

HUSTLE SPORTS MASSAGE



*HOLISTIC
MUSCLE
THERAPY*

THE SELF CARE PROTOCOL

LACROSSE BALL 101

DISCLAIMER

The information contained in this book is not medical advice. It is provided solely for education. Our practice would be greatly pleased to discuss your unique circumstances, needs and options as they relate to these topics.

HOLISTIC MUSCLE THERAPY

Deep tissue massage is needed to reach the deep layers of the fascia and muscles. It helps the brain to release muscle tensions which allow the body to relax and restore the necessary balance needed to perform and function effectively. A Holistic Muscle Therapy massage helps improve body function, ensures reduction in pain, enhances mobility, reduces stress, and produces better sleep. "With correct posture and alignment, gravity will be a friend instead of an enemy, your lifts will become stronger, your muscles will become more efficient, you will be less prone to pain and injury, and you will feel and look a whole lot better." - Excerpt from Holistic Muscle Therapy by Alexander Wade HHP LMT



LACROSSE BALL

Using a ball is a powerful massage device that is used to relieve pain and improve the function of sore muscles. It produces a self-myofascial release that helps eliminate muscle knots and tension. Trigger point therapy massage is used as a guide to relieve sore and tight muscles needed to rejuvenate and revitalize some areas of the body like neck, shoulders, back, arms, hamstrings, legs, and feet.

BENEFITS OF USING LACROSSE BALL

The lacrosse ball is a ball that can be used to massage the muscles of the body in order to relieve and rejuvenate the body to function adequately and effectively.

Some of the benefits that can be derived from the use of a lacrosse ball for massage include the following:

- Increase joint mobility
- Improve muscle performance
- Reduces fatigue after exercise
- Reduces soreness after exercise
- Increases blood flow to every part of the body for faster recovery from workouts

Lacrosse balls are a handy and cost-effective way to stop pain before it starts. They are good for the treatment of the shoulder, buttocks, and hip pains. Research has also proven that they work effectively well on smaller muscles like triceps, biceps, and the calves. The lacrosse ball has a small area that allows its user to pinpoint pain easily thus causing a myofascial release to the trigger points.

The lacrosse ball is known to prevent soreness when used before or after training. The myofascial release is an effective way to acquire pain relief by individuals suffering from chronic muscle pains. A myofascial release can be described as a treatment procedure that ensures the application of pressure on specific locations of the body in order to lessen pain and restore range of motion to affected painful joints. Myofascial points otherwise referred to as trigger points are located on specific muscle parts.

Applying suitable pressure keeps the ball in contact with the affected muscle part and prevents the ball from slipping off. Apply light pressures and short periods to enable the muscle to adapt to breaks in the period. It is important to start off the procedure with just a minute or two each day in order to prevent an overdo that will likely cause more pain than the initial pain felt. A long hot shower will also help to restore the muscle back to position. A good sleep of about 8-12 hours will also speed up the recovery process.

It is important to massage the surrounding area effectively before working on the more tender spot. Research has shown that the back muscle is thicker and deeper than other muscle parts and will require the application of more pressure to the affected muscle part. It is important to use different methods when applying pressure to the muscle. This helps determine the muscle massage that suits your body the most. For example, a steady pressure of 5 to 10 seconds when released, repeated, and relaxed can help bring better relief to the affected muscle part.

FEATURES OF THE LACROSSE BALL

The following are the characteristics of the lacrosse ball

- Fits easily into all travel bags
- Lightweight, dense, and durable
- Safe to use in any weather
- Cost-effective and easy to get

STRETCHING

Stretching is one of the key little exercises that help keep the muscles in shape. No matter how old you are, it is important to stretch your muscles from time to time. The basic procedure for stretching is the same regardless of age and flexibility differences.

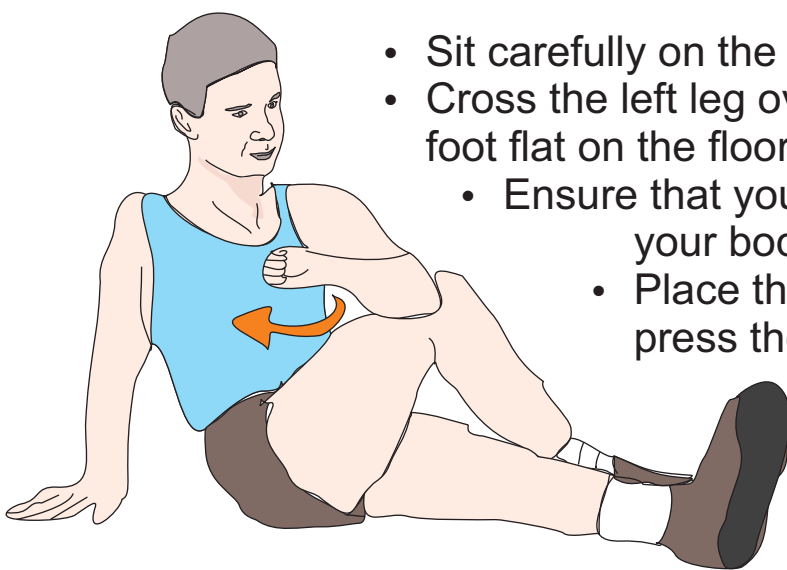
BENEFITS OF STRETCHING

- It improves flexibility
- It keeps the muscle in shape
- It helps maintain the right posture
- It increases blood circulation around the body
- It reduces stress, tension, and blood pressure.

LOW BACK, HIPS, AND GROIN

Stretching the lower back, hips, and groin is important to keep the body fit at all time.

