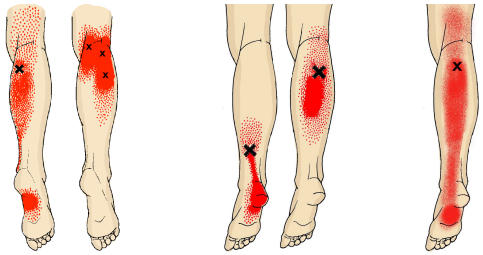
HOW TO USE YOUR MASSAGE BALL

When you first massage your leg, it may be incredibly painful. Every spot may feel like a knot. However, if you stick with the massage for 2 weeks, repeating everyday, you should get increasing relief. Be patient, try different spots, angles, hand grips and body positions to target the most troublesome areas.



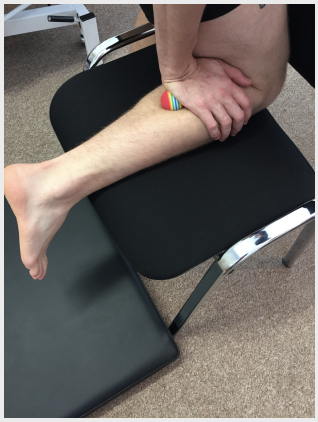
*Main calf trigger points (**x**) & the pain patterns (red shading) they produce.*

DAILY ROUTINE

- 30 seconds over each sore spot.
- Move the ball around to find tight areas.
- Slow, steady, moderate pressure.
- Twice a day for 2-3 minutes.
- Combine with your usual stretching regime.



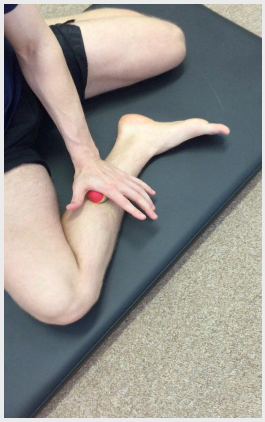
1. QUADS (sitting)



2. CALF (kneeling)

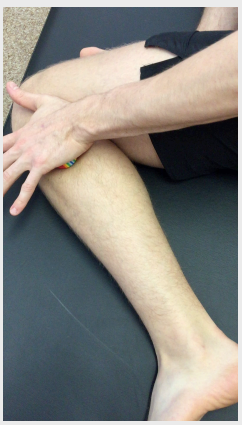


3. INNER CALF (sitting)



4. INNER CALF (on floor)

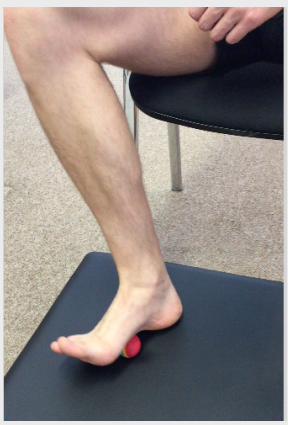
Please visit our Facebook page for videos explaining all the massages, with extra information & tips on the techniques.



5. OUTER SHIN & CALF



6. OUTER ANKLE



7. FOOT - sitting

THE PHYSIO STUDIO

Our philosophy is to get to the root cause of your problem, not just treat the symptoms.

If your pain persists after trying this massage, our highly experienced physiotherapists have specialist assessment & treatment tools to help you move forward.

Please see our website www.physiostudio.com for in-depth videos and more information about our physiotherapy team, assessment tools and treatment specialities.