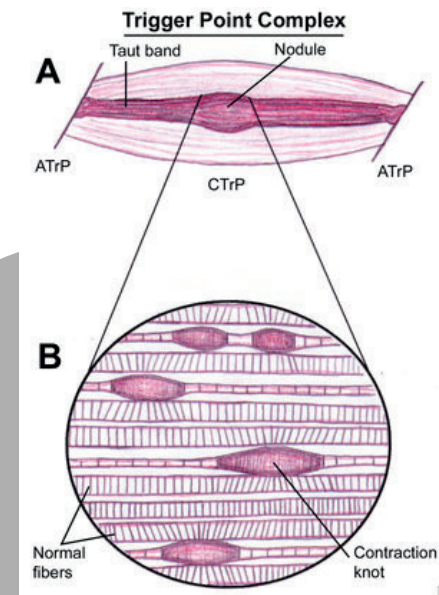
ACTIVE TRIGGER POINTS: These are trigger points that project pain. For example, a trigger point in the trapezius (upper muscle of the shoulder) can radiate the sensation of pain into the head, causing headaches.

LATENT TRIGGER POINTS: These trigger points are present in the muscle, but do not return pain elsewhere. They can still limit the range of motion and become active at any time. They seem soft when you tap on it.

CENTRAL TRIGGER POINTS: These are usually at the center of a muscle. They are found in muscle fibers and can be either directly related to pain or latent. These trigger points can make a muscle weaker because part of the muscle (stretched fibers) is stuck in this contraction. Leaving only the remaining fibers to perform the action you want the muscle to perform. It can also limit the range of motion and cause stiffness in the muscle.

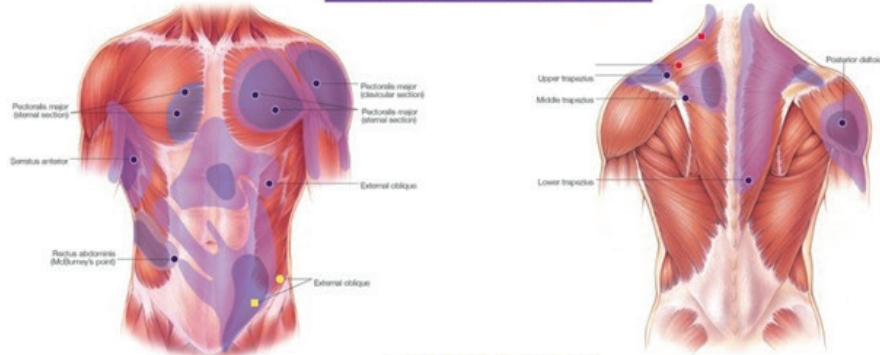
TENDER trigger points: where the muscle fibers join the tendon. They can lead to an increase in the stiffness of this tendon. This can lead to tendon irritation and tendonitis.

Satellite trigger points: These contractions develop in the pain irradiation zone of an active trigger point. It develops in response to the pain felt by the original trigger point. If you can not find and process the original active trigger point, satellites will tend to return.