Steps to follow to stretch the muscles of the low back, hips, and groin

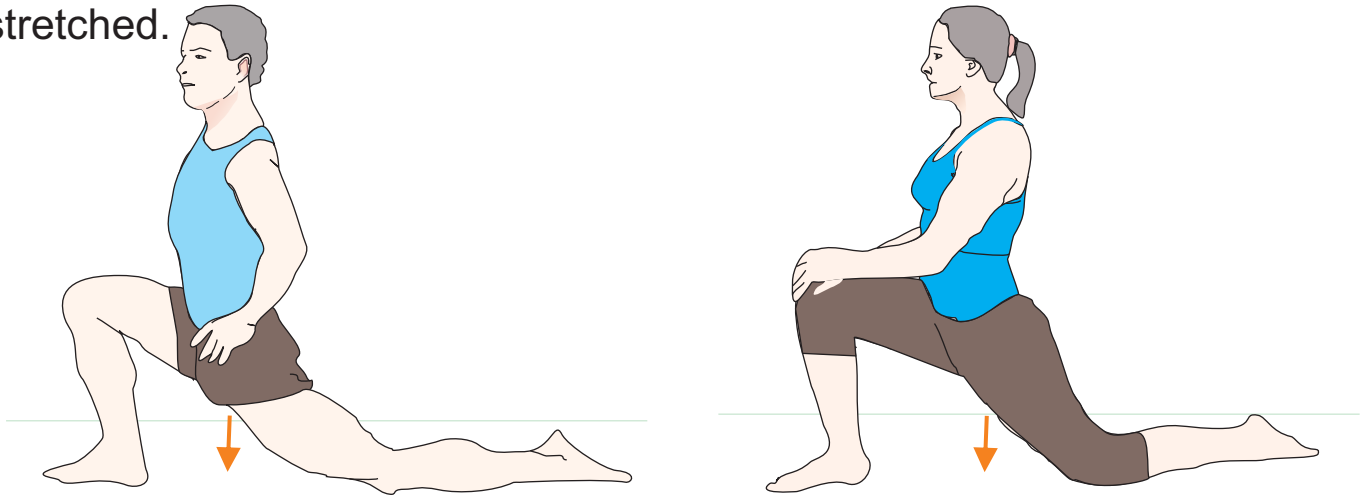


- Sit carefully on the floor while extending both legs.
- Cross the left leg over the right and place your left foot flat on the floor.
 - Ensure that your right hand is directly behind your body.
 - Place the left hand on your right knee and press the right leg slightly to the left while twisting your torso to the right.
 - Slightly relax the knees bent and soles of the feet together.
 - Hold in that position for about 10-20 seconds. The pull of gravity will help stretch the muscle effectively

HIPS, GROIN, AND BUTTOCKS

Steps to follow in stretching the muscles of the hips, groin, and buttocks.

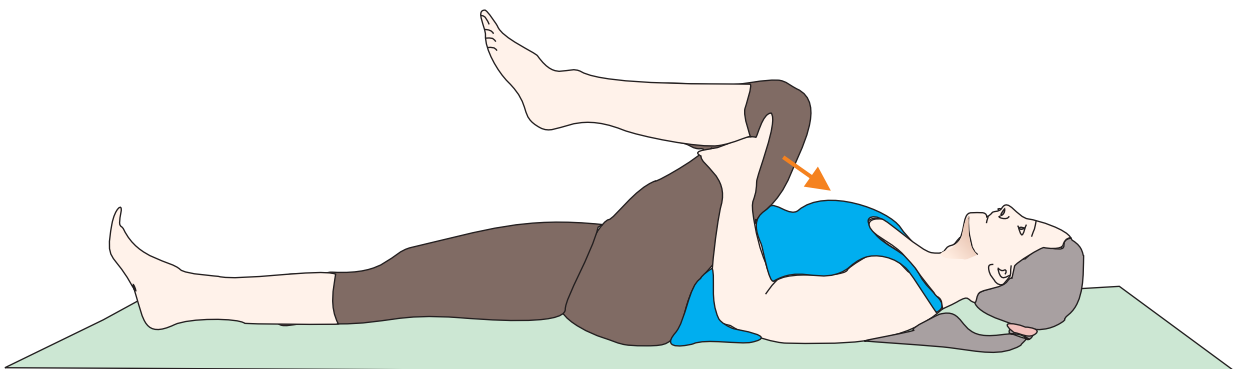
- Move the leg slightly forward until the knee of the stretched leg is directly over the ankle. This will ensure that your other knee rests on the floor.
- Lower the hips downward for the stretch, hold for 10-20 seconds, alternate and repeat the process till the muscles are effectively stretched.



MID-LOW BACK AND LEGS

Steps to follow in stretching the muscles of the mid-low back and legs.

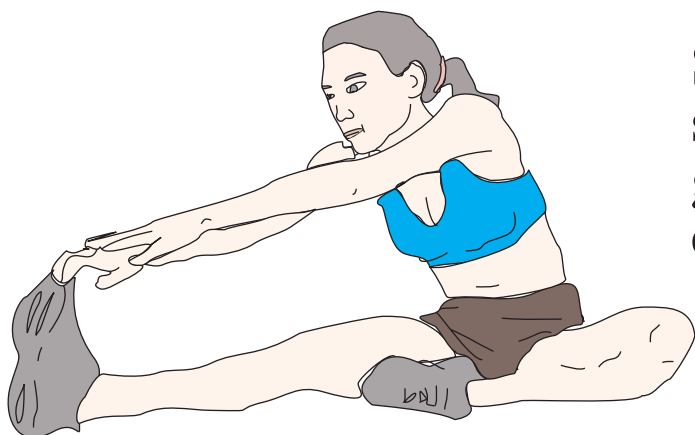
- Keep the head down and ensure the back is flatly on the ground.
- Pull the knee closer to the chest and hold for about 10-20 seconds.
- Pull the knee across the body towards the opposite shoulder.
- Hold for 10-20 seconds, alternate and repeat process again until the muscles are effectively stretched.



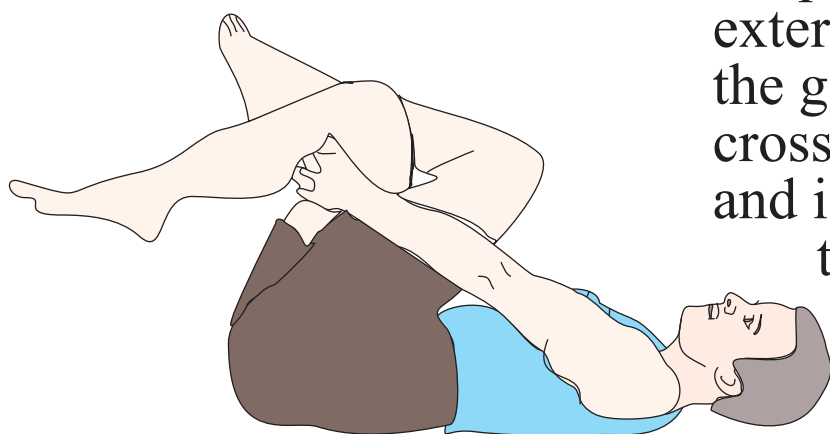
Stretching the body for 5-10 minutes is a good way to keep the body relaxed. This ensures that all tight and sore areas are kept in the right position. It is important to be at a comfortable point where the body can be stretched fully. Stretching the body in the morning before work and at night before sleep helps keep the muscle in tune and body in shape.

Other major types of stretching include the following;

1. Standing Hamstring Stretch
2. Piriformis stretch
3. Triceps stretch
4. Figure four stretch



Standing Hamstring Stretch stretches the back, neck, glutes, hamstrings, and the calves



Piriformis Stretch stretches the piriformis muscle a deep external rotator located on the glutes. The piriformis crosses over the sciatic nerve and if both muscles get too tight can lead to sciatic nerve irritation. The piriformis stretches the glutes, hips, and the back

Triceps stretch stretches the neck, triceps, shoulders, and the back.

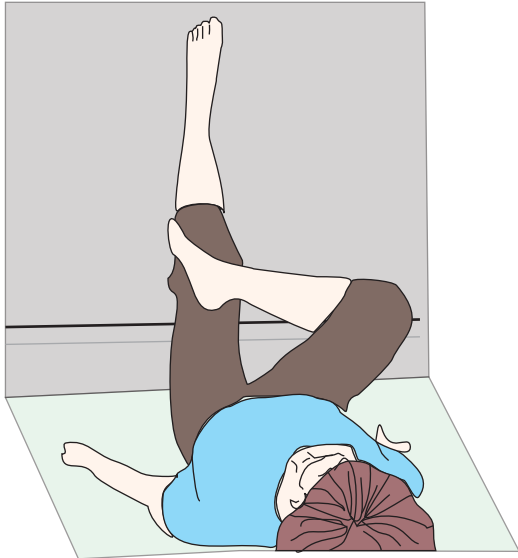
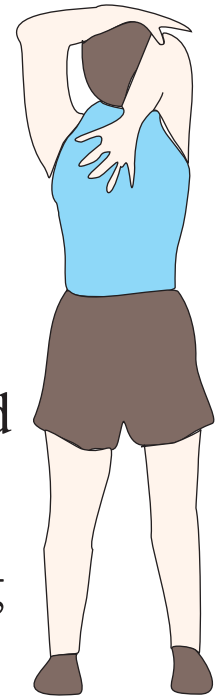


Figure Four Stretch stretches the Iliopsoas and Piriformis muscle which is the hip rotator and flexor muscles. Stretching it helps relieve sciatica and knee pains. It stretches the hips, glutes, hamstrings, and the lower back.

HOW TO APPLY THE LACROSSE BALL TO THE NECK, SHOULDER, BACK, ARM, HAMSTRING, LEG, AND FEET.

NECK AND SHOULDER

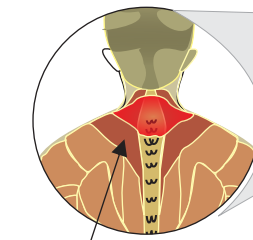
Tight neck and shoulder are common in every individual be it an athlete, new-mum or office worker. The right myofascial release will help bring lasting relief to this body part. This exercise will help ease the neck and shoulder by reducing tension. It will also improve shoulder range, reduce a headache, make the neck and shoulder more upright and bring lasting relief to the upper body part.

Applying the lacrosse ball on the neck and shoulder helps massage the muscle of the neck. The trapezius muscle is one of the major muscles of the neck.

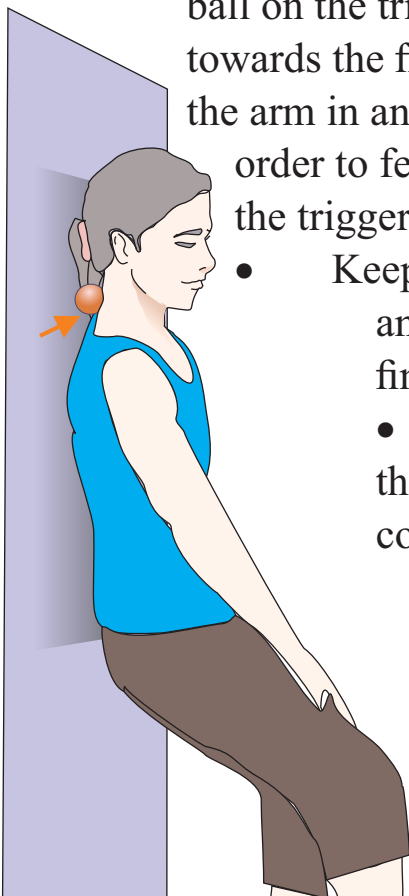
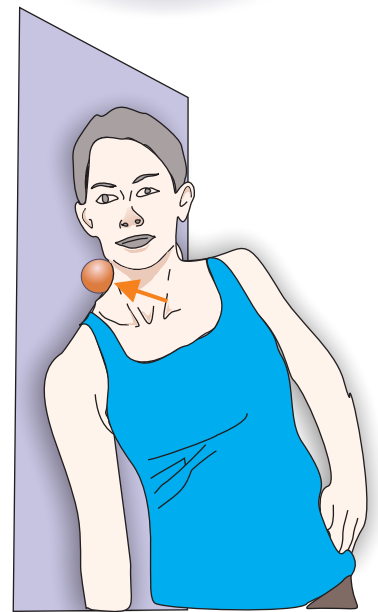
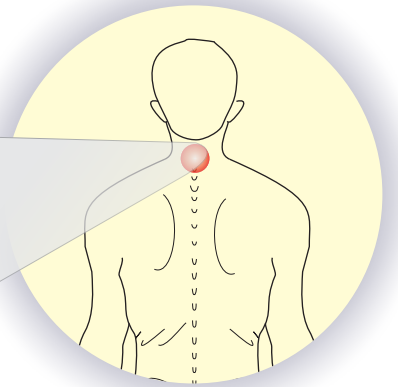
NECK

To massage any strain in the neck using the lacrosse ball, do the following:

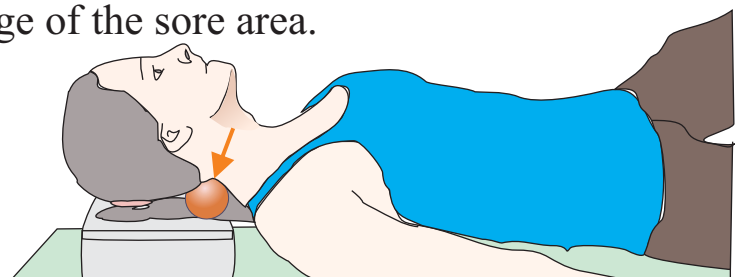
- Lie slightly on your back with your knees bent up.
- Lean your neck into the wall while keeping the ball directly under your upper trap which is the most sensitive part of the neck.
- Place the lacrosse ball between the wall and your neck, this will help apply pressure to the affected area.
- Move your neck from side to side and up and down while you apply pressure to the affected area. This pressure helps you feel knot and tightness in the muscle and this is indicated by the hardness, tenderness, and marble like nature of the muscle there.
- To ensure maximum effectiveness of the lacrosse ball on the trigger point, bring the arm and back towards the floor or the wall, oscillate and grind the arm in an upward and downward way in order to feel the effectiveness of the ball on the trigger point.



Trapezius Muscle

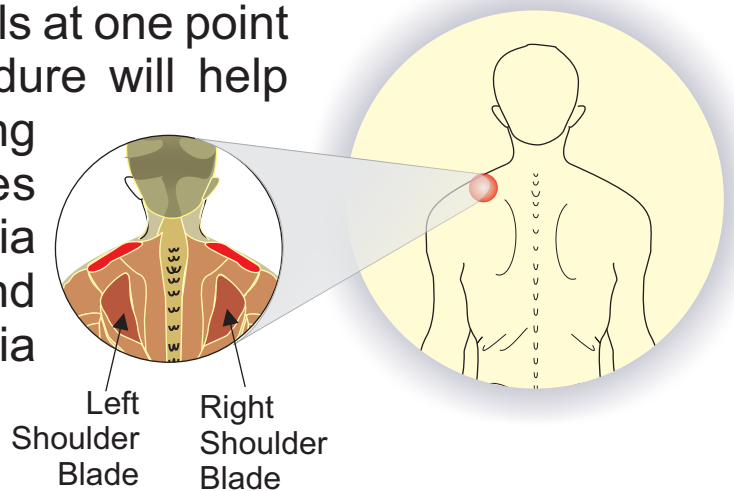


- Keep your position supine with your head slightly elevated and trigger the muscle in front of the neck with your fingers to ensure maximum relieve to the affected area.
- To guarantee that proper massage is done by the ball in the affected area, lift your bottom of the ground and concentrate all your weight on the ball, this will increase the pressure on the affected area thus ensuring an effective massage of the sore area.



SHOULDER

Shoulder pain is felt by all individuals at one point or the other. The following procedure will help massage and release fascia along the shoulder blade. The muscles attaching to the lower back and fascia can become increasingly tight and there is the need to release fascia deep to the trigger point around those muscles.

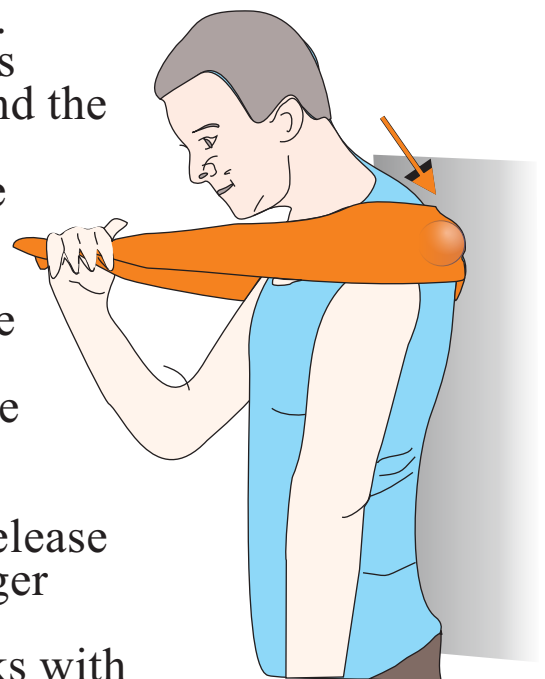
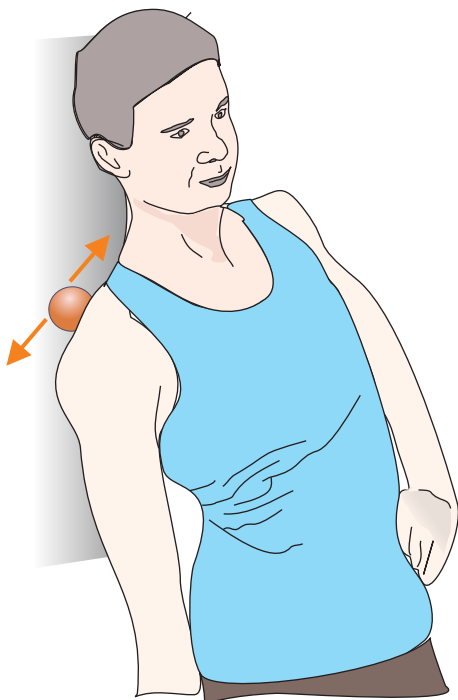


To massage the shoulder using the lacrosse ball:

- Gently place a lacrosse ball inside an old sock to prevent the ball from falling.
- Stand upright with the back against the wall in order to ensure maximum pressure on the affected part.
- Push down continuously and move the arms back and forth about 1-3 inches across the affected muscle.

Ensure the lacrosse ball is between your shoulder and the wall as this will ensure maximum massage of the affected area.

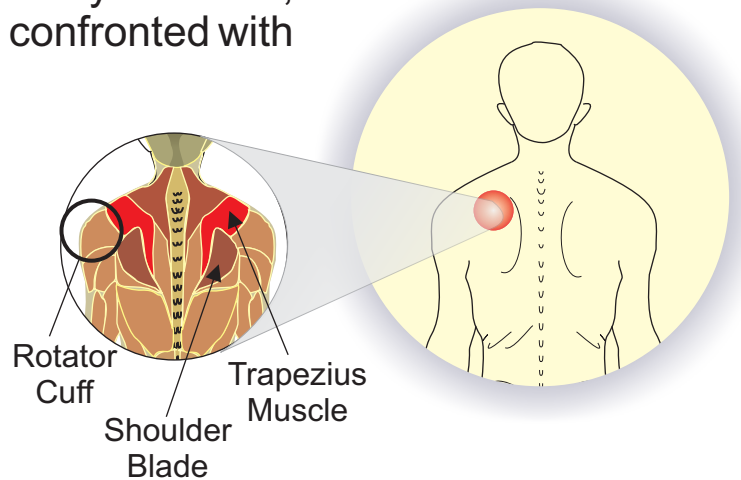
- Place the ball appropriately between the shoulder and the wall especially the point where the soft tissue between your spine and shoulder bone is located so as to release more pressure to the trigger point.
- Hold the end of the socks with one hand and press your body deeper into the wall while leaning on the ball.
- Move the body around on the wall with the ball in between to massage the affected area.



