

Myofascial Release with a Lacrosse Ball

MOVE OF THE MONTH FEBRUARY ISSUE 2012

Myofascial Release is a technique that involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore motion. A lacrosse ball is a great tool that people can use for self-myofascial release to help improve the quality of their soft-tissues.

THE MOVES

The goal of the moves is to find the tender areas in the muscles then apply firm pressure with the lacrosse ball. Work each tender spot you find for 10-20 seconds each. The exercises (by design) can be somewhat painful. A fair amount of tenderness is needed to affect the tissues, but still use caution.

THE POSTERIOR HIP



THE HAMSTRINGS



THE POSTERIOR SHOULDER



THE PEC MINOR



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