

Tennis Ball/Hand Ball Release

Trigger points are taut muscular bands that are the result of an injury to the motor end plate of the muscles cells. Trigger points in the pelvic floor, hips and back muscles can cause a lot of pain. Trigger points can elicit pain when touched and can refer pain to another muscle or body part without being touched. Once you are able to locate your trigger points, using a tennis ball or hand ball can be very helpful in relieving the pain.

Common Locations for Tennis Ball Release

- Gluteal Muscles especially Upper Hip Muscles
- Upper Back Muscles
- Sacrum
- Hip Bones around the greater trochanter bone. Imagine the bone is a clock and press the tennis ball or handball into the clock for up to 90 seconds.
- On either side of the spine, you can use two tennis balls simultaneously

Technique

- Place the tennis ball on the painful body part and roll it back and forth until pain starts to dissipates. Be careful not to elicit pain that radiates down the body.
- You can hold the tennis ball stationary on the most painful spot first and then begin to roll the ball around the painful area. Try to hold for up to 90seconds.
- You can do the tennis ball release while lying down on the ball (as shown) or by placing the ball between the wall and the painful body part.
- Hold pressure over the painful spot 60-90 seconds. Repeat as needed until pain is reduced by 50% or more. Complete on both sides.

