



Ball -This is a great self mobilization ball. You can find them from Power Systems. It is firm enough to get in there and the little nubbies make a difference in getting into the area and the fascial restrictions.



Foot rolls with the ball- Roll the ball from the heel to the ball of your foot, using your body weight to compress the ball half way. Roll slowly with a good amount of pressure. Also roll side to side with the ball under the heel (toes down on the ground) and with the ball on the ball of the foot (heel down) exercises are on video on the website at www.InBalancePhysicalTherapy.net Just click onto the You Tube link at the bottom of the home page and look for the exercises.



Lie on your back, placing the foam roller between your shoulder blades horizontally keeping your bottom on the floor, and gently allow yourself to extend over the roller. Move one inch at a time up the back, stopping at each place breathing deeply and relaxing your back. Now, lift your bottom and roll up and down 3-5 inches at a time. With your hands behind the bottom of your head (support it) roll slightly to the right or left and roll up and down on each side to find any restrictions.



Lie on your side and place the foam roller along the outside of your quadriceps muscle. (Roll your body forward) The IT band connects along the quad and can get stuck along that area from the outside of the knee to the upper hip.



Place Nubie ball under the restricted / sore spots your hamstring. Place most of your body weight on the ball and roll it up and down area slowly. Do this in a chair and bend and straighten the knee while the pressure is on your hamstring until it softens and feels less sore. You can also foam roll your hamstring up and down the muscle and turn your knees in and out to get the inner and outer hamstring muscles.



Place your calf on the foam roller. Have someone press down on your shin as they roll your knee and ankle right to left. Make sure they are pushing firmly enough to move into those knots.



Placing your foot on top of your opposite thigh, place your fingers firmly into the plantar fascia (tight bands on the bottom of the foot) while keeping the pressure, flex and extend the toes. One hand can even move the toes, while the other one presses firmly.



Sit on the nubbie ball and roll around the buttock to find any areas of restrictions. Move your knee in and out as you rotate your hip in and out as you move your knee in and out to find other spots. Once you find a trigger point –stay on it for 90 seconds or until the area softens and has less pain.



Sitting with one shin on top of your other thigh- Place your fingers firmly along the inside of your tibia finding any tender and/or hard areas (shin bone) Flex and point your foot until this area becomes less sore and starts to soften up.

Remember to work up and down the whole muscle , not just the sore spot

