

vm.

RELEASE.OPTIMISE.PERFORM

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WELCOME TO VM-PERFORM. THIS IS YOUR BALL GUIDE.

RELEASE.OPTIMISE.PERFORM.

Massage balls are effective at isolating problem areas in your body and enabling you to make changes that increase your flexibility and eliminate pain. They allow you to do your own myofascial release massage that you could expect from a massage therapist's palm or elbow. With two types of ball, you can specifically target the problematic areas and dramatically increase your performance. In this guide we will show you problematic areas and how to address them. To get the most effective results, these MFR techniques should be combined with static and dynamic stretches, this guide will also provide the optimal way to do that.

BENEFITS OF MYOFASCIAL RELEASE

Increases blood flow

Improves range of motion

Reduces muscle soreness

Reduces the chance of injury

Maintains normal muscular length

WELCOME TO YOUR TOOLS

Single



Peanut



TERMS/DEFINITIONS

WE understand that some of the words we/everyone uses become confusing so we have listed a few key ones for you:

MOBILITY:

the ability to move or be moved freely and easily.

FLEXIBILITY:

the quality of bending easily without breaking.

MYOFASCIAL RELEASE:

a manipulative treatment that attempts to release tension in the fascia due to trauma, posture, or inflammation.

FASCIA:

connective tissues surround the muscles, bones, nerves, and organs of the body.

ROM (RANGE OF MOTION):

the full movement potential of a joint.

DOMS (DELAYED ONSET MUSCLE SORENESS):

the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise. The soreness is felt most strongly 24 to 72 hours after the exercise.

TRIGGER POINTS:

a localised usually tender or painful area of the body and especially of a muscle that when stimulated gives rise to pain elsewhere in the body.



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FASCIA + TRIGGER POINTS

FASCIA

The Fascia Research Society states “Fascia is the most pervasive, but perhaps least understood network of the human body. No longer considered the ‘scraps’ of cadaver dissections, fascia has now attracted the attention of scientists and clinicians alike.”

Fascia, the thin sheath of connective tissue that covers all the muscles and organs of the body, is responsible for connecting muscle groups. When disrupted, it can cause pain and poor movement patterns.

Tight fascia can pull the body out of alignment and increase pressure on muscles and joints, causing pain. The goal of myofascial therapy is to stretch and loosen the fascia so the underlying tissue can move freely.

COMMON PROBLEMS

Lower back tightness - Plantar Fasciitis - Hip and Glute tightness - Neck strain - Carpal Tunnel Syndrome - Tight Calves - Tight Pectorals - Stiff T-Spine - Tight Trapezius - Tennis/Golfer's Elbow - Tight Hip flexors

TRIGGER POINTS

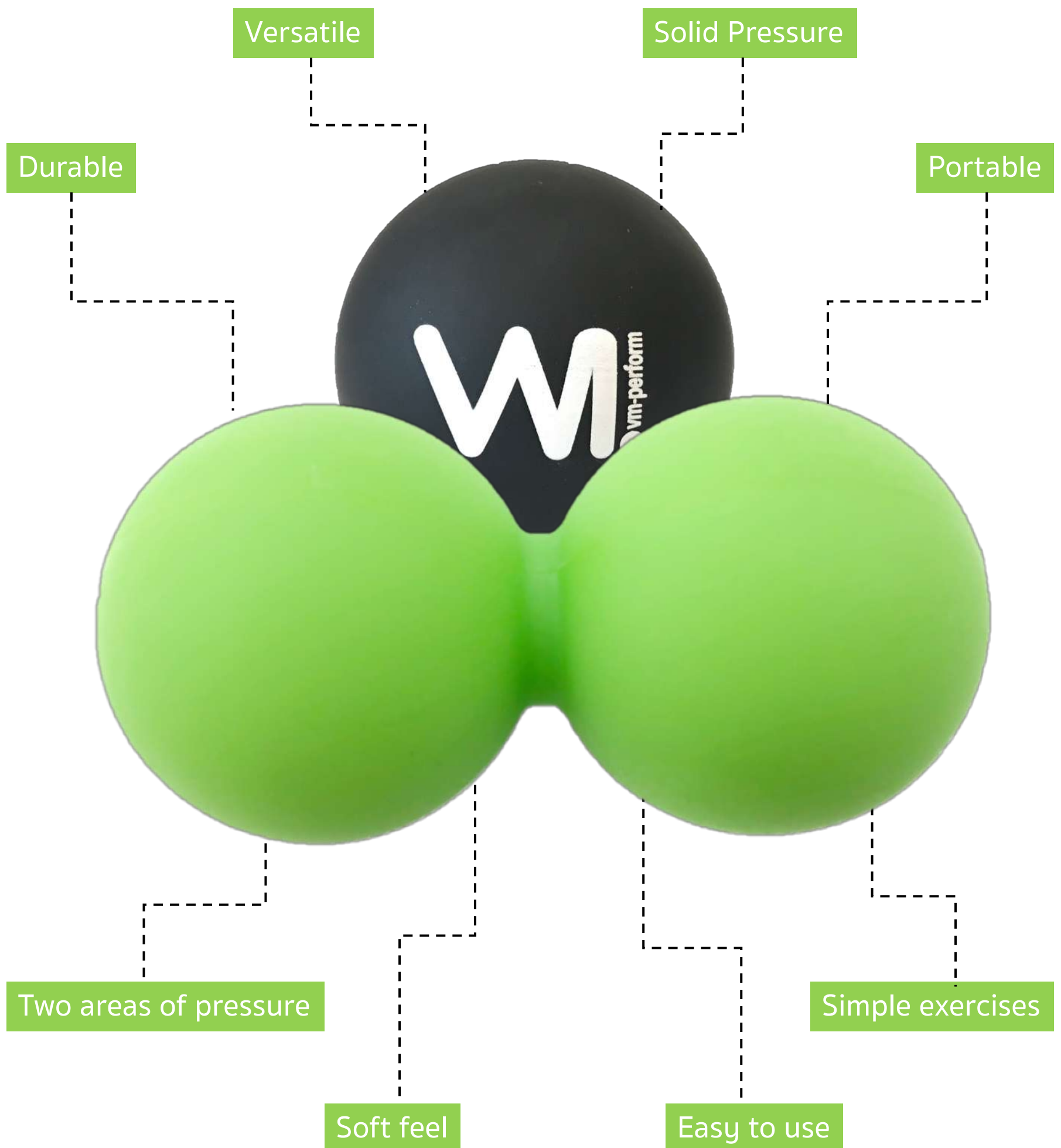
Myofascial trigger points, also known as trigger points, are described as hyperirritable spots in the fascia surrounding skeletal muscle. They are associated with palpable nodules in taut bands of muscle fibres.

THE NERVOUS SYSTEM

The nervous system is a complex collection of nerves and specialised cells known as neurons that transmit signals between different parts of the body.

Myofascial release has been shown to reduce the activity of the sympathetic nervous system, increase the parasympathetic activity and decrease blood pressure.

THE BALLS



SINGLE BALL



The single ball. As the name might suggest, it is not lonely and looking for a date. This little friend will pretty much release any part of your body. The simple single ball is the most versatile of them all. Browse through our suggested exercises to find the one that suits you.

Disclaimer: if you are experiencing a lot of pain, please consult with a healthcare professional before using the ball.

BALL SPECIFICS:

- dimensions: 6.3cm
- weight: 160g
- colour: black
- material: rubber

PEANUT BALL



The peanut ball. As the name might suggest, this is not a savory snack that you might get on a plane. This little friend will take your release work to the next level. The double ball will help you release the larger parts of your body. Browse through our suggested exercises to find the one that suits you.

Disclaimer: if you are experiencing a lot of pain, please consult with a healthcare professional before using the ball.

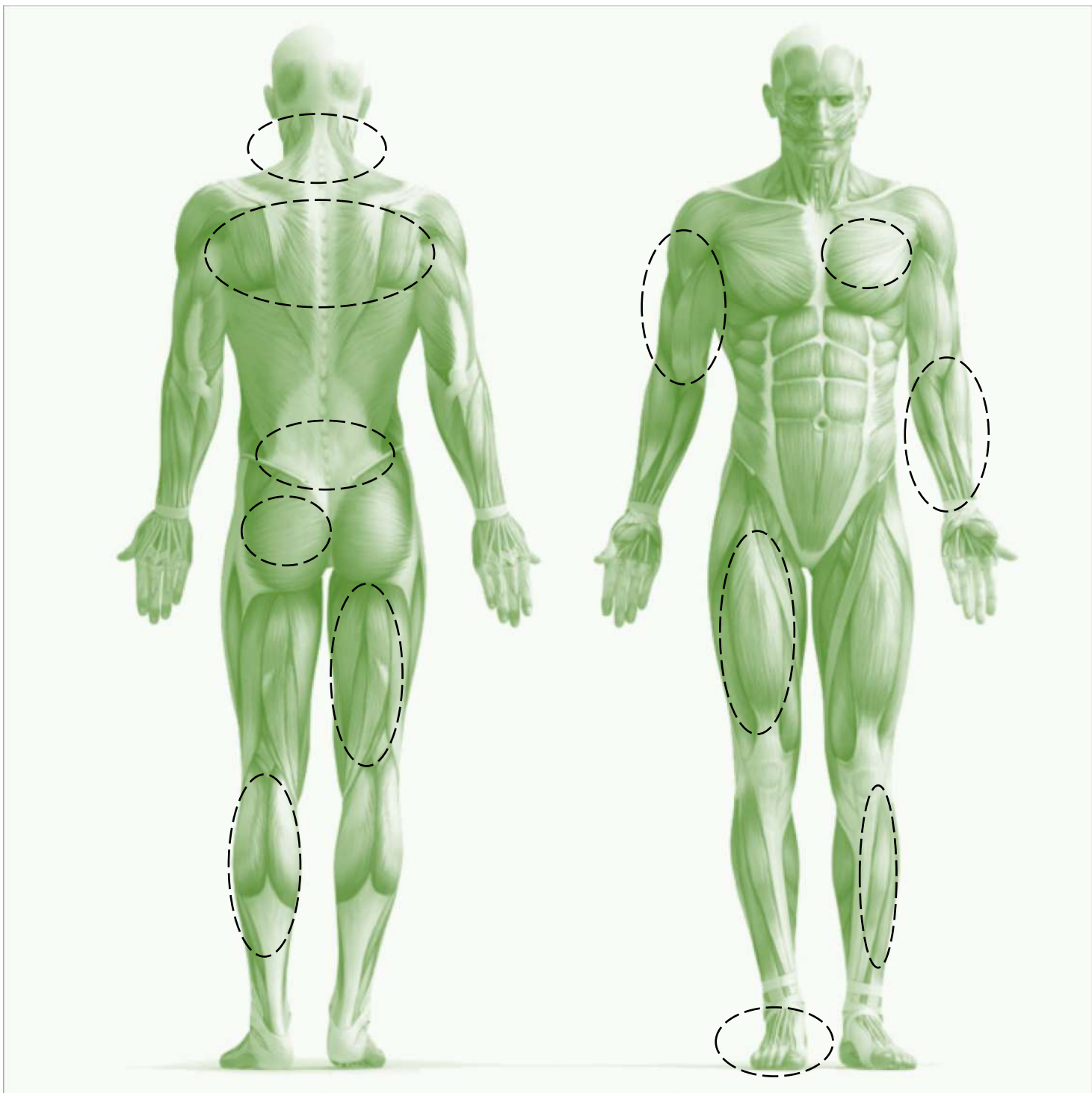
BALL SPECIFICS:

