THE ULTIMATE GUIDE TO SELF-MASSAGE

BY PHYSIX GEAR SPORT

“Total Body Therapy”
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Hi, It’s Adam again, Co-Founder of Physix Gear Sport. Our team would like to thank you for giving us the opportunity to service you. It is our desire to keep you satisfied with our products and support. Big Thank you and remember; we value you!

We’ve left you a gift below…

-Adam

USA CUSTOMERS
15% OFF ANY PHYSIX GEAR PRODUCT
Click flag for Store
Friends & Family Access
Coupon-> 15OFFUSA
One redemption per person

UK CUSTOMERS
15% OFF ANY PHYSIX GEAR PRODUCT
Click Flag for Store
Friends & Family Access
Coupon-> 15OFFUK1
One redemption per person
INTRODUCTION

Your New Self-Massage Tools by Physix Gear Sport have been designed and suited for soft-tissue to deep tissue work. The Beautifully crafted Massage sticks and High Density Massage Balls are all built for convenience and durability, and perfect companions for self-administered or assisted massage treatments, helping you Roll aches and pains into submission without pills or subscription meds.

The massage Sticks narrow diameter allows you to work on some tendons (e.g., quadriceps, hamstrings) better than a medicine ball or foam roller would. Your Lacrosse Ball and Spiky are the travel anywhere Knot release, trigger point partner allowing instant access to all body points. Perfect for hamstrings, which generally don’t respond that well to foam rolling since your hands/arms are supporting the majority of your body weight to hold yourself up.
HOW DOES IT WORK

The Muscle Roller Stick simultaneously compresses & stretches muscles. By using regularly and consistently, The Muscle Therapy Massage Stick will release the chronic patterns of tension in the body on the contracted area. Use before & after physical activity in order to accelerate muscle recovery and disperse the effects of lactic acid following activity and dramatically improve strength, flexibility and endurance.

Its stiff metal center makes it more effective than your bending sticks. The problem with flimsy sticks is that you can’t apply enough pressure to effectively work the muscle/tendon area.
A Lacrosse Ball and Spiky Ball are excellent for accessing acupressure, Self-Massage, and Deep Tissue Pressure Points. They are very convenient for muscle/fascial groups with smaller surface areas (such as the plantar fascia, calves, and peroneals) as well as upper body muscles where the ball must be placed against a wall (such as the pecs and posterior shoulder capsule).

The following are some reasons why you want to add Self Myofascial Release Massaging techniques in your training:

- Improved mobility and range of motion
- Reduction of scar tissue and adhesions
- Decreased tone of overactive muscles
- Improved quality of movement
- Fill in the gaps between hands-on massages or deep tissue massage
GENERAL TIPS FOR USE — MASSAGE STICK

- Keep muscles relaxed during rollout
- Use on skin or through light clothing.
- Waterproof with metal core and nearly impossible to break so pressure to suit.
- It is not necessary to hurt the muscle in order to help the muscle (Important)
- Most effective when used before, during and after periods of activity.
- For pin-point rollout, slide hands onto spindles.
- Note: Excessive use may cause muscle soreness.
GENERAL TIPS FOR USE — MASSAGE BALLS

- A typical warm-up roll for healthy muscle tissue is about 20 progressively deeper passes over each muscle group (about 30 seconds per area).
- Discomfort or pain is experienced when the Massage Ball locates a bump or tender knot in the muscle – this is known as a trigger point. Hold for 15 seconds.
- Muscles containing trigger points are often weak, stiff and sore. They are frequently tight, easily tire and often hurt. This is Normal.
- Muscles containing chronic trigger points need 20 additional passes with your Massage Ball (or Massage Stick)
- Chronic Areas may require attention several times daily.
Many of us find ourselves on our feet all day at work. Whether you work in an office, a factory, a field, a hospital, or anything in between, there is a good chance that you put a lot of weight and stress on your feet every day. Here are some amazing benefits of foot reflexology.

**BENEFITS OF REFLEXOLOGY**

- Nerve Function
- Energy Levels
- Circulation
- Relaxation
- Toxin Removal
- Nervous System Stimulation
- Migraines and Headaches
- Speeds Healing
- Cancer Side Effects Relief
# MASSAGE STICK TECHNIQUES:

## PLANTAR FASCIA

![Plantar Fascia Image]

**Anatomy and Function**
- The plantar fascia is a band of connective tissue that connects the toes to the Achilles tendon.
- The plantar fascia works in conjunction with the Achilles tendon, gastrocnemius and soleus to produce propulsion of the foot/ankle complex (e.g., running, jumping).

**Reasons to Treat**
- Excessive tension in the plantar fascia can lead to pain on the bottom of the foot.
- Due to its fascial connections to the gastroc/soleus, hamstrings, and other posterior musculature, excessive tension in the plantar fascia can lead to restricted ROM into hip flexion and trunk flexion.