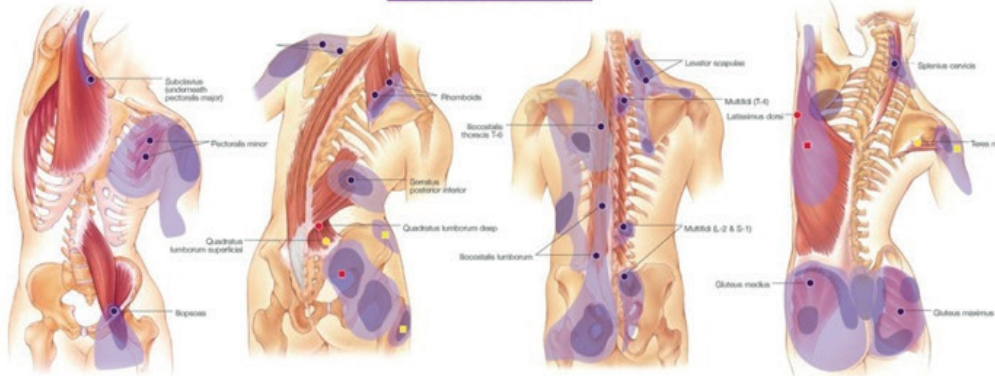


MAIN TRIGGER POINTS

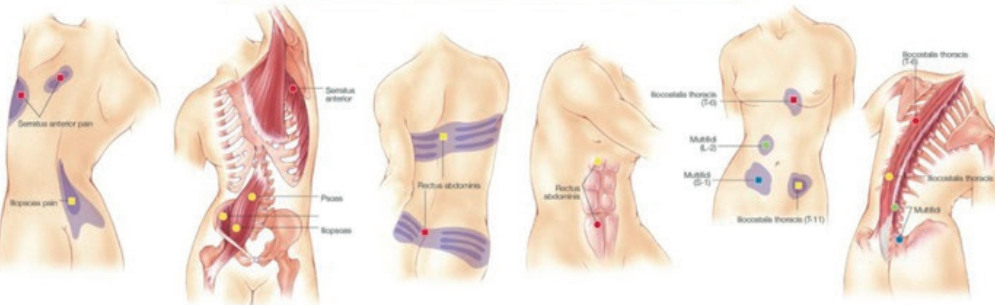
UPPER TORSO AND SHOULDER



POSTERIOR DEEP



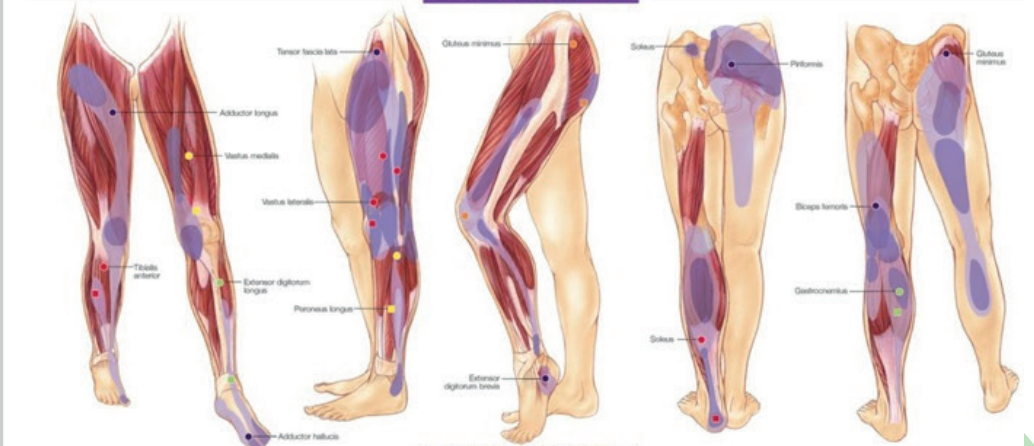
ANTERIOR-POSTERIOR PAIN REFERRAL GUIDE



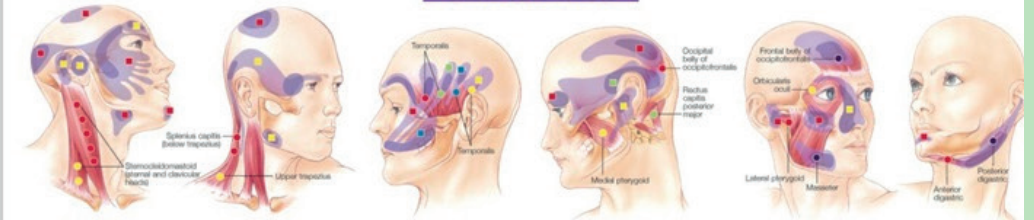
UPPER EXTREMITY



LOWER EXTREMITY



HEAD AND NECK



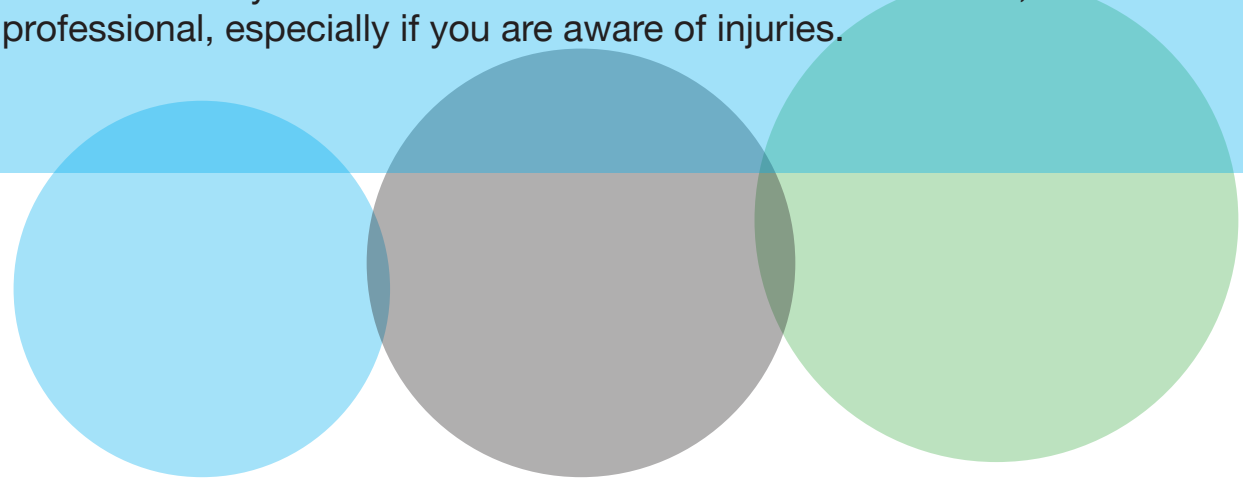
WHAT ARE THE CAUSES OF TRIGGER POINTS?

Here are some causes of trigger points:

- Accidents and direct injuries,
- Inactivity injuries,
- repetitive movements,
- Lack of exercise,
- Bad position,
- Abnormal bone structure,
- Stress that causes shallow breathing and tension in the shoulders / neck,
- Deficiencies in vitamins and minerals,
- Metabolic disorders (thyroid insufficiency, diabetes, hypoglycaemia, etc.)
- Sedentary lifestyle.



Self-massage is an act accessible to all and effective to relieve painful and tense muscles. After a workout or to relieve stress, massage balls can meet your needs. With 3 balls of different shapes and densities, you can relax by massaging the «trigger points». Your pains are alleviated, your position, your movements and your blood circulation are facilitated. Of course, before using therapeutic products, take advice from a health professional, especially if you are aware of injuries.



RELEASE TECHNIQUE TRIGGER POINTS

1. Place a ball between a hard surface and the part of your body

- The wall is a good starting point for most trigger points as it provides more control and less pressure than floor positioning.
- Floor / carpet - the hard floor surface creates a perfect base for the ball while your body weight determines the pressure applied to the trigger point. You can adjust the pressure level by changing the position of your body.