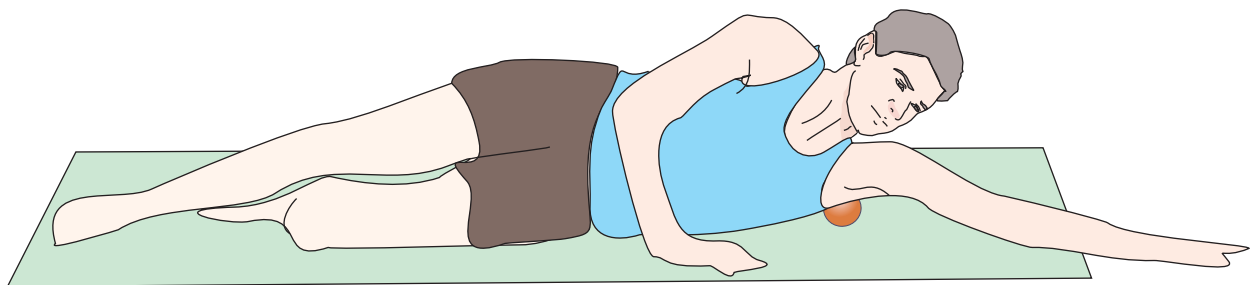
- Keep your arms close to your side to prevent the build of fatigue.
- Repeat this process for about 2 more times until you feel

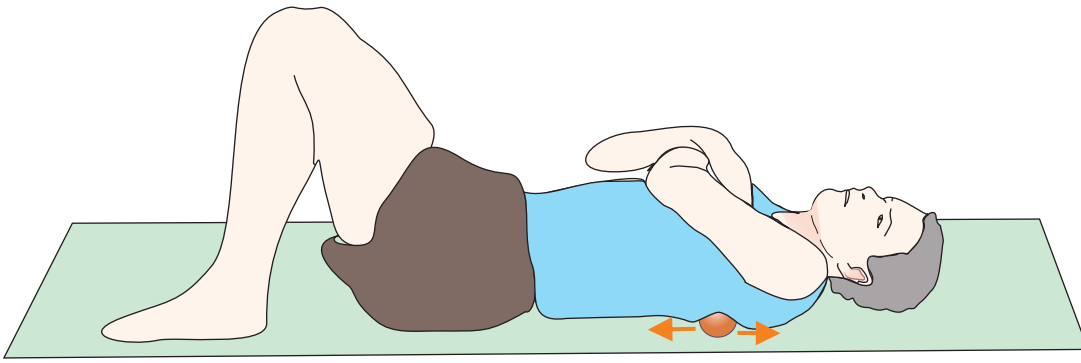
UPPER BACK AND SHOULDER

The trapezius muscle is the large muscle on the body that connects the upper part of your back, neck, and shoulders together. When confronted with severe pain after stress, it causes neck and shoulder pain. The Rotator cuff muscle is the muscle located in the upper back region of the human body. This muscle often times gets stiff and sore and there is the need to use a lacrosse ball to massage the muscle. Massaging the muscle involves identifying a soft trigger point directly at the shoulder. This trigger point is precisely located on the back of the shoulder blade. Massaging the muscle involves first rotating the arm clock wise and anti-clock wise in order to free the arm and extend the muscle. Use the lacrosse ball to keep up the pressure on the trigger point as you rotate the arm anti-clock wise.



- Stand firm with your back leaned against the wall.
- Place a lacrosse ball between the wall and upper part of your back. The back of the shoulder is made up of different trigger points, so it is important to locate all these trigger points in order to find a lasting solution to the affected areas. The trigger point can be on one side of the spine.
- Position the ball on this side and move around with the ball until you find a soft or tender spot.
- To feel the effectiveness of this massage, relax your body weight on the wall and cross your hands over the chest and ensure an upward and downward movement of the ball against the wall. The upward and downward movement involves moving your back and the ball simultaneously against the wall in order to locate the specific trigger point.

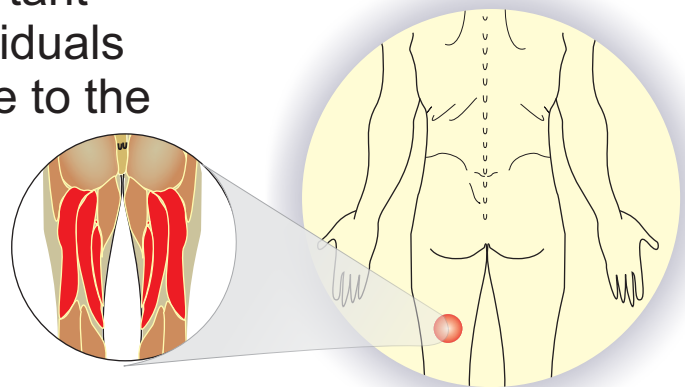




- Massage all knots on encountered tender areas repeatedly in order to feel the effect of the ball on the trigger points. These trigger points are known to cause severe radiating pain into the front part of the shoulder, so often times the pain might be felt more in some areas than the others. Ensure that you massage the back of the shoulder using this process for about 3 minutes.
- Hold the ball again in position for another few seconds and repeat the process all over again.
- Do this 1-3 times in a day to get a satisfying result

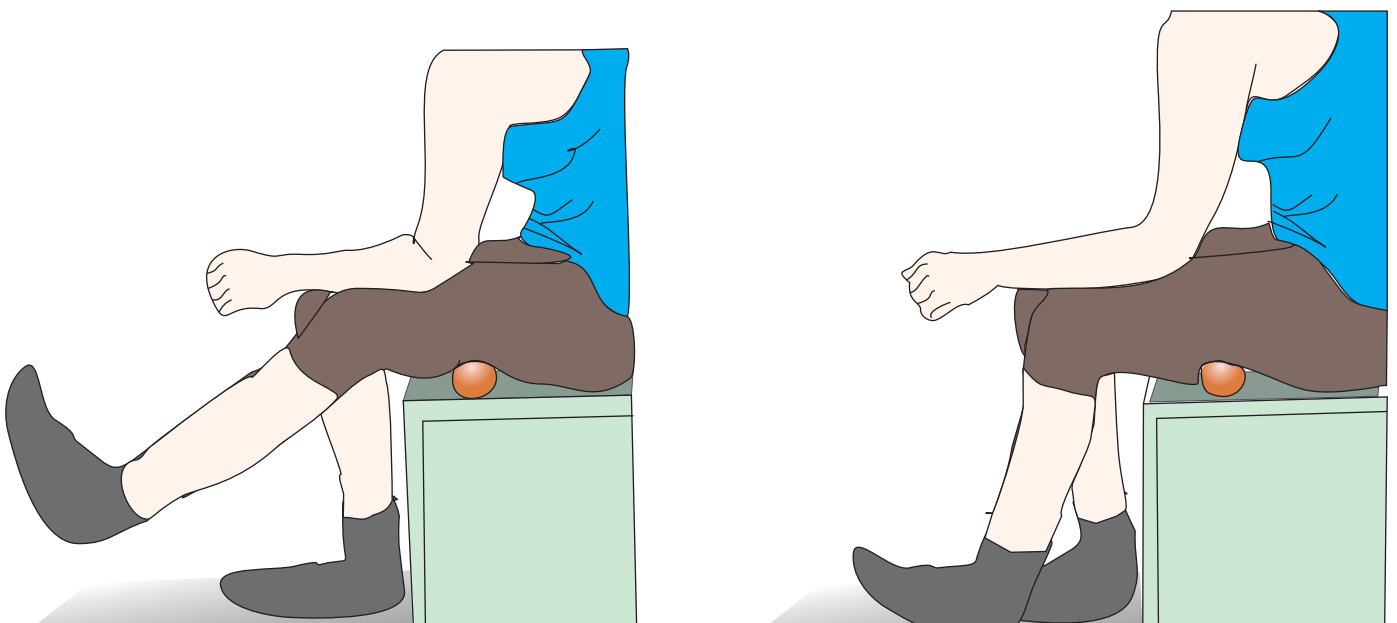
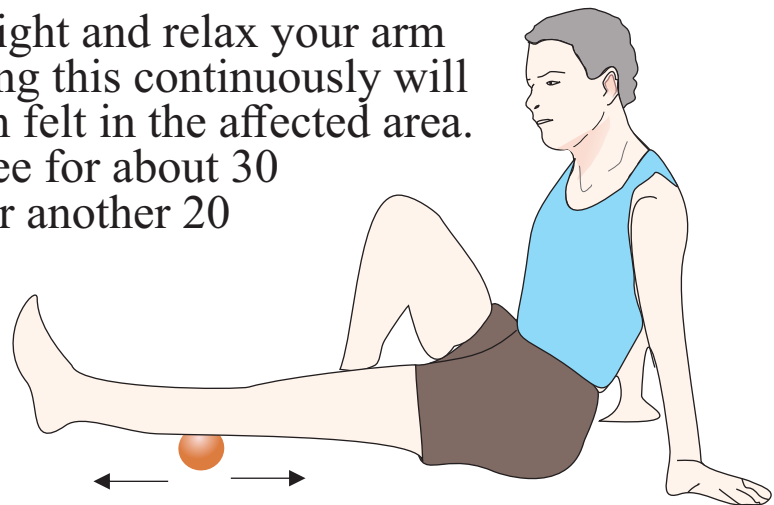
HAMSTRINGS

The hamstring is another important muscle of the body. Many individuals suffer from tight hamstrings due to the amount of time spent sitting. This can impair movement pattern and cause a severe pain to the hips, knees, back of the body. The hamstring muscle is located in the back of the thighs and often times when it is stretched beyond limit causes a strain and soreness in the body.



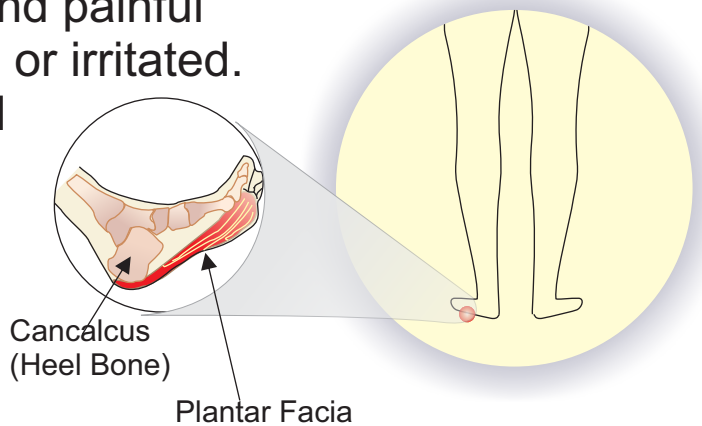
To massage the hamstring muscles,

- Find a trigger point on the thighs and move the lacrosse ball 2-3 inches down the thighs.
- Sit on a hard chair or table ensuring that the table or chair is high to allow the hanging of your leg.
- Apply pressure to the affected part by moving the lacrosse ball while sitting on the chair or table. Duration of pressure applied depends entirely on how long it takes the trigger point to release fascia. While massaging the thighs with the ball against the chair or table, the release of the trigger point is usually felt when there is a remarkable decrease in the intensity of pain felt from the pressure of the lacrosse ball.
- Move the ball continuously around your thighs against the table or chair until you find a tender spot.
- Push forward all your body weight and relax your arm and body weight on your thigh. Doing this continuously will cause a reduction in the level of pain felt in the affected area.
- Gently extend and bend the knee for about 30 seconds, repeat the reflex process for another 20 seconds.
- Move the ball appropriately and repeat the process for about 120 seconds. This will ensure a drastic fall in the level of pain felt in the discomforted area.
- Do this 1-3 times in a day to get a satisfying result

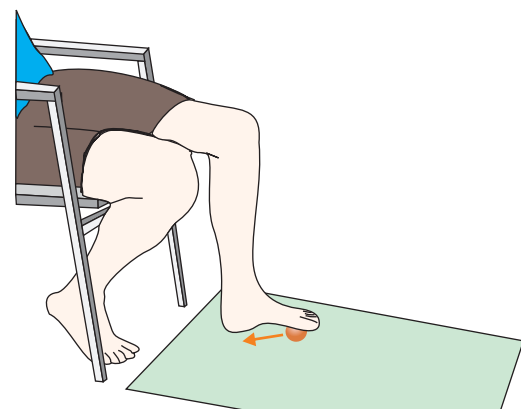
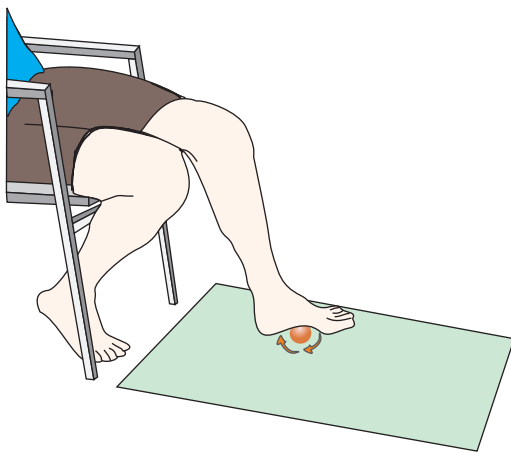
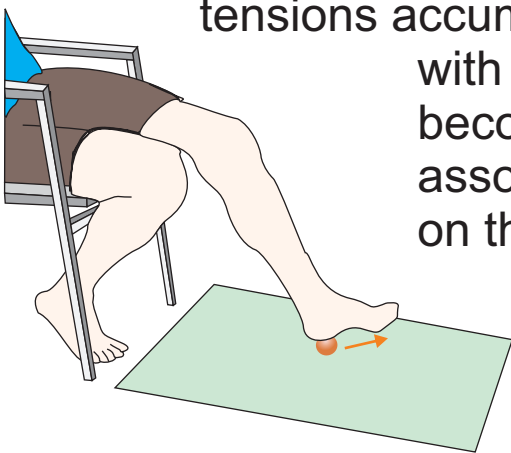


FOOT

The bottom of the foot feels sore and painful when the plantar fascia is inflamed or irritated. The plantar fascia is the thick band tissue along the sole of the foot. Myofascial release can help ease up tension and reduce pain. Massaging the sole of the feet is very important to release all tensions accumulated



with Plantar Fasciitis. Using the lacrosse ball has become an effective way to release tension associated with Plantar Fasciitis and discomfort on the bottom of the foot.



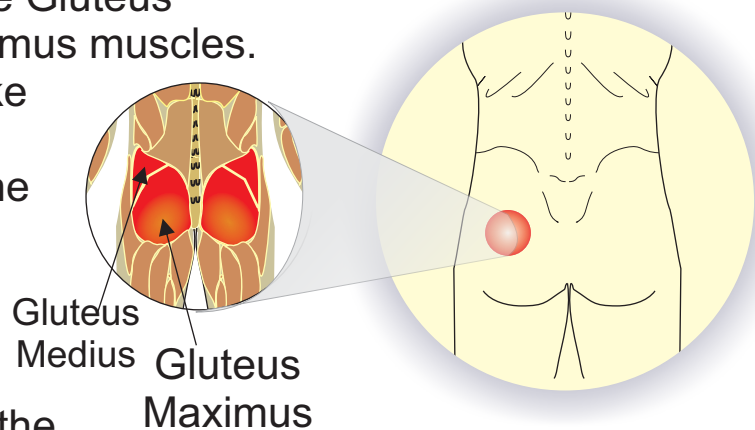
To massage the sole of the feet:

- Sit gently with your feet placed directly in contact with the floor.
- Carefully place the lacrosse ball under the arch of your foot, push forward and rest your weight on the affected foot.
- Roll the lacrosse ball back and forth the arch of the foot in multiple directions to massage the muscle and release myofascial in the trigger point. Continue and do this for the next 30-120 seconds.
- Repeat process on the other foot.
- Do this 1-3 times daily to ensure maximum effectiveness of the lacrosse ball on the affected part. You will feel immediate relief from the tight arches under the foot.

GLUTES

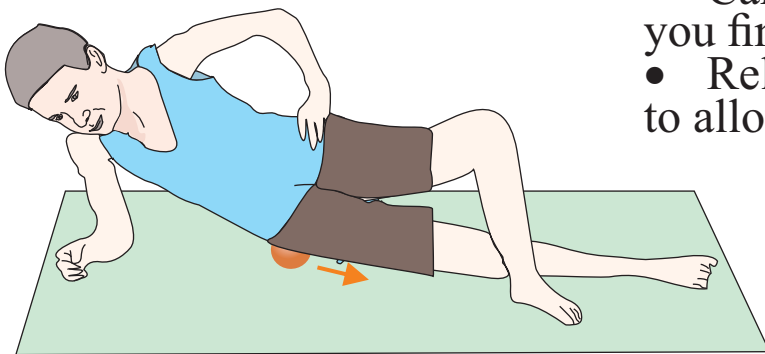
The glutes are made up of the Gluteus Medius and the Gluteus Maximus muscles.

Sore glute muscles can make the body feel slightly uncomfortable especially in the lower back and hip region. Reducing the build up of tension in this area will not only bring soothing relief but also allow for the flexibility of the hips and back.



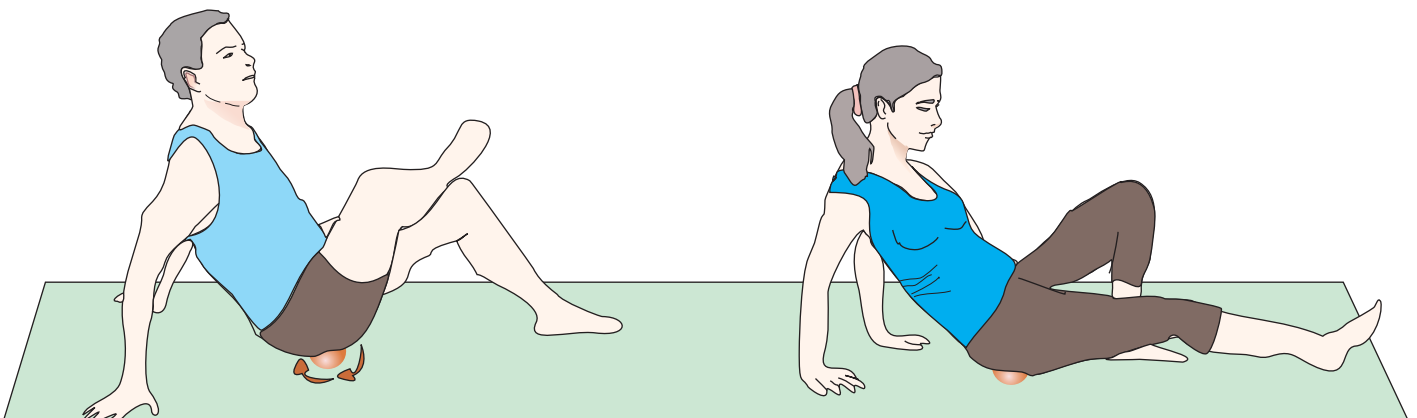
To massage the glutes with the lacrosse ball.

- Rest your glute against the wall with your legs fully bent, your hands well rested on the floor directly beside you.
- You can also stand with your back against the wall while placing the lacrosse ball between the fleshy area of your glute and the wall.
 - Carefully move up and down until you find a tender spot on the glute.
 - Relax your weight fully on the wall to allow the ball to apply pressure to the affected area.
 - Hold the ball in position while ensuring an up and down movement of your glute against the wall for about 120 seconds.



You will start to feel a reduction in the level of pain as the affected part will feel more relaxed producing a soothing effect.

- Repeat this process on the other glute until you feel less pain.



TRIGGER POINT

A trigger point can be described as a tight area within the tissue of the muscles that cause pain and soreness in other parts of the body. It leaves the body with strains and traumas. Some of the factors that cause trigger points include bad body mechanics, poor nutrition, emotional and mental stress. A trigger point is also known as the irritable spots in the fascia around the skeletal muscle. Muscle fibers, fascia ligaments, and tendons often time become overstretched, weakened or inflamed causing a tear in the tissue. The muscle healing causes a contraction that makes it knotted and twisted. The knotted fiber causes a restriction in the supply of blood needed by the muscle cells to function effectively. The muscle in a bid to avoid pain guards itself by limiting its movement which causes a reduction in the mobility of the joint causing the affected muscles to develop a trigger point.

TRIGGER POINT THERAPY

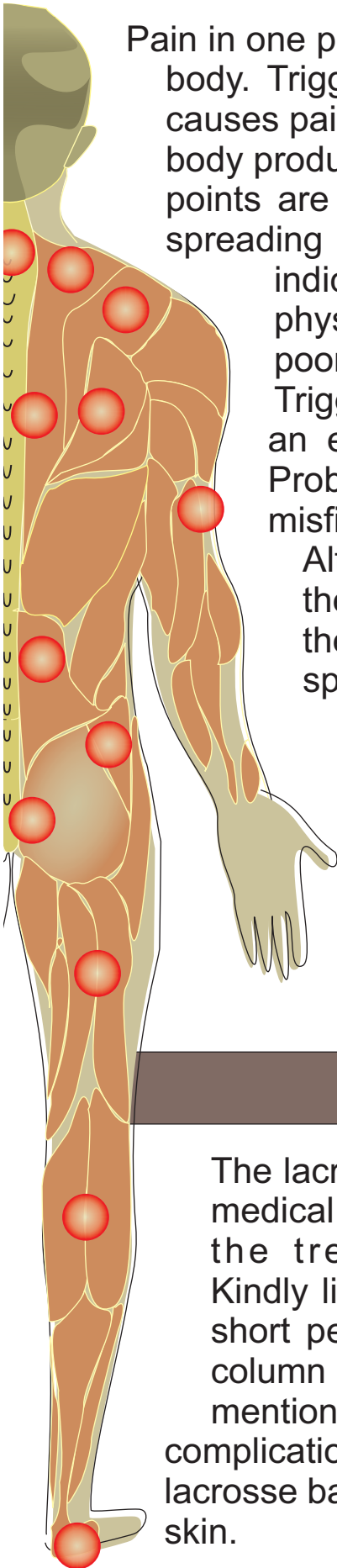
Trigger point therapy is necessary to relieve the body from pains. Nagging pain that becomes consistent after years of injuries can be alleviated by some soft-tissue work and muscle stretching. The different types of soft-tissue work include

- Myofascial Release (MFR)
- Active Release Techniques (ART)
- Neuromuscular Therapy (NMT)

Trigger point therapy is a veritable tool used by physical therapists, chiropractors, massage therapists, etc. for the management of trigger point related pains. The muscles of the human body are most times affected by trigger point pain which causes nodules or knots of muscle fibers. The tenderness of this areas makes patients endure this temporary pain instead of going for trigger point therapy. This has led to trigger points being untreated causing an increased pain and future problems with posture and balance.



What Is Trigger Point Therapy?



Pain in one part of the body often causes pain in other parts of the body. Trigger points are simply tight parts of the muscle that causes pain in other body parts. A trigger point in one part of the body produces a referral pain in other areas of the body. Trigger points are spots in the body having sharp and sensitive pain spreading the pain to other body areas. This sore spot is an indication that the body has gone through different types of physiological dysfunction like repetitive mechanical stress, poor posture, acute trauma, or mechanical imbalances. Trigger points are part of the body's protective mechanism, an essential defense reflex that keeps the body safe. Problems arise when these reflexes refuse to switch off or misfires causing stiffness in the muscles.

Although trigger points can be formed in many ways, there are many noninvasive approaches to treating them. For instance, trigger point therapy is designed specifically for the treatment of target points, the easing of tension in the specific muscles and the alleviation of pain by the process of applying focused pressure on the targeted area.

Trigger points can be described as muscles locked in contracted positions, and the treatment of the injury requires the unlocking of the contraction through the application of pressure with massage instruments or fingertips to ease the muscle loose bit by bit.

PRECAUTIONS

The lacrosse ball cannot be used for the treatment of serious medical ailments or injuries. Consult a medical practitioner for the treatment of any serious medical condition. Kindly limit your massage session using the lacrosse ball to short periods. Avoid pressing the ball directly on the spinal column or the sciatic nerve to prevent any damage to these mentioned areas. Massaging inflamed area can cause further complications, kindly avoid doing this. Discontinue using the lacrosse ball for massage if any form of bruising is noticed on the skin.