**Set-up**
- Take your shoes off, and place the Massage Stick Flat on the ground. Place the sole of one foot on the Massage Rollers Middle Spindles with the other foot on the ground.
- Stand next to a wall, if needed, for balance.

**Performance**
- Put the majority of your weight on the foot with the Massage Stick and roll the Stick back and forth along your plantar fascia.
- Roll for 30–60 seconds, and then switch feet.

**Alternate Modalities**
- Put 10% more weight on foot to increase the pressure.
### GASTROCNEMIUS/SOLEUS

**Anatomy and Function**
- The gastrocnemius originates from just behind both sides of the knee and inserts onto the Achilles tendon.
- The soleus originates from just below the knee and inserts onto the Achilles tendon.
- The gastrocnemius is responsible for plantarflexion of the foot and knee flexion.
- The soleus is responsible for plantarflexion of the foot.

**Reasons to Treat**
- Excessive tension in the gastrocnemius can cause pain at the site of injury, further down the kinetic chain (in the Achilles tendon or plantar fascia), or further up the chain at the anterior/posterior knee.

**Set-up**
- Place one foot up on a low bench.
- Place the Stick along the posterior surface of your lower leg with your palms facing forward.

**Performance**
- From the starting position, roll the stick up and down the lower leg.
- To work more on the individual heads of the gastrocnemius, focus the pressure on the medial and lateral portions of the calf just below the knee.
- Roll for 30–60 seconds, and then switch legs.

**Alternate Modalities**
- None.
### PERONEALS

- The peroneals originate from just below the outside of the knee and insert onto the bottom of the foot.
- Peroneus longus and brevis are responsible for plantar flexion and eversion. Peroneus tertius assists with dorsiflexion.

### Reasons to Treat
- Excessive tension or adhesions in the peroneals can produce lateral knee pain, or compression of the peroneal nerve which can produce numbness and/or tingling in the lower leg and foot.

### Set-up
- Place one foot up on a low bench.
- Place the stick along the lateral surface of your lower leg with your palms facing inward (towards your body).

### Performance
- From the starting position, roll the stick up and down the lower leg.
- Roll for 30–60 seconds, and then switch legs.

### Alternate Modalities
- None.
### TIBIALIS ANTERIOR

**Anatomy and Function**
- The tibialis anterior originates from the lateral condyle/shaft of the tibia and inserts onto the top of the foot.
- The tibialis anterior is responsible for producing dorsiflexion and inversion of the foot.

**Reasons to Treat**
- The tibialis anterior can often become scarred due to overuse in running and jumping activities/sports.

**Set-up**
- Place one foot up on a low bench.
- Place the Stick along the anterior surface of your lower leg with your palms facing inward (toward your body).

**Performance**
- From the starting position, roll the stick up and down the lower leg.
- Roll for 30–60 seconds, then switch legs.

**Alternate Modalities**
- None.
### Quadriceps

#### Anatomy and Function
- The rectus femoris (RF) originates from the front of your hip, the vastus medialis (VM) originates along the medial surface of the femur, the vastus lateralis (VL) originates along the lateral surface of the femur, and the vastus intermedius originates along the anterior surface of the femur. All four quadriceps muscles insert on the common quadriceps tendon. The quad tendon then inserts on the patellar ligament and the tibia.
- All the quadriceps muscles are responsible for knee extension. Only the RF is involved in hip flexion.

#### Reasons to Treat
- Excessive tension in the quadriceps can lead to knee or hip pain.

#### Set-up
- Sit on a low bench or stool with the Stick across the front of your thigh.
- The Stick variations work well on the quadriceps as you can get closer to the patella, which allows you to work on the musculo-tendinous junction.
- This area can become tight or fibrotic due to overuse/overtraining.

#### Performance
- From the starting position, back and forth over the front of your thighs.
- To work on the rectus femoris, work on the middle of the leg. For the
  - vastus medialis, move closer to the midline. For the vastus lateralis, move
- to the outside portion of the leg.
- Roll for 30–60 seconds, and then switch legs.

#### Alternate Modalities
- None.
## HAMSTRINGS

| Anatomy and Function | • The hamstrings originate on the bottom of the pelvis and then follow separate paths; the semimembranosus and semitendinosus attach to the tibia, while the biceps femoris inserts on the head of the fibula.  
• The hamstrings work together to flex the knee and extend the hip. Semimembranosus and semitendinosus are hip internal rotators, while biceps femoris is a hip external rotator. |
| Reasons to Treat | • The hamstrings can often become scarred or adhered following strains or repetitive overuse injuries.  
• Scar tissue and adhesions in the distal hamstring segments can also produce posterior knee pain. |
| Set-up | • Place one foot up on a low bench.  
• Place the Stick along the posterior surface of your thigh with your palms facing forward. |
| Performance | • From the starting position, roll the Stick up and down the posterior thigh.  
• Roll for 30–60 seconds, and then switch legs.  
• To work more on the individual muscles, work more medially (semimembranosus/semitendinosus) or more laterally (biceps femoris). |
| Alternate Modalities | • None. |
### SPIKY BALL OR LACROSSE BALL TECHNIQUES

