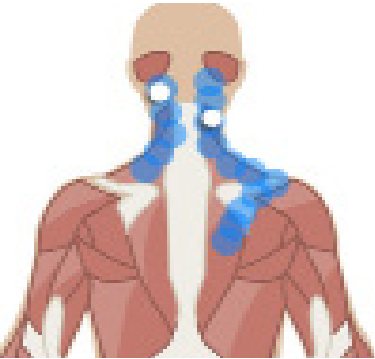


Muscle Massage!

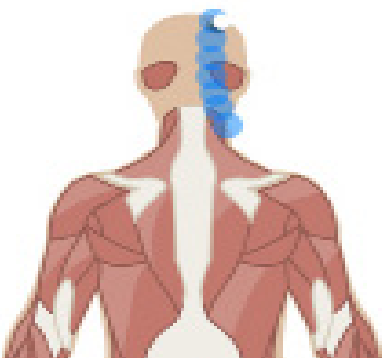
Using a foam roller, tennis ball or lacrosse ball, gently massage the muscle regions indicated in blue. For tough to reach areas, lean against a wall or use the floor to apply gentle pressure.

UPPER BODY

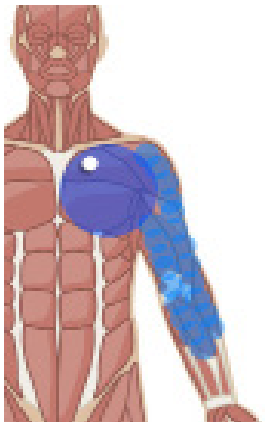
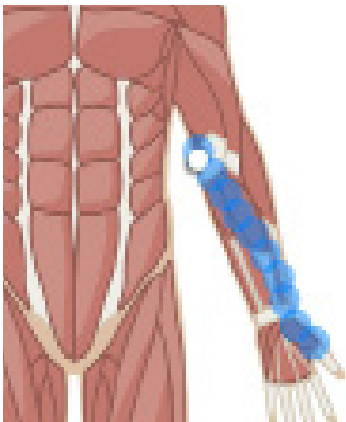
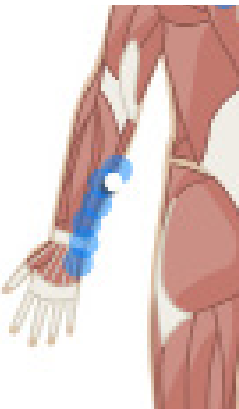
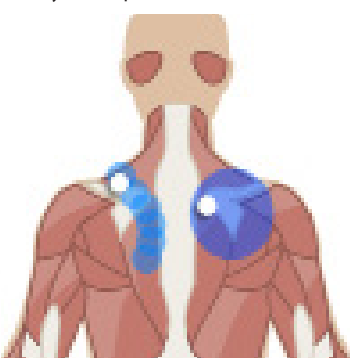
Neck Leaning against a wall, put gentle pressure on the ball down your neck and over the muscle that surrounds your shoulder blades.



Head Laying on the floor or using your hand, gently roll the ball behind the ear and down the side of your neck.



Upper Back Leaning against a wall, roll the muscle of your shoulder blade and the muscle that surrounds your spine over the ball.

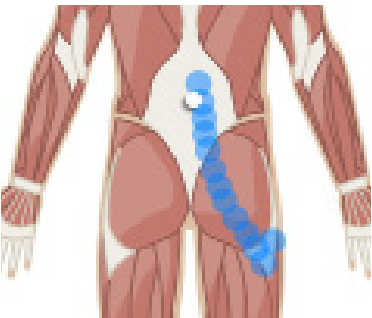


Arm variations Leaning against a wall or using your hand, roll your biceps, triceps and extensor muscles over the ball.

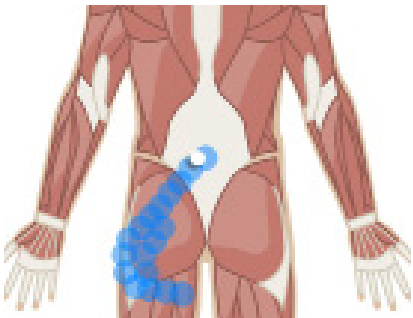
Shoulder & Chest Leaning against a wall or using your hand, roll your deltoid muscle over the ball. Gently circulate the ball on the pectoralis and down the bicep.

LOWER BODY

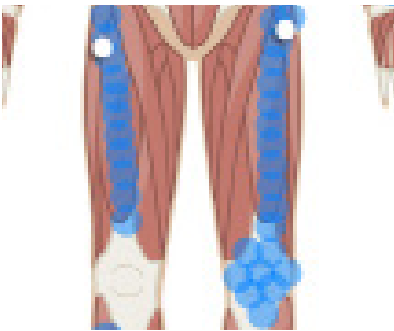
Lower Back & Gluteous Maximus Lean against a wall and gently roll the ball from your lower back to the base of your buttocks.



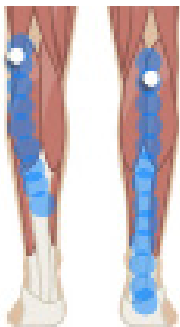
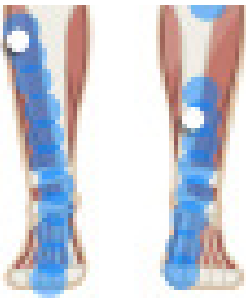
Lower Back & Hip Leaning against a wall, place the ball on the lower back and gently roll over your buttocks and around the IT band.



Front thigh Leaning against a wall, apply circular pressure on the ball from the top to the bottom of your thigh and over the IT band on the outside of your knee.



Hamstring Stand against a wall or sit on the floor. Gently move your hamstring over the ball.



Calf & Ankle Sit on the floor and gently massage your calf against the ball.

HELPFUL TIPS:

DON'T HOLD FOR LONGER THAN 15 SECONDS If you stop to put pressure on one spot, don't hold it longer than 15 seconds.

SLOWLY ROLL 4 - 10 TIMES Roll your body back and forth on any area 4 - 10 times but do not spend longer than 1 minute on a spot.

BREATHE While performing the exercises, breathe deeply to circulate oxygen to your muscles.
RELAX Keep the muscle group relaxed. After rolling, move around to help circulate blood. Blood flow and oxygen from deep breathing work together to create elasticity in muscles.

KEEP THE BALL ON SOFT TISSUE, NOT BONE Make sure you're rolling with the ball on muscle or tendon.



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