- dimensions: 6.3cm x 2
- weight: 320g
- colour: green
- material: rubber

RELEASE AREAS

BODY PARTS INDEX:

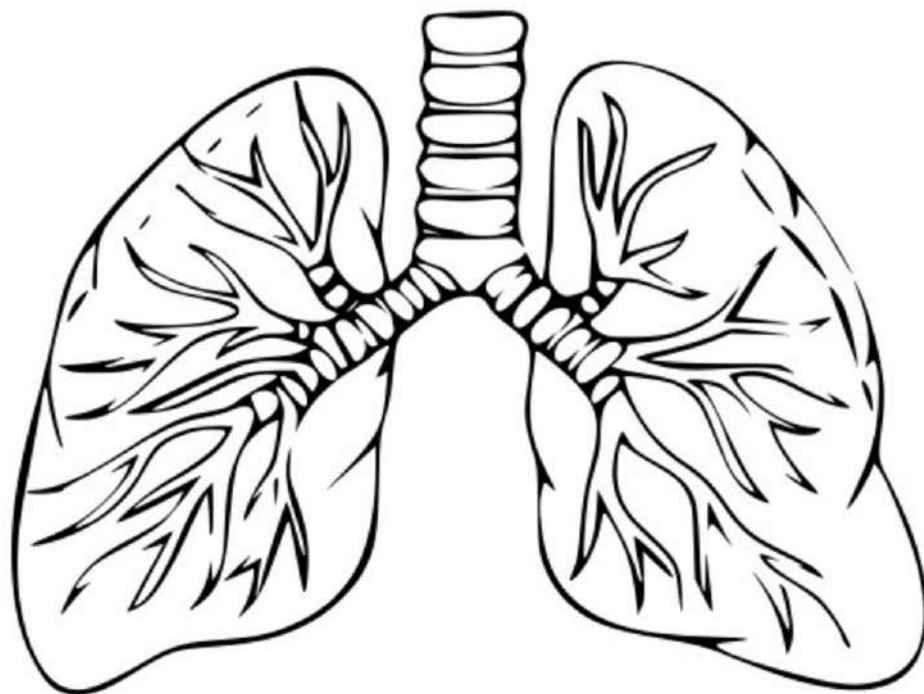
- Neck
- Shoulders
- Arms
- Upper Back
- Lower Back
- Hips
- Legs
- Feet



BREATHING

Breathing is one part of stretching and myofascial release that is not utilised as much as it should be. A simple way to use breathing is when you inhale, this is the part where you are preparing to stretch/roll your body. As you lean into the stretch or create more pressure on the massage ball, this should be when you exhale. If the stretch/roll involves a specific hold that is not too long, then inhale as you hold that stretch/pressure. If the stretch/roll hold is long and you cannot hold your breath, then steadily breathe in and out during the stretch/hold. Doing this will help you feel like you can push deeper into a stretch and into new ranges of motion.

During exhalation, new blood flows into your system, this oxygen rich blood helps the elasticity and flexibility of your muscles. Utilising these breathing techniques will help train your muscles and nerves to endure more extension before the stretch reflex action starts and warns about possible damage that could happen.



GETTING STARTED.

The next pages will show you how to use your massage balls on each body part. These release techniques and stretches are suited for everyone and will address the common areas where problems and tightness lie.

Try each release and stretch technique and play around with each area to find out which parts are likely to be useful for your body.

When releasing an area with the ball, spend between 1-2 minutes applying pressure and locating different sore spots. Always use the scale of 7-8 out of 10 for pain (1 being no pain, and 10 being unbearable pain) If you apply too much pressure on a certain area, the muscle will contract against it which will prevent the muscle from releasing.

Remember to BREATHE.

Do not be worried if some muscles hurt or ache the day after, this is normal and your body will start to respond better each time you release.

Note, the idea is to relax and release the muscles. If you are holding your breath and contracting then you will not get the maximum benefit of the massage balls.