#### PLANTAR FASCIA

| Anatomy and Function | The plantar fascia is a band of connective tissue that connects the toes to the Achilles tendon.  
|                      | The plantar fascia works in conjunction with the Achilles tendon, gastrocnemius and soleus to produce propulsion of the foot/ankle complex (e.g., running, jumping). |
| Reasons to Treat     | Excessive tension in the plantar fascia can lead to pain on the bottom of the foot.  
|                      | Due to its fascial connections to the gastroc/soleus, hamstrings, and other posterior musculature, excessive tension in the plantar fascia can lead to restricted ROM into hip flexion and trunk flexion. |
| Set-up               | Take your shoes off, and place a Massage Ball on the ground. Place the sole of one foot on the ball with the other foot on the ground.  
|                      | Stand next to a wall, if needed, for balance. |
| Performance          | Put the majority of your weight on the foot with the ball underneath, and roll the ball back and forth along your plantar fascia.  
|                      | Roll for 30–60 seconds, and then switch feet. |
| Alternate Modalities | Use Lacrosse ball to increase the pressure. |
### PERONEALS

| Anatomy and Function | - The peroneals originate from just below the outside of the knee and insert onto the bottom of the foot.  
|                    | - Peroneus longus and brevis are responsible for plantar flexion and eversion. Peroneus tertius assists with dorsiflexion. |
| Reasons to Treat    | - Excessive tension or adhesions in the peroneals can produce lateral knee pain, or compression of the peroneal nerve which can produce numbness and/or tingling in the lower leg and foot. |
| Set-up              | - Place your foot up on a low bench or chair.  
|                    | - Place a Massage Ball along the outside of your lower leg. |
| Performance         | - From the starting position, roll the ball up and down along the outside portion of your lower leg.  
|                    | - Roll for 30–60 seconds, and then switch legs. |
| Alternate Modalities| - Use a lacrosse ball to increase the pressure. |
## Tibialis Anterior

**Anatomy and Function**
- The tibialis anterior originates from the lateral condyle/shaft of the tibia and inserts onto the top of the foot.
- The tibialis anterior is responsible for producing dorsiflexion and inversion of the foot.

**Reasons to Treat**
- The tibialis anterior can often become scarred due to overuse in running and jumping activities/sports.

**Set-up**
- Place your foot up on a low bench or chair.
- Place a Massage ball along the front of your lower leg.

**Performance**
- From the starting position, roll the ball up and down along the front of your lower leg.
- Roll for 30–60 seconds, then switch legs.

**Alternate Modalities**
- Use a lacrosse ball to increase the pressure.
# Piriformis

The piriformis muscle originates on the front of the sacrum and inserts on the top of the femur. The piriformis is responsible for external rotation of the hip below 60 degrees of hip flexion; above 60 degrees, it becomes a hip internal rotator.

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<thead>
<tr>
<th>Anatomy and Function</th>
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<tbody>
<tr>
<td>- Excessive tension on the piriformis can irritate the sciatic nerve. This may lead to pain or nerve irritation in the buttocks, hamstrings, lower leg, or foot.</td>
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<tr>
<td>- Excessive tension in the piriformis can externally rotate the hip, leading to poor movement in the frontal and/or transverse planes.</td>
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<table>
<thead>
<tr>
<th>Reasons to Treat</th>
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<tbody>
<tr>
<td>- Place the massage ball under one hip.</td>
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<td>- Sit on the ball with your hands behind you on the floor.</td>
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<table>
<thead>
<tr>
<th>Set-up</th>
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<tr>
<td>- From the starting position, roll back and forth over the piriformis.</td>
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<tr>
<td>- Roll for 30–60 seconds, and then switch sides.</td>
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<tr>
<td>- Try altering your body position throughout to hit the piriformis from multiple angles.</td>
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<tr>
<th>Alternate Modalities</th>
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<td>- Use a harder ball to increase the pressure.</td>
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### PECS

**Anatomy and Function**
- The pectoralis major originates on the sternum, clavicle, and costal cartilage and inserts on the humerus.
- The pectoralis major is responsible for horizontal adduction and internal rotation. The clavicular fibers flex the extended shoulder, while the sternal fibers extend the flexed shoulder.

**Reasons to Treat**
- The pectoralis major is typically short and stiff due to overtraining (too much chest training) and chronic poor posture. This lack of extensibility can lead to overuse injuries and/or poor mechanics in many lifts, even those not targeting the chest (e.g., squatting, Olympic lifts).

