

## calf



Hands under shoulders • Roll calf

## upper trapezius



Trigger ball on trapezius • Press into wall

## rhomboid



Trigger ball on rhomboid • Press into wall

## gluteals



Sit one gluteal on trigger ball • Roll gluteals

## 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

### Duration

- Spend additional time on tight areas
- Poor tissue quality: 1-2 minutes
- Good tissue quality: 30 seconds
- Wait for discomfort to diminish, move to another area

## rhomboid progression



Arm across body • Trigger ball on rhomboid

## tensor fascia latae



Lay on side • Trigger ball under TFL

## infraspinatus



Support arm • Ball on outside edge of scapula

## quadratus lumborum



Bend knees • Trigger ball under lower back



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## pectoralis



Trigger ball on upper pecs • press ball into wall