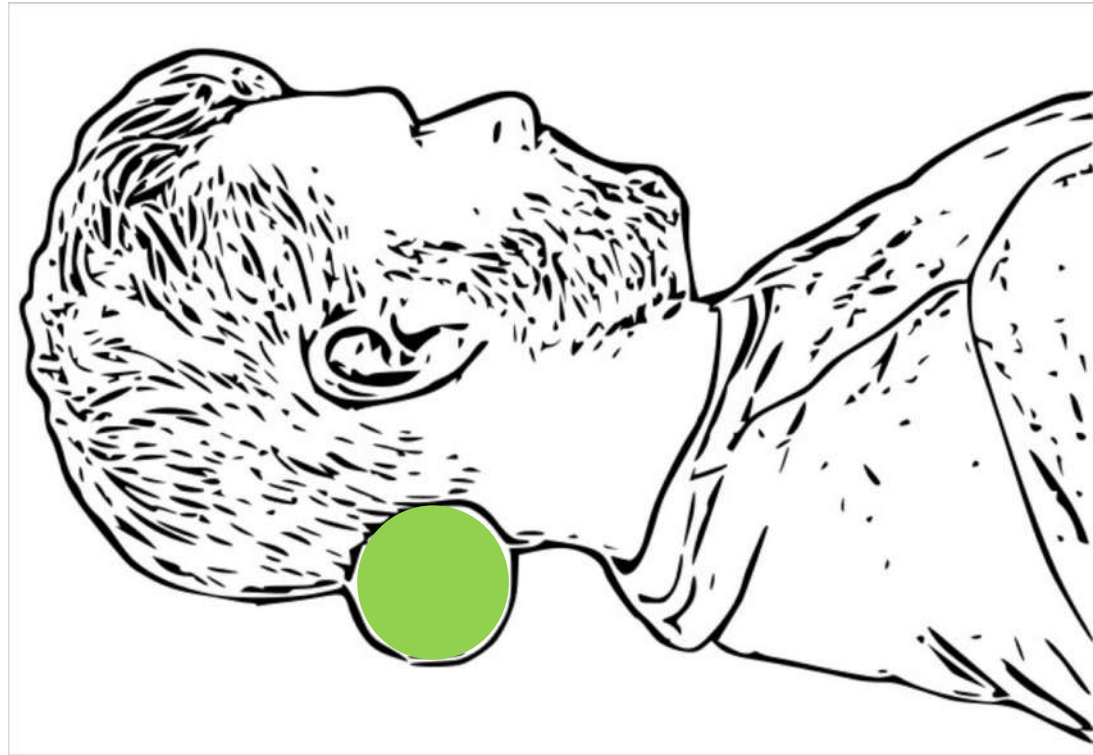
Repeat the release and stretches 2-3 times a day. There is not a perfect number, but the more you practice the techniques, the quicker your body will improve.

Combine the release techniques AND stretches for maximum benefit. Each one works hand in hand.

NECK

RELEASE

To release the neck with the massage balls, place the peanut ball on the floor and place the top part of your neck onto the ball. With gentle and gradual movement, apply pressure down onto the ball and feel for tightness's and muscle release. Once comfortable, start performing slow and controlled side movements to target other parts of the area.



STRETCH

To stretch the neck muscles, move your head from left to right trying to hold the end position for 10 seconds each time. To create a bigger stretch, hold the top of your head with one hand and pull towards the same side shoulder. Keep the other hand placed on your back to increase the stretch.



SHOULDERS

RELEASE

To release the shoulders, you can use the peanut and single ball. For the peanut ball, place it between the top part of your shoulder blades. Apply pressure on both sides and try to release any tension points within that area. Hold your neck for a more comfortable position.



For the single ball, lay on your side with the single ball placed underneath your arm pit. Use the ball to apply pressure into the big muscle at the back part of the shoulder. Move your body around to target more specific areas.

STRETCH

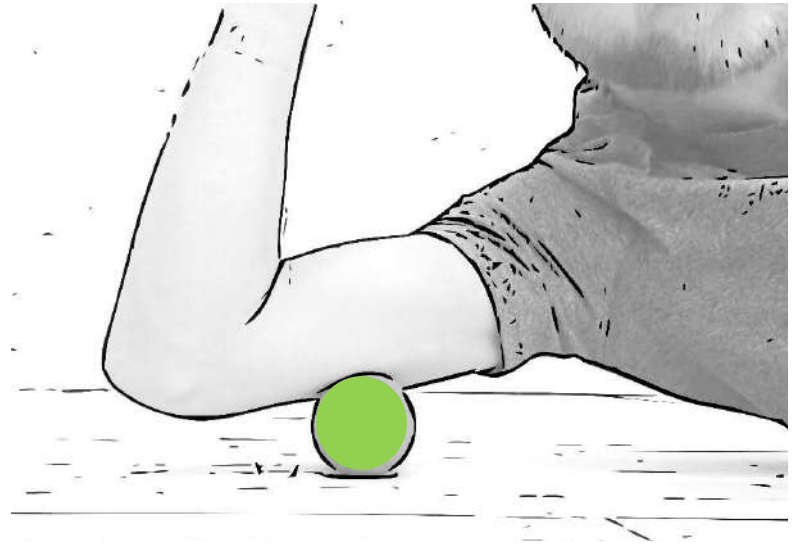


To stretch the shoulder complex, grab yourself a long stick or something similar in length. Grab at either end and pull the stick up and over your head, finishing behind your back. If it is too difficult, just bring the stick up to where you can feel a stretch in your shoulders.

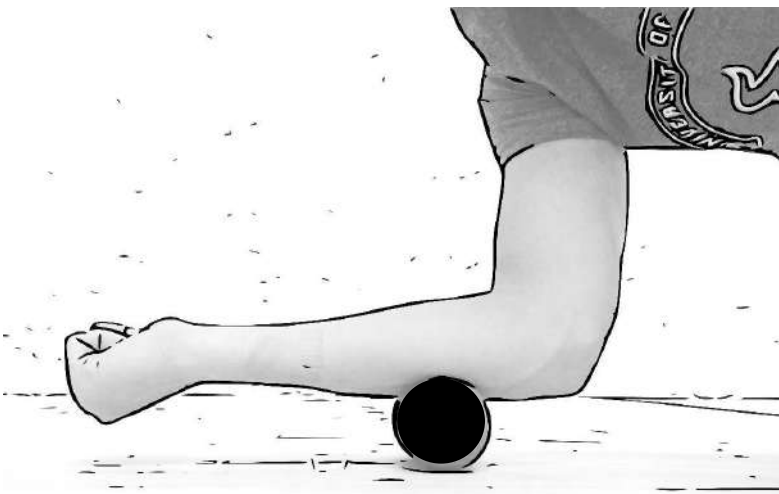
ARMS

RELEASE

To release the arms (triceps) lay on the floor and place the ball on the floor. Place your arm on the ball and apply pressure down to the ground. Move the ball the full length of the muscle to provide full release to the muscle.