**Set-up**
- Stand next to a wall and place a Massage Ball on the wall at chest height.
- Push your pecs into the ball to hold it in place.

**Performance**
- With the Massage Ball pinned between your pecs and the wall, roll it back and forth. It may help to work in small sections as the Massage Balls don’t have a large circumference.
- Roll for 30–60 seconds, and then switch sides.
- To increase the intensity, horizontally abduct and externally rotate the arm to place the pectoralis major on stretch.

**Alternate Modalities**
- Use a harder ball to increase the pressure.
LATISSIMUS DORSI

Anatomy and Function
- The latissimus dorsi originates from the spine, thoracolumbar fascia, and posterior hips, and attaches on the humerus.
- The latissimus dorsi is responsible for extension, adduction, and internal rotation of the arm.

Reasons to Treat
- Much like the pecs, the lats can become short and stiff due to overtraining. This lack of extensibility can lead to overuse injuries and/or poor mechanics in many lifts, even those not targeting the lats (e.g., squatting, Olympic lifts).

Set-up
- Stand next to a wall with your arm outstretched overhead.
- Place a Massage ball just behind your armpit, in between your lats and the wall.

Performance
- From the starting position slowly roll the ball up and down along the outside of your armpit. Feel free to flex and extend your knees to increase the range of motion.
- Roll for 30–60 seconds, and then switch sides.

Alternate Modalities
- Use a harder ball to increase the pressure.
### POSTERIOR SHOULDER CAPSULE

#### Anatomy and Function
- The posterior shoulder capsule encloses the back portion of the shoulder joint.
- The shoulder capsule provides passive stability to the shoulder joint, and helps lubricate the joint by secreting synovial fluid.

#### Reasons to Treat
- The posterior capsule is often scarred/adhered in overhead throwing athletes.
- A tight/stiff posterior capsule can lead to a loss in internal rotation.

#### Set-up
- Stand next to a wall and place a massage ball on the wall at shoulder height.
- Push the posterior portion of your shoulder into the ball to hold it in place.

#### Performance
- With the massage ball pinned between your shoulder and the wall, roll it back and forth. It may help to work in small sections as the massage ball doesn’t have a large circumference.
- Roll for 30–60 seconds, and then switch sides.
- To increase the intensity, pull your arm across your body using your opposite arm. You can also extend the shoulder and flex the elbow to place the posterior capsule on stretch.

#### Alternate Modalities
- Use a harder ball to increase the pressure.
INFRASPINATUS AND TERES MINOR

Anatomy and Function
- The infraspinatus and teres minor run from the medial border of the scapula to the back of the humerus.
- The infraspinatus and teres minor are external rotators of the shoulder, and they are also responsible for decelerating internal rotation. They are two of the four rotator cuff muscles.

Reasons to Treat
- There are often trigger points and adhesions in the infraspinatus/teres minor which can decrease strength and restrict movement quality.
- Rotator cuff health is integral for many athletes, especially those participating in overhead throwing sports (e.g., baseball, volleyball, tennis).

Set-up
- Lie on your back with a massage ball pinned between your shoulder blade and the floor.
- The upper arm should lie flat on the floor, with your lower arm at a 90 degree angle to it.

Performance
- From the starting position, slowly internally and externally rotate your shoulder (move your hand back and forth while keeping the elbow in place).
- Repeat for 8-10 passes, and then switch arms.

Alternate Modalities
- Use a harder ball to increase the pressure.
WRIST FLEXORS

Anatomy and Function
- The numerous wrist flexor muscles originate from several locations on the humerus, ulna, and radius. They insert onto the palm of the hand and underside of the fingers.
- The wrist flexors are primarily responsible for flexing and adducting the wrist.

Reasons to Treat
- Due to repeated gripping activities, the wrist flexors can often become stiff.

Set-up
- Sit on a bench with a massage ball in one hand.
- Press the massage ball against the inside of your forearm with an open palm.

Performance
- With the massage ball pinned against your forearm, roll it back and forth. It may help to work in small sections as the massage ball doesn’t have a large circumference.
- Roll for 30–60 seconds, and then switch arms.
- To further increase the pressure, actively extend the hand to place the wrist flexors on stretch.

Alternate Modalities
- Use a harder ball to increase the pressure.
## WRIST EXTENDERS

**Anatomy and Function**
- The numerous wrist extensor muscles originate from several locations on the humerus, ulna, and radius. They insert across the back of the hand and fingers.
- The wrist extensors are primarily responsible for extending and abducting the wrist.

**Reasons to Treat**
- Due to repeated typing and/or prolonged holds in an extended position, the wrist extensors can become short/stiff.

**Set-up**
- Sit on a bench with a massage ball in one hand.
- Press the massage ball against the outside of your forearm with an open palm.

**Performance**
- With the massage ball pinned against your forearm, roