

# Instructions for Using Massage Balls



MOTHER TRUCKER YOGA  
FEEL BETTER. WORK BETTER.

Massage balls are an excellent tool for self-massage, helping to alleviate muscle soreness, improve circulation, and enhance flexibility. Follow these simple steps to get the most out of your massage ball:

**Unpack the Massage Ball:** Carefully remove the massage ball from its packaging. Inspect the ball to ensure it's in perfect condition before proceeding.

**Select the Target Area:** Identify the body part that requires attention. Massage balls can be used on many areas of the body, including the back, shoulders, legs, feet, arms, and neck.



## Method 1 - Body Pressure Massage:

- Place the massage ball on the floor or against a wall.
- Position the selected part of your body against the ball.
- Gently lean into the ball, applying desired pressure to the area of concern.
- Move your body slowly in a back-and-forth or circular motion, allowing the ball to massage the muscles deeply.

## Method 2 - Handheld Massage:

- Hold the massage ball directly over the targeted area with your hand.
- Apply pressure by pressing the ball into the muscle.
- Move the ball in circular or back-and-forth motions to knead the muscle, adjusting your grip and pressure as needed.
- Adjust Your Pressure: Based on your comfort and the sensitivity of the area, adjust the amount of pressure applied. Starting with light pressure is advisable, gradually increasing as needed to find the intensity that provides the most relief without causing discomfort.

## Duration of Massage:

- Begin with a short session of about 60 seconds to gauge how your body responds.
- For more extensive relief, continue massaging the target area for up to 20 minutes. Pausing briefly every few minutes can help assess your muscle's response and adjust pressure if needed.

## Additional Tips:

- Frequency: For ongoing relief, consider using the massage ball regularly. Daily sessions can significantly benefit persistent sore areas.
- Hydration: Drink plenty of water after your massage session to help flush out toxins released from the muscles and aid in recovery.
- Listen to Your Body: Should you experience sharp pain or discomfort beyond typical muscle soreness, discontinue use and consult a healthcare professional if necessary.