- A sturdy hard bench or coffee table will help you more easily access the trigger points of the hamstrings
- Hand / other body part - the pressure applied with your hand is usually insufficient to access the most stubborn trigger points. But it can be a good starting point if your muscle knots are extremely sensitive.

2. Use the smooth Lacrosse ball to explore the area you want to massage. Slowly, massage the muscles and feel if they are soft or have knots. Use this time to increase blood circulation in the area you are massaging and prepare for deeper release work.

3. Adjust the pressure. Once you have located a trigger point, move the ball of your choice by micro-movements about 10 times with a pain level between 4-6 (0- no pain at all, 10 - unbearable pain) . If the area is too sensitive, try applying less pressure or using the softball.

4. Hold the ball statically on the knot for 15-20 seconds

while breathing deeply. Use deep breathing to relax muscles and calm the nervous system.

If the placement of the ball on the trigger point was correct, you should feel the knot fade (or relax completely) and the pain lessen. You can also direct the heat released by the Trigger Point to the surrounding tissues.

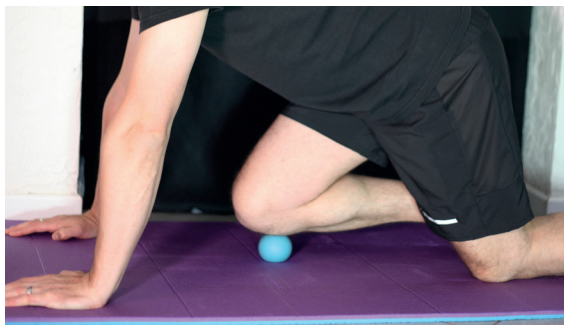
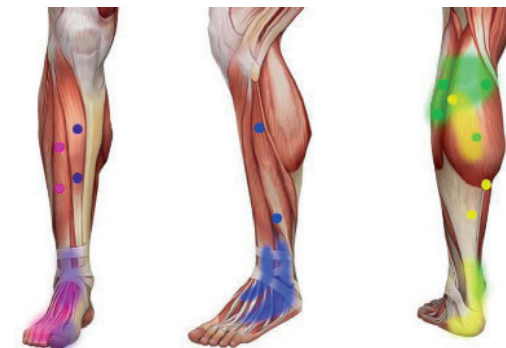
If you do not experience immediate release, try to find a nearby location that will provide more precise pressure on the trigger point. Some trigger points are more stubborn than others and you may need to return to this location several times before you can finally feel relief.

