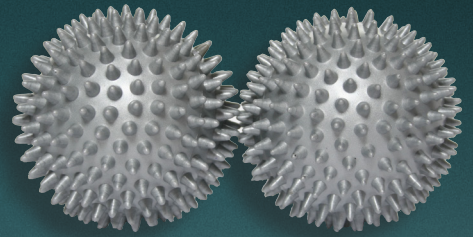


soothe away aches and pains, relieves tension

APPI Massage Balls



Massage Balls are great for home use in massaging the feet, elongating and releasing tight muscles such as the erector spinae and piriformis and for providing self massage for the trapezius and lower back muscles.

Price **£8.99**

Packaged
in Pairs

Upper back release

Place a large (approx. 3 inch) head support on your mat. Place your massage balls side by side near the head pad. Lie on your side with your head on the front half of the cushion and your hips and knees bent up.

Roll onto your back with your massage balls positioned in between your shoulder blades.

- Gently roll your spine up and down over the balls in a small movement to massage the muscles in between your shoulder blades
- Then gently roll your spine side to side over the balls to further massage the muscles in between your shoulder blades



Scapula isolations

Remain in the same position as above. Lift the arms upwards towards the ceiling (hands over shoulders), elbows soft, fingers long.

- INHALE to prepare
- EXHALE, reach the right arm upwards towards the ceiling to slide the right shoulder blade forwards on the ribcage
- INHALE, slide this shoulder blade back downwards onto the massage ball
- Repeat alternating shoulder blade movement 8 - 10 times, allow the weight of your upper body to relax onto the massage balls
- Keep the back of the neck long, and the head feeling heavy



Arm circles

Remain in the same position as above. Lift the arms upwards towards the ceiling (hands over shoulders), elbows soft, fingers long.

- INHALE to prepare
- EXHALE, reach the right arm upwards towards the ceiling to slide the right shoulder blade forwards on the ribcage
- INHALE, slide this shoulder blade back downwards onto the massage ball
- Repeat alternating shoulder blade movement 8 - 10 times, allow the weight of your upper body to relax onto the massage balls
- Keep the back of the neck long, and the head feeling heavy



Lower back release

Lie on your back with your hips and knees bent up. Take one massage ball in either hand. Lift your bottom off the mat and place the massage balls in approx. the middle of the gluteal (bottom) muscles. Now allow gravity and the position of the balls to relax the lower back and ribcage into the mat. Visualize your spine forming the shape of a hammock, slung between the crown of the head and the tailbone. As your spinal hammock deepen and you relax into this position, you are lengthening and releasing the long spinal muscles in the back. Now relax in this position and focus on your breathing.

- INHALE, imagine the lower half of the ribcage expanding wide into the mat underneath you.
- EXHALE, image the shape of your hammock deepening. Relax in this position for 1 - 2 minutes.



Piriformis release

Remain in the position as for the lower back release.

- Press lightly through your feet and tilt your pelvis towards the right to feel more pressure through the right gluteal
- Now draw 8 - 10 circles with the right massage ball in the right gluteal muscle to provide deep tissue massage into this muscle
- Repeat on the opposite side



Hip twist with lower back release

Remain in the position as for the lower back release.
Relax your arms long beside your body. Engage your centre.

- INHALE to prepare
- EXHALE, float your right knee out to the side as far as you can control without tilting your pelvis
- INHALE, draw the right knee back to the starting position
- Repeat 8 - 10 times alternating legs



Hip twist with piriformis release

Connect the thighs, lower legs and inner border of the feet together. Place the arms out to the sides at shoulder height, palms facing upwards. Engage your centre.

- INHALE to prepare
- EXHALE, slowly roll both knees to the right, continue to roll the pelvis and then the lower back as far as control can be maintained without flaring the ribcage forwards. You will feel more deep massage in the right gluteal muscle.
- INHALE, roll the spine, pelvis and legs back into the midline and ensure equal pressure through the massage balls
- Repeat 8 - 10 times alternating legs



Hip twist with stronger piriformis release

Remain in the position for the lower back release. Float one leg at a time into the tabletop position with control. Connect the thighs, lower legs and inner border of the feet together. Place the arms out to the sides at shoulder height, palms facing upwards. Engage your centre.

- INHALE to prepare
- EXHALE, slowly roll both knees to the right, continue to roll the pelvis and then the lower back as far as control can be maintained without flaring the ribcage forwards. You will feel more deep massage in the right gluteal muscle.
- INHALE, roll the spine, pelvis and legs back into the midline and ensure equal pressure through the massage balls
- Repeat 8 - 10 times alternating legs



Mid back release

Place a large cushion for your head on the mat. Then place two massage balls, side by side on your mat where your mid back will come to rest on them. From a side lying position, roll onto your back and the balls with your hips and knees bent. Ensure that the balls are positioned in the middle of your back. Now allow the weight of your body to relax onto the balls and focus on your breathing. Ensure that you do not over arch the lower back and keep your centre connected.

- INHALE, imagine the lower half of the ribcage expanding wide into the mat underneath you.
- EXHALE, image the shape of your hammock deepening. Relax in this position for 1 - 2 minutes.



TFL release

Lie on your side with your bottom leg extended and the uppermost leg bent at your hip and knee, with this foot resting on the floor in front of the bottom leg. Prop your upper body up on your forearms. Place one massage ball at the top of your underneath thigh on the outermost aspect. Using your arms to help support your body weight, roll the massage ball up and down the outer thigh of the underneath leg. Continue this movement for approx. 1 minute on either leg.



Foot massage

Stand with one massage ball under your right foot. Use your body weight to roll the massage ball forwards and backwards along the under surface of your foot. Continue massage the foot for approx. 1 minute.

Standing balance with the massage balls

Stand with one massage ball under your right foot. Use a nearby chair for support. Step your left foot onto a massage ball also. Ensure that you have even weight under each foot. Now, imagine a bunch of helium balloons on the crown of the head lengthening the spine upwards. Ensure that your knee joints are soft. Aim to balance for 60 seconds.



Clinics

★ Hampstead ★ Kilburn ★ Wimbledon



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