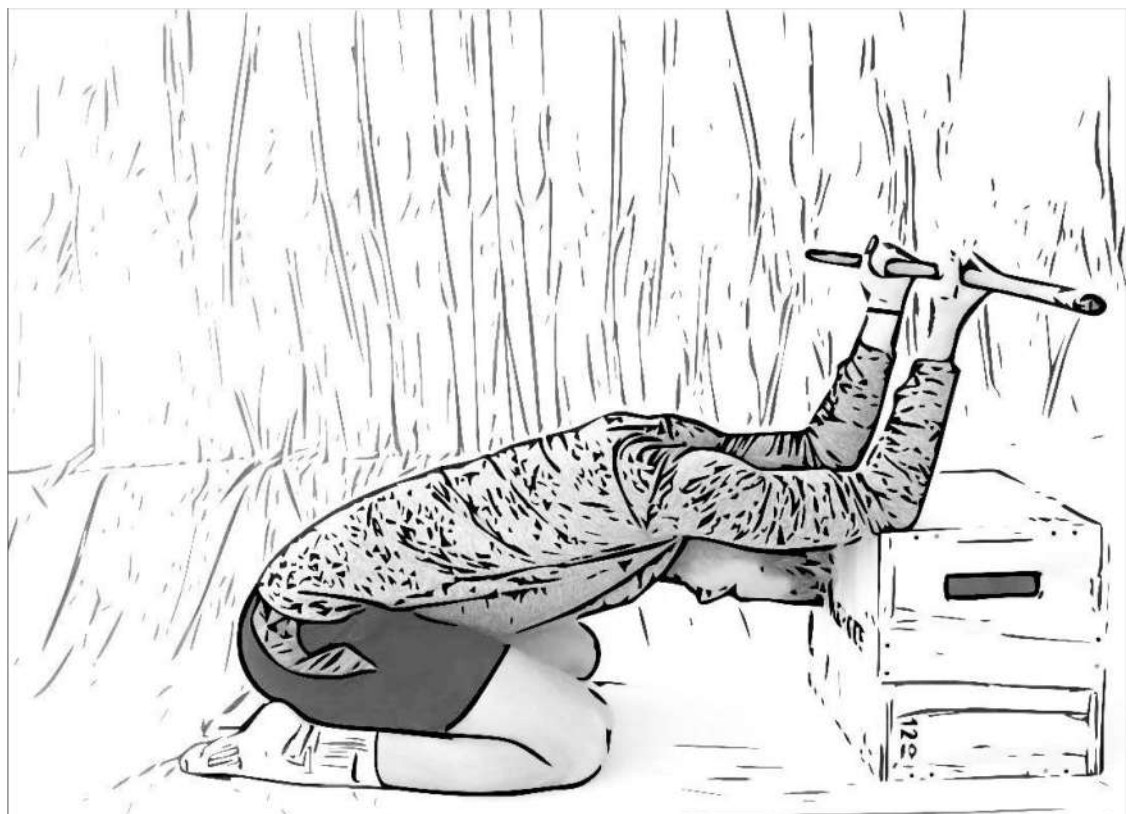


To release the arms (wrist) place the ball on the floor or surface where you can place your arm on the ball. Apply pressure down onto the ball. Once you have released one area, move the ball along the length of the forearm to release other areas of the muscle.



STRETCH

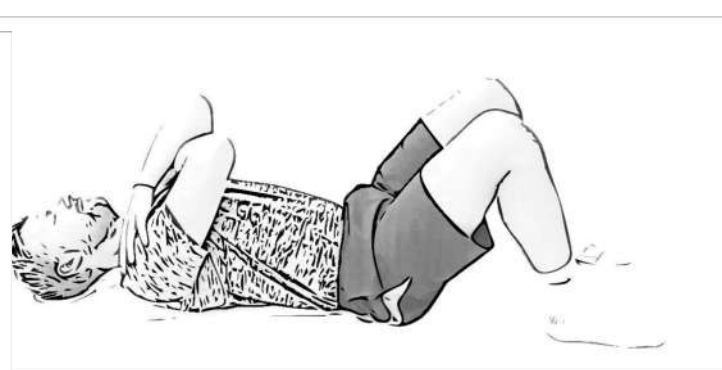
To stretch the arms, grab yourself a stick or something similar and place your elbows on an elevated surface (this can be your sofa). Push down on the surface with your elbows and push your head and body down, you should feel a good stretch in your arms down to your armpit.



UPPER BACK

RELEASE

To release the upper back, place the peanut ball just in line with the shoulder blades so that the pressure is on either side of the spine. Gently lay down on the floor with the ball placed on your upper back. Gradually move and increase the pressure by lifting the chest and moving from one side to the other. If pressure is needed on one side in particular, then take the single ball and lean to one side and roll around in small circles gently.