5. Stretch the muscles that worked.

6. Repeat your massage 2-3 times a day for stubborn trigger points or 2-3 times a week to maintain.

Do not stay on one part of your body for too long. If the trigger point has not been relaxed in less than 1 minute, you must move to another location or return to it later. You may damage tissue or pinch your skin. It will be better to position the ball otherwise or somewhere else than to insist on the same part of the body too long.

CALF / ANKLE



1. Start by using the softball or the smooth Lacrosse ball under your shin. Place the ball on the ground and apply pressure to the trigger point.
2. Massage the leg on the ball by micro-movements to increase the blood circulation in the area and identify the exact location of the point.
3. Continue with your favorite ball. Apply static pressure to the localized trip point. Increase the pressure by changing the body position or moving the weight forward.

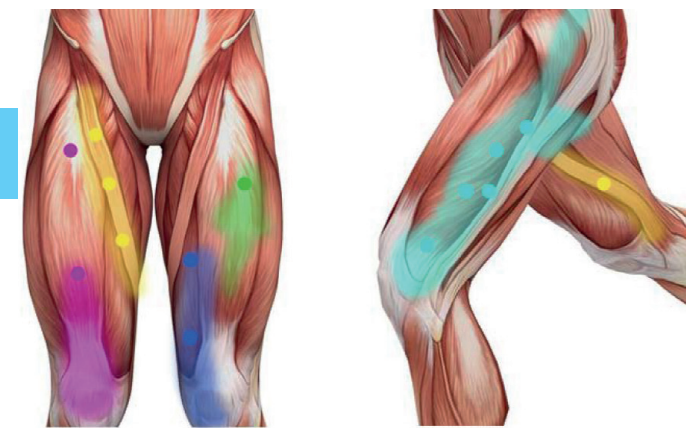


1. Place the ball on the ground and place the calf on it.
2. Slowly, roll the ball in the center line of the ankle. Stop and hold the pressure where the trigger point is.
3. Turn the leg out (the toes are facing out) and roll the ball out of the calf. Stop once you find the trigger point.
4. Internal rotation of the leg (the toes are oriented towards the midline of the body) and roll the ball inside the calf. Increase the pressure on the uncovered trigger point.
5. Breathe deeply for 20 to 30 seconds
6. Continue releasing the stitch with a calf stretch using a strap, belt or hand towel.



*Each of your muscles or muscle groups respond differently depending on the style or hardness of the massage ball used.
Choose one of the 3 balls according to your feelings and your physical condition.
In many cases, you can use 2 or 3 different balls for a zone.*

QUADRICEPS



1. Sit on the floor and position the smooth lacrosse ball or hard black ball, as you feel, on the quadriceps. Press the ball and then press while mixing while pushing the ball forward.
2. Apply deeper pressure with the ball on all the nodes you discover.
3. Go back to your stomach and place the ball on the ground under the quadriceps.
4. Slowly slide on the ball. Stop when you find a knot and hold for 10-30 seconds.
5. Alter the outer and inner rotation of the leg to cover the entire quadriceps surface.
6. Repeat on the other side.

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GLUTES MUSCLES



TECHNIQUE AGAINST A WALL

1. If the area is particularly sensitive, it is best to start your exercise against the wall to exert a slight pressure at the trigger points.
2. Place the ball between the wall and the gluteal muscle and begin small circular motions.
3. You can alternate the balls to apply deeper pressure on the discovered nodes. Apply deep massage movements on the tight knots to release them.

OTHER GROUND TECHNIQUE

1. Lie down and place a massage ball under the buttocks. The ball must be close, but not on the ischion (bone).
2. Use your arms to help yourself and roll the ball with small circular motions.
3. Replace the ball with a harder (black pimple) and repeat the circular motions for deeper penetration.

