

Tennis Ball Therapy

You are incorporating the principles of massage, and acupuncture, which help to relieve sore muscles in a DIY approach when using tennis ball therapy. Don't cause yourself pain



Gluteus Release

The **Gluteus** muscles are a group of three muscles which make up the buttocks: the **gluteus** maximus, **gluteus** medius and **gluteus** minimus. The action of the muscles as a group is to extend and laterally rotate the hip joint, as well as to extend the trunk and assist in the abduction and medially rotation of the hip joint.

The sciatic nerve arises from L4 through S3. It travels between gluteus maximus and gluteus medius. When these muscles become tightened or inflamed, they can entrap the sciatic nerve and blood vessels

Steps to Tennis Ball Therapy:

1. Lie on the floor with the knees bent, not sit.
2. Place the Tennis ball under the area of the buttock causing pain.
3. Rest on the Tennis ball in each sensitive area until the discomfort dissipates or fades away. Use small rotation movements around the site of discomfort to encourage the muscle tension to release the discomfort.
4. If necessary repeat on the other buttock



Piriformis Release

The piriformis is a muscle located underneath the gluteus maximus that aids the rotation of the hip. When tightened or enlarged, it can entrap the sciatic nerve and blood vessels, often leading to lower back and leg pain and conditions referred to as sciatica

1. Place the ball on the floor.
2. Position yourself over the ball so that it rests underneath the outer centre of your glute.
3. Keep your other leg out straight in front of you. Bend the leg of the pain and cross the ankle over your thigh.
4. Make small circular movements around the area, pausing for a count of 20 every time you feel referred pain.
5. If necessary repeat on the other buttock.



Sacroiliac, SI, Joint Release

This movable joint, which is part of the pelvis, connects the sacrum to the iliac, the spine to the hip. Dysfunction in the SI joint causes lower back and leg pain. The SI joint has little motion helping with forward/backward bending and shock absorption. The joint has a network of soft tissues which provides support, limits movement at the joint, and assists with absorbing pressure. The soft tissues that support functionality of the SI joint include the gluteus maximus and the piriformis muscle.

1. Lie on your back with your knees bent and feet on the ground.
2. Knot two tennis in a sock about 50 to 100 mm's, 2 to 4 inches apart
3. Lift your hips and place the tennis balls beneath your pelvis, either side of the spine.
4. Lie still for a count of 60. You can keep your knees bent, or for more sensation, straighten your legs out in front of you.
5. Rest on the Tennis ball in each sensitive area until the discomfort dissipates or fades away.
6. Make small circular movements around to target different muscle and find different points of tension.



While resting on a ball allowing gravity to exert pressure, the tennis ball presses and treats trigger points in the gluteus and piriformis muscle. This reduces the muscle tension and improves mobility and blood circulation. The pain you may feel from the tennis ball is equivalent to the pain you would feel if a massage therapist was working on a tight knot.

Tennis Ball Therapy is intended to provide temporary relief of back pain or discomfort. Should pain become sharp or painful stop immediately and seek the advice of a Massage Therapist or your GP.

Should symptoms persist seek professional advice from a Massage Therapist.