

Trigger ball guide

calf

Hands under shoulders • Roll calf

upper trapezius

Trigger ball on trapezius • Press into wall



Trigger ball on rhomboid • Press into wall

gluteals



Sit one gluteal on trigger ball • Roll gluteals

tensor fascia latae

smart tips...

- Place required area on trigger ball
- Ensure lower and mid back is straight
- Hands/elbows under shoulders
- Keep breathing
- Place adequate pressure on area
- Roll on ball slowly and gently
- Repeat 2-5 times weekly
- No pain should be felt
- Ongoing pain should always be assessed by a qualified therapist

- · Wait for discomfort to diminish, move

rhomboid progression



Arm across body • Trigger ball on rhomboid

Duration

- · Spend additional time on tight areas
- Poor tissue quality: 1-2 minutes
- Good tissue quality: 30 seconds
- to another area



Support arm • Ball on outside edge of scapula

Lay on side • Trigger ball under TFL

quadratus lumborum



Bend knees • Trigger ball under lower back

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pectoralis



Trigger ball on upper pecs • press ball into wall

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