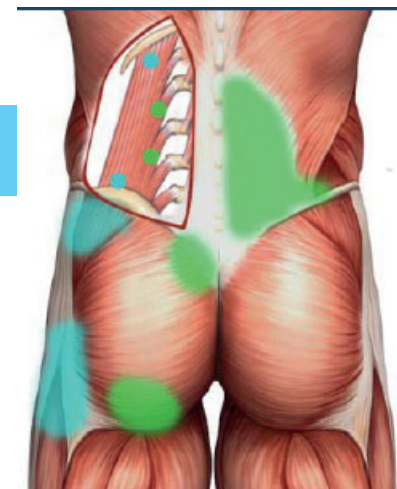
You can also bend your leg at 90 ° (lift your knee up). Straighten this leg forward on the diagonal and lower the leg. Bring the leg back in the folded position.



LOWER BACK

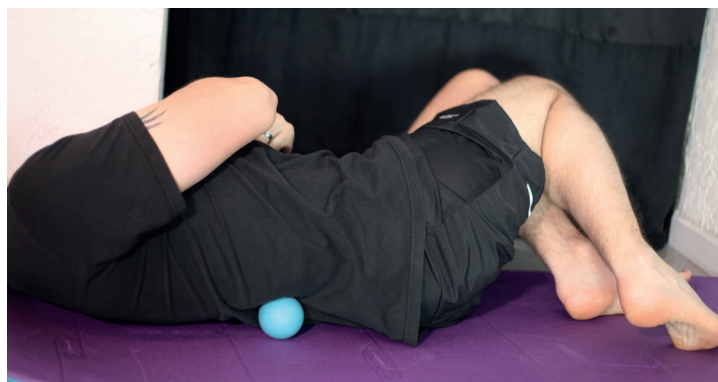
TECHNIQUE AGAINST A WALL

1. Standing against a wall, locate your lumbar. Trigger points are likely to be near the hip.
 2. Standing, with a slight angle against the wall, place the ball against the wall and press the lower back. Massage with the ball by micro-movements.
 3. Explore the entire surface of the muscle by moving the ball to the bottom of the spine and just above the pelvic bone.
- Avoid squeezing the ball in the «soft» parts of the lower back (move along the bones but do not squeeze into the abdominal cavity).



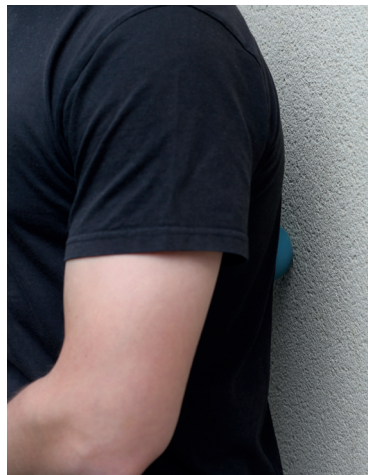
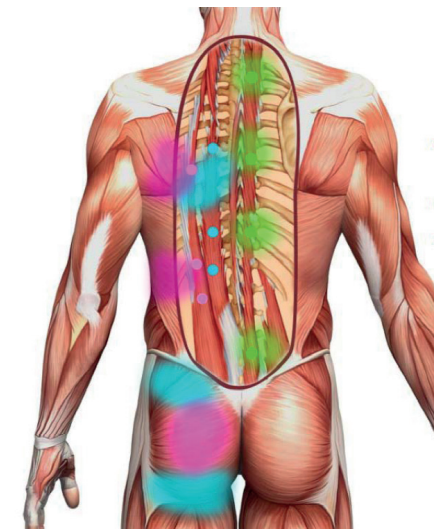
GROUND TECHNIQUE

1. Tilt slightly to one side and place a smooth ball or pimple, as desired, under the lower back.
 2. Press the weight of your body into the ball. Move the ball to cover all areas of the muscle.
- Avoid squeezing the ball in the «soft» parts of the lower back (move along the bones but do not squeeze the abdominal cavity).