STRETCH

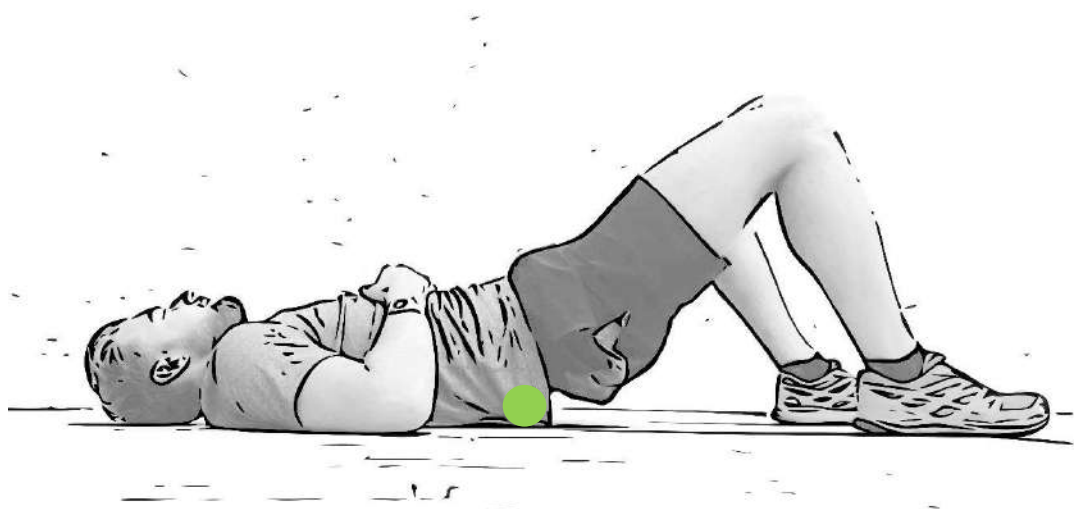
To stretch and mobilise the upper back, use this technique. Get onto your knees and sit back onto your heels. Place one hand on the floor and the other hand on the back of the head. Bring your elbow in to touch the other elbow, and then extend outwards and up to the ceiling making sure you rotate your upper back. Repeat 1-15 times on each side.



LOWER BACK

RELEASE

To release the lower back, place the peanut ball just above the hips on the back so that the pressure is on either side of the spine. Gently lay down on the floor with the ball placed on your lower back. Gradually move and increase the pressure by lifting the hips and moving from one side to the other. If pressure is needed on one side in particular, then take the single ball and lean to one side and roll around in small circles gently.



STRETCH



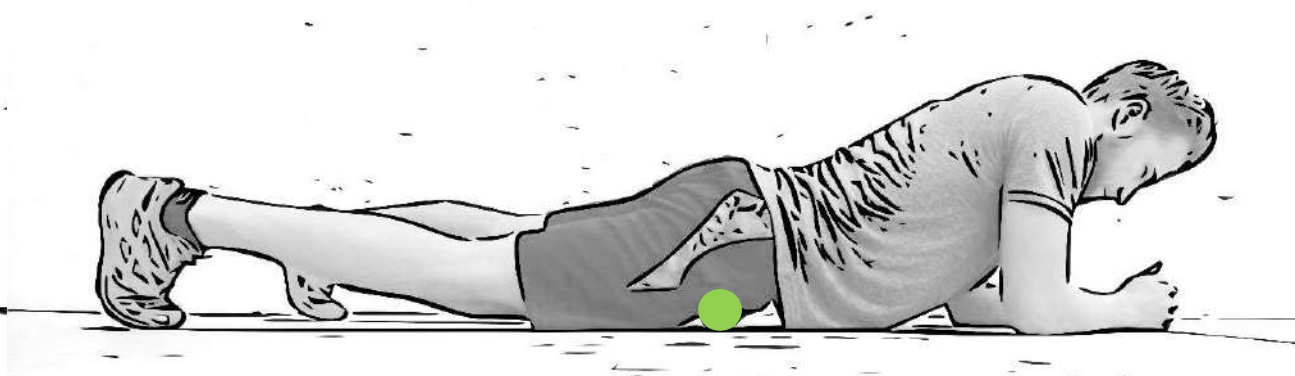
To stretch the lower back musculature, use this stretch. Lay on your back on the floor and bend one knee. With the opposite hand, grab the knee and pull it towards that side. Whilst pulling the knee across, be sure to keep the opposite shoulder from lifting from the floor. You should feel a nice stretch in your lower back and into your pelvis.

HIPS/PELVIS

RELEASE



To release the hips, place the peanut ball at the top of the hip near the pelvis (as shown in photo) lay face down on the floor with the ball at the top of the hip. Gently apply pressure down onto the ground and roll up and down on the sore spots. Once you have released, move the ball further down the leg and repeat the same downward pressure.



RELEASE



Another way to release the hips is to target the glutes/piriformis. To do this, place the ball in the soft part of the glute, just below the pelvis. Place your foot on top of the other leg and apply pressure down onto the glutes. Move the ball around to find the tight areas and to ensure to release the whole muscle.

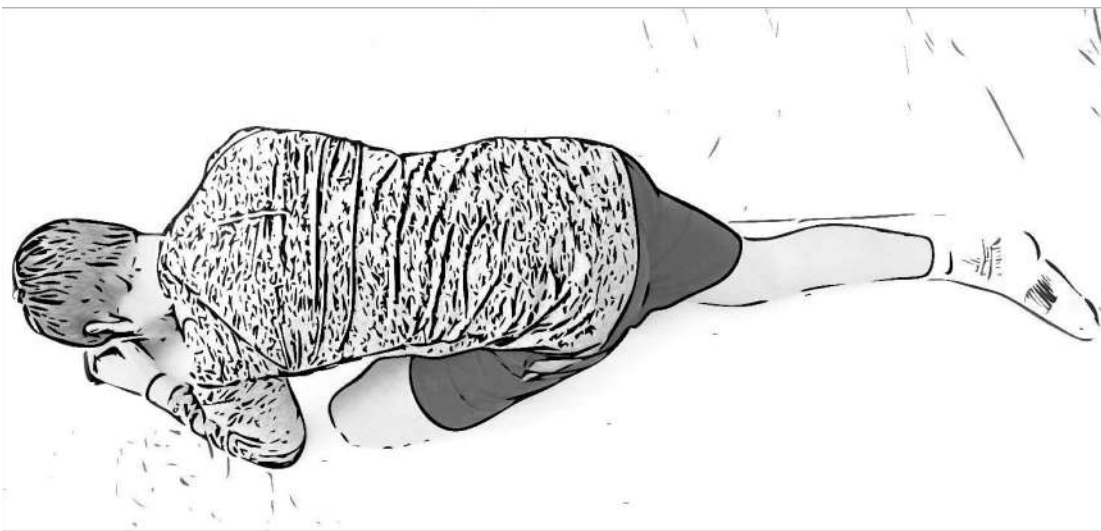
HIPS/PELVIS

STRETCH

To stretch the hips/pelvis use this stretch. Find yourself a box or sofa and place one foot on the sofa with your knee on the floor. Bring the other leg in front of you and place your foot on the floor. You should already feel a stretch down the front of your leg on the back leg. Ensure you are not over arching the lower back as this will decrease the stretch.



STRETCH

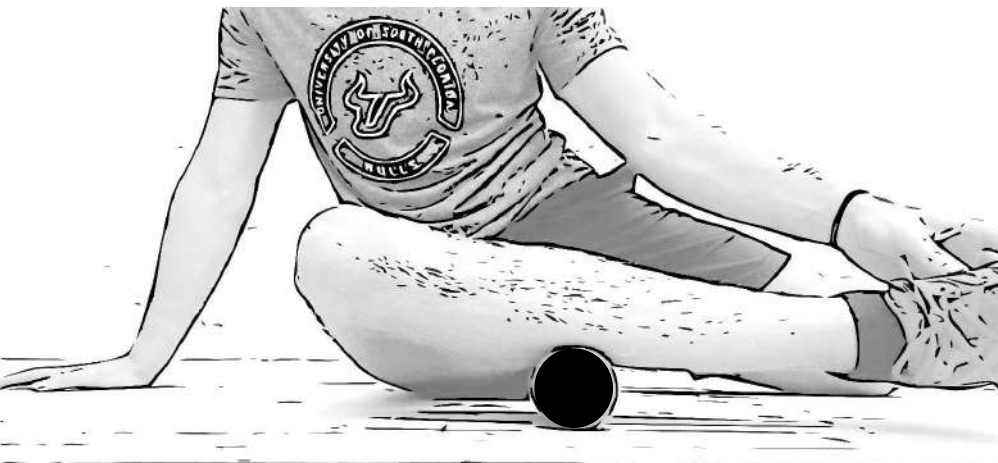
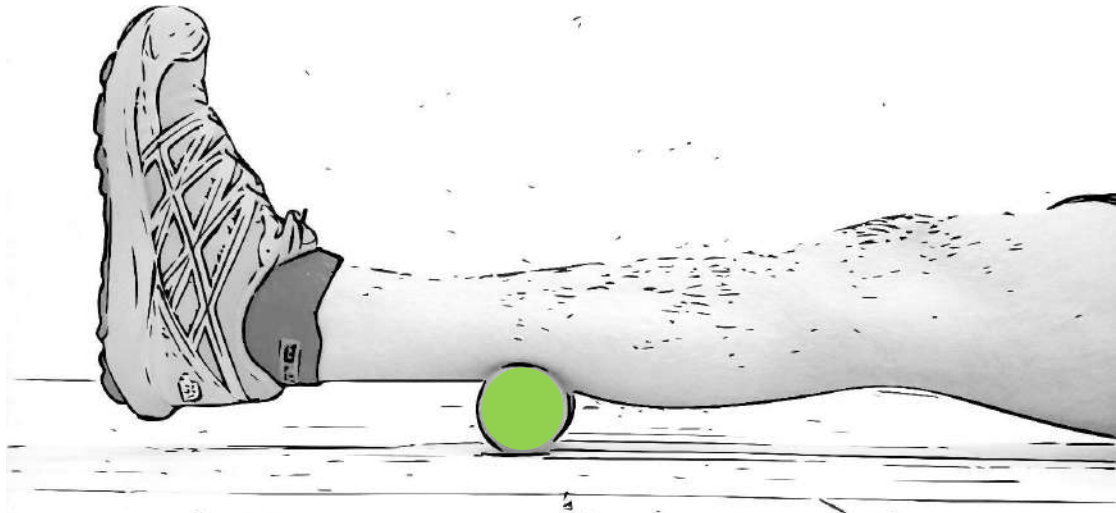


To stretch the pelvis/glutes, use this stretch. Place one foot across your body and gently lean onto it with the other leg out straight behind you. Try and keep the bent leg from moving and relax into the stretch. You should feel a nice pull in your glutes which should be a nice manageable stretch.

LEGS

RELEASE

To release the legs (calves) place either the single ball or peanut ball on the floor and place your leg on top of it. Apply pressure down onto the ball and ensure to move the ball around to target all areas



To release the anterior part of the leg (front) place either the single or peanut ball on the floor and place the outer part of the leg on the ball (as shown in picture). Apply pressure down onto the ball and ensure to move up and down the leg to target all areas.

RELEASE

To release the quad/TFL on the upper leg, place the ball on the floor with the outside of the leg on top of it. Place the other leg in front for stability and apply pressure down onto the ball. Make sure to cover the whole leg, so keep moving the ball up and down to release the tightness near the knee and hips.



LEGS

STRETCH



To stretch the legs, place your forefoot and toes onto an upright surface and keep your leg straight. You should feel a gentle stretch in the back of the leg.



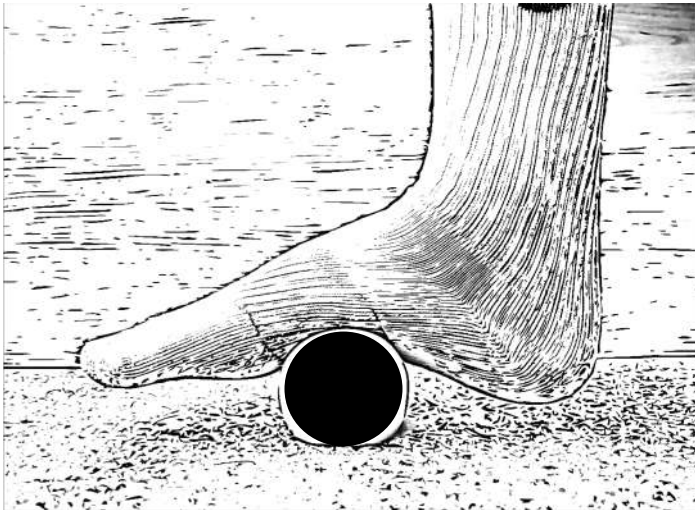
STRETCH



To stretch the legs in another way, get yourself into a long lunge stance, and push the hips down to the floor whilst trying to keep a neutral spine. With one hand, bring it out and up towards the ceiling. Repeat on both sides trying to increase the stretch each time.

FEET

RELEASE

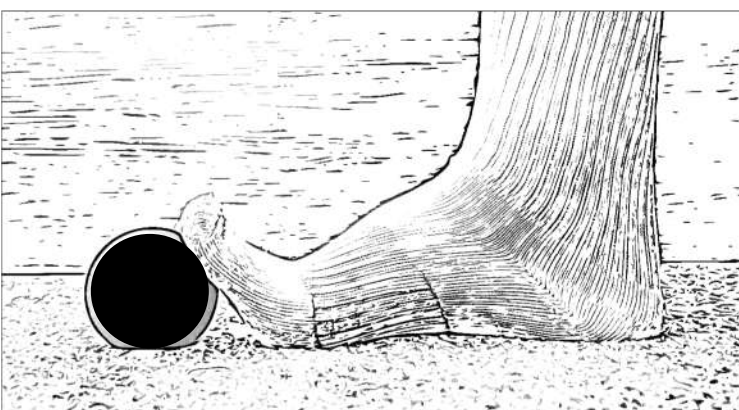


To release your feet, place the single ball in the middle of your foot, just past the heel. From there, roll the ball up and down the foot from the heel to the forefoot applying pressure down onto the floor. Try to find sore spots and work on them.

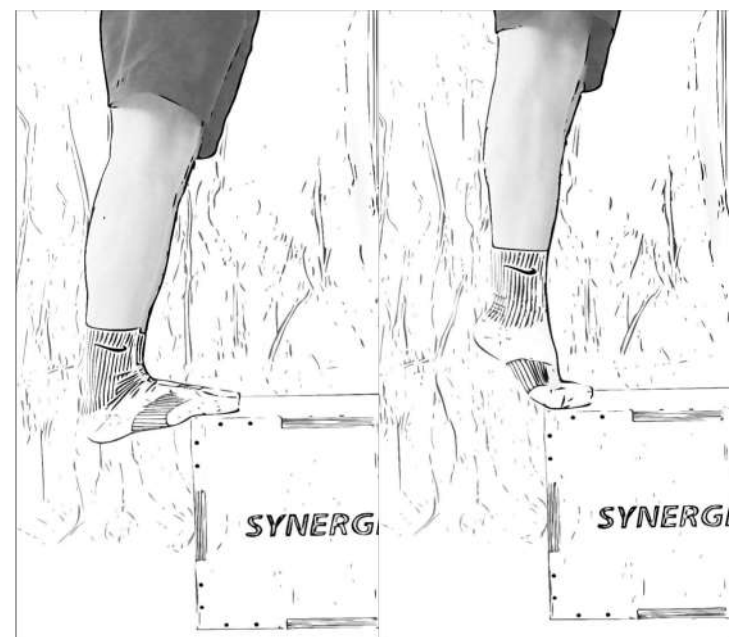


To release your feet, place the peanut ball in the middle of your foot, just past the heel. From there, roll the ball up and down the foot from the heel to the forefoot applying pressure down onto the floor. With the peanut ball, you should feel pressure on the middle and outside of your foot simultaneously.

STRETCH



To stretch your feet, place the single ball on the floor and put your big toe on top of it. Push down onto the ball and keep the heel on the floor. You should feel a nice gentle stretch on the bottom of your foot near the arch.



To stretch your feet, get yourself on the edge of a step and let the heels drop to the floor, and then push down onto your toes.



info@vm-perform.com



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