

Myofascial Release 101

Over your muscles and under your skin there's something called fascia. It's a network of tissues that can easily get cranky and cause pain. So how do you keep it happy? We're glad you asked! Try these self-care techniques.

With the ball

Rolling Techniques

1) Sustained Compression:

Rest on the therapy ball, much like a massage therapist pressing onto a trigger point until it releases.

2) Stripping:

Rolling therapy ball runs up and down same fiber direction as muscle.

3) Cross Fibering:

Rolling therapy ball at a horizontal angle or "across" the fiber direction of a muscle.



Exercise 1

Muscles Involved:

Upper Trapezius (stress muscles of respiration, often tight when working at a desk)

Placement: Above bony prominence of shoulder blade

Rolling Techniques 1,2 or 3



Exercise 2

Muscles Involved:

Shoulders/Supraspinatus (abductor of the arm)

Placement: Below bony prominence of shoulder blade

Rolling Techniques 1,2 or 3 (or make "snow angel arms")



Exercise 3

Muscles Involved:

Hips & Glutes (being seated in a chair collects a lot of trigger points in the area)

Placement: One ball below waistline

Rolling Techniques 1,2 or 3



Exercise 4

Muscles Involved:

Chest/Subclavious, Pectoralis Major & Minor (shortened from postural habits and overuse)

Placement: Use yoga block on wall, place ball under collar bone

Rolling Techniques 1,2 or 3

Without the ball



Exercise 1

Muscles Involved:

Upper Trapezius

Directions:

- + Stand with your feet hip distance apart, arms by your sides.
- + Reach both hands behind your back and hold onto your left wrist with your right hand. Use your right hand to gently straighten your left arm and pull it away from you slightly.
- + To increase the stretch in your neck, slowly lower your right ear toward your shoulder.
- + Stay here for 30 seconds and then switch sides.



Exercise 2

Muscles Involved:

Shoulders

Directions:

- + Start by shrugging the shoulders up to your ears and then slowly rolling them back.
- + Make big circles for about 30 seconds and then do the circles in the other direction for 30 seconds.
- + Repeat as many times as you like.



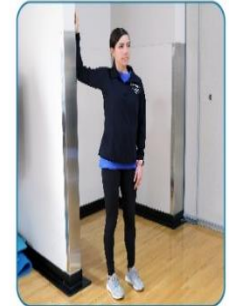
Exercise 3

Muscles Involved:

Hips & Glutes

Directions:

- + Stand with some space in front and behind you.
- + Bend at the waist, keeping your legs straight, until you can relax and let your upper body hang down in front of you.
- + Let your arms and hands hang down naturally.
- + Hold for 15-30 seconds.



Exercise 4

Muscles Involved:

Chest

Directions:

- + Stand in the middle of a doorway with one foot in front of the other
- + Bend your elbows to a 90-degree angle and place your forearms on each side of the doorway.
- + Shift your weight onto your front leg, leaning forward, until you feel a stretch in your chest muscles.
- + Hold each side 15-30 seconds.