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MUSCLES OF THE SPINE

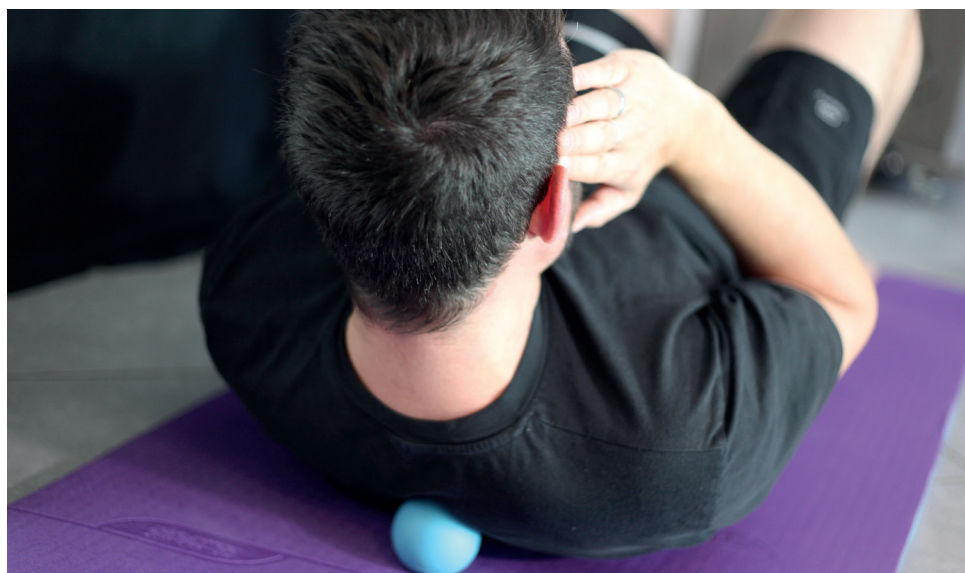


TECHNIQUE AGAINST A WALL

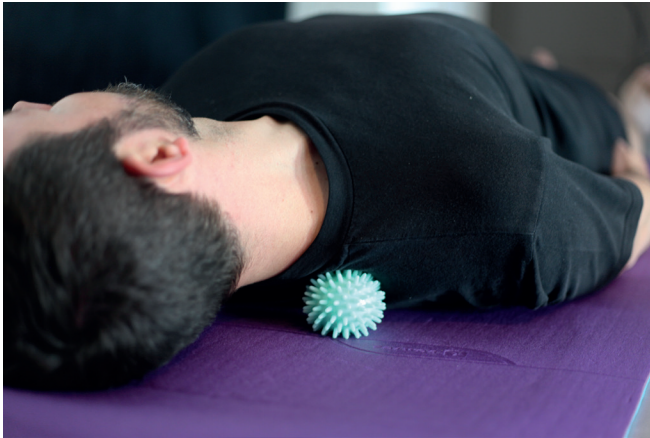
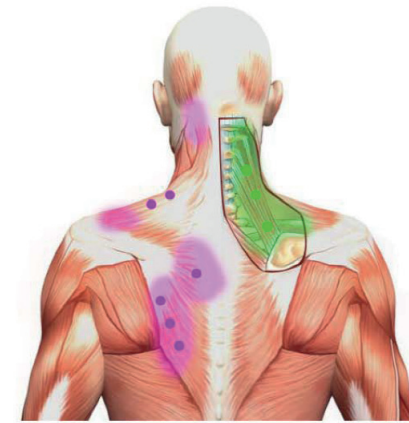
1. Standing against the wall, place a ball between the wall and the middle of the spine.
 2. Slowly begin to descend by lowering your knees while pressing your back against the wall. Do not let the knees go in front of your toes.
 4. Return slowly to the standing position.
- Variation: Going up, move the body weight to one leg and press the ball into the muscle along the spine. Move the weight to the other leg and move the ball up and to the other side of the spine. The ball moves zigzag up the spine
5. Repeat 6 to 10 times.

GROUND TECHNIQUE

1. Place a ball at the base of the shoulder blades symmetrically and against the spine.
2. Press the body weight into the ball and feel the spikes (if spiked ball) dig into the muscle tissue.
3. Place your hands behind your head or cross your arms over your chest.
4. On the exhale, use the abdominal muscles and press the lower part of the rib cage into the ground. Start lifting your head and shoulders. Keep the pressure on the ball.
5. Inhale deeply while maintaining this position.
6. On the exhalation start going down slowly. Concentrate on that feeling of the ball in your back to apply a deeper pressure.
7. Repeat 6-8 times.



TRAPEZE



GROUND TECHNIQUE

1. Place the ball on the ground under the lower part of the trapeze
2. On the exhale, relax on the ball and push your body to the ground as if you were trying to sink into sand. Breathe deeply.
3. Slowly lower the weight of the body into the ball.
4. Once the trigger point is found, massage by micro-movements, managing the pressure by the weight of the shoulder.
Repeat 2-4 times.
5. Move the ball a few inches to find other trigger points
6. Continue moving the ball over the entire trapezius muscle.

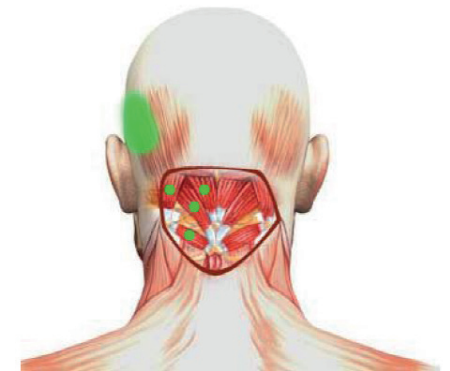


TECHNIQUE AGAINST A WALL

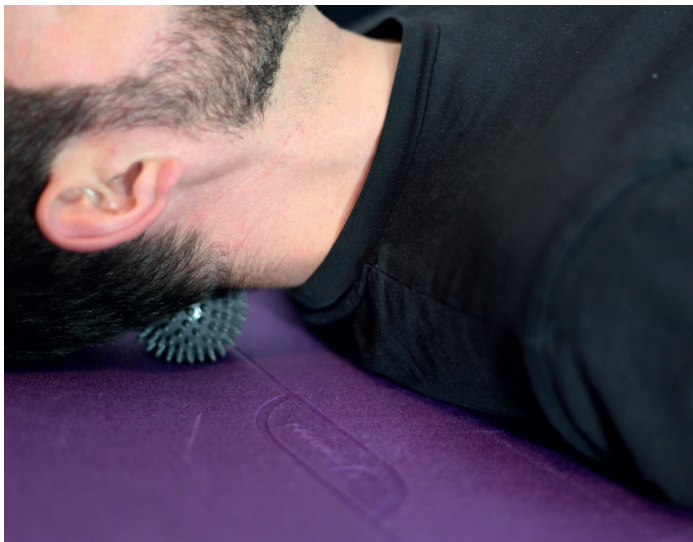
1. Place the ball of your choice between the wall and your muscle.
2. Move the weight of your body by micro-movements while remaining straight in order to find the trigger point.
3. Once the trigger point is found, massage by micro-movements, managing the pressure by the weight of the shoulder against the wall. You can change ball to increase the pressure
Repeat 2-4 times.

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In many cases, you can use 2 or 3 different balls for a zone.*

HEAD AND NECK



1. Place the ball on the ground under the base of the skull. Use your hands to control the placement of the ball to prevent it from rolling out of the head.
2. Massage gently.
3. Stop if an area is sensitive and breathe for 10-20 seconds.
4. Modification 1: Place a yoga block or a thickness in the hollow of the neck
5. Modification 2: If this area is too sensitive and you can not tolerate balls under the base of the skull, place a small towel on the ball to relieve the pressure.

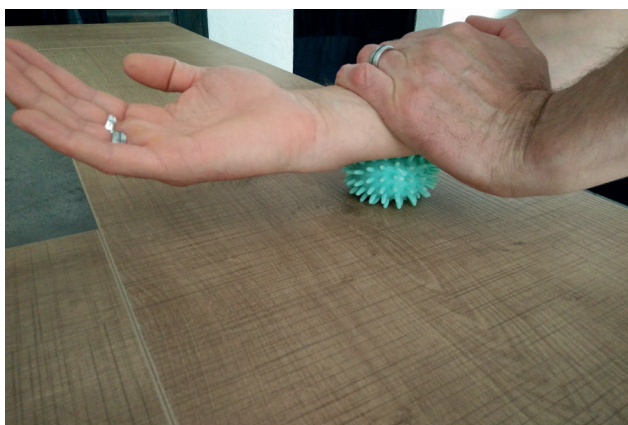


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FOREARM



1. Stand near a wall. Place a spiked ball between the wall and the hairy side of the forearm. The elbow is flexed.
2. Apply pressure while rolling the ball
3. You can use the other hand to depress the forearm and help it slowly slide the arm over the ball. Press the weight of your body on the ball.
7. Massage by micro-movements the ball in painful places for 10 to 30 seconds.
8. Repeat on the other side.
9. The same exercise can be performed by leaning over a table and pressing the body weight on the ball.



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HAND

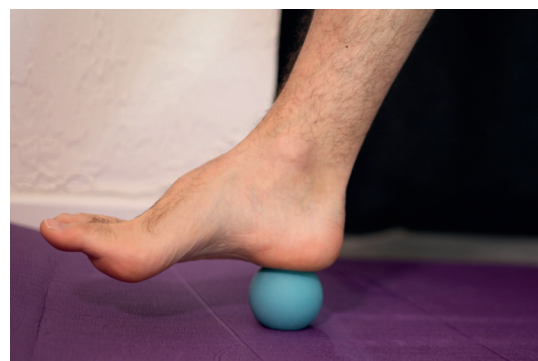
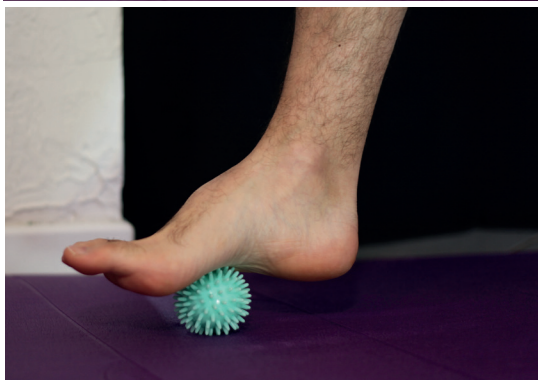
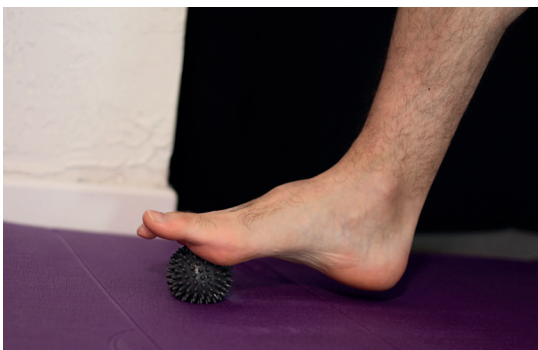
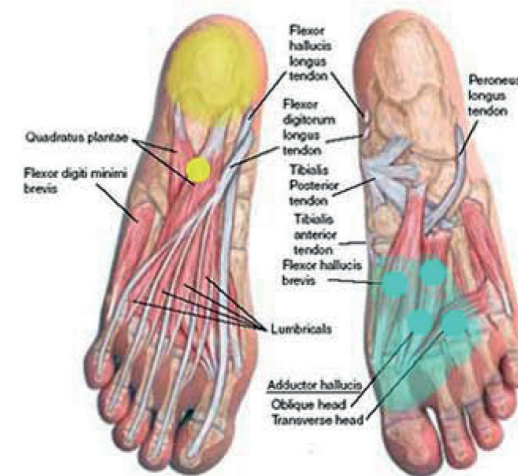


1. Hold the soft ball with pins in your hand and squeeze it tightly. Free and repeat 5 to 10 times.
2. Place the ball on a table and press the palm. Use the second hand to apply more pressure to the ball.
3. Massage the palm on the ball in circular motions.



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FEET



1. Stand near a wall or surface that will help you maintain your balance.
2. Place the ball, under the padded part of the sole between the toes and the arch, and begin applying pressure gradually. Start by using the softball and gradually progress to a harder ball when you are ready to put up more pressure.
3. Start by applying pumping pressure on the ball.
4. Apply as much pressure as you can comfortably handle and roll on the ball a few inches. When you reach a painful point (trigger point), stop and breathe deeply a few times until the pain subsides.
5. Apply more pressure when your muscle becomes looser and more relaxed.
6. Move the ball under the arch of your foot and always apply this pumping pressure. Slide the foot forward and backward and sideways. Stop on sensitive places and hold for 10-20sec.
7. Move the ball under the heel and pump the heel into the ball. Continue with the rolling movement and finally the static pressure.
8. Continue driving for at least 3 minutes on each foot,
9. Repeat on the other side.
10. Repeat every day or even several times a day.

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Self-massage is a simple and economical technique to take care of yourself.

By exploring your muscles, you will become more aware of your body and it will even change the way you think, hold yourself and even breathe. Feel free to take care of yourself several times a day, bullets follow you wherever you go. Learn to relax during your day or after a busy day... RELAX!

The exercises in this ebook are just suggestions, please do not hesitate to explore all the possibilities of massage balls yourself.

The more you use them, the more you will know how to control them and identify your trigger points.

Sincerely,

Myriam
Founder MYAMI
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