

A Guide of how to massage with a Lacrosse Ball.

Reasons to self-myofascial release with a Lacrosse ball:

- Lacrosse balls are made of natural rubber which stops the ball from slipping out or sliding across your skin too much when massaging.
- The density of the lacrosse ball prevents deformation of the ball and is easier to activate trigger points.
- More durable and easy to clean.
- Its small size means it is a very portable massage tool, whilst also being able to get into tight areas.
- A heavier ball; lacrosse balls are more precise and easier to control when massaging.

Upper back / Shoulders

1. Find an empty wall with space around you.
2. Position the lacrosse ball between the wall and your back. Ensure the ball is slightly to one side, next to your spine. *
3. Move around slowly until you find the site of the pain.
4. Move up and down, side to side to gently massage the sore area and eliminate knots.
5. Repeat on the opposite side.

Chest / Shoulders

1. Find an edge of wall with space around you.
2. Position the lacrosse ball near your armpit and on your chest muscle.
3. Lean into and just past the wall or door frame.
4. Slowly move around until you find the sore / tender site. Try to relax as you continue to move in circles to massage the affected area.
5. For extra comfort or balance you can place your opposite arm on the wall. To increase the benefit of the massage move the arm nearest the ball up and down the wall.
6. Repeat on the opposite side.



Forearms

1. Place the lacrosse ball on a flat, hard surface.
2. Position your forearm on top of the ball.
3. Roll the ball under your arm, back and forth to relieve tension, strain and pain.
4. Alternatively hold the ball in one hand, (e.g your left hand) and roll the ball over your opposite forearm.

Hips

1. (Less intense method) Stand next to a wall with your affected hip next to the wall, you should be looking along the wall.
2. Position the ball between the wall and your hip.
3. Move the ball around using your hip to alleviate your symptoms.
(If the previous option does not work or you would like a more intense massage):
4. Lie down on the floor on the side you would like to massage.
5. Place the lacrosse ball between the floor and your hip.
6. Carefully lower your hip on to the ball.
7. Move your hips around to reduce pain and tension.

Glutes

1. Face away from the wall, with your back against it.
2. Position the lacrosse ball over the affected area, between the wall and your glutes. If you are unsure exactly where the pain is originating from then move against the ball in small circles until you find the sore area.
3. Allow the ball to apply pressure onto the area by resting your weight onto the ball.
4. Move in a circular motion over the ball until your pain has reduced.
5. Stop moving so that the ball is directly on the sore area. Press your weight into the ball to increase pressure on the affected area.
6. Hold for up to 30 seconds.



Hamstrings

1. Sit on a chair, stool or hard surface that allows your legs to hang loosely down.
2. Position the lacrosse ball under one thigh.
3. Move the ball around until you find the sore spot.
4. Rest your arms on the top of your thigh(s) allowing your body weight to push down on to your thigh.
5. Alternate extending your legs out and bending your knees.
6. Repeat for 30 seconds.
7. Repeat on the opposite thigh.
8. Continue repeating the process as needed until you feel some relief.

Feet (Plantar Fascia)

1. Sit on a chair or stool.
2. Position the lacrosse ball under the arch of your bare foot.
3. Lean forward slightly so that your weight is pushing your foot down onto the ball.
4. Roll your foot over the ball back and forth.
5. Continue this between 30 to 60 seconds.
6. Repeat on the opposite foot if needed.

*For hard to reach places, (such as your back) place the lacrosse ball into tights, or a sock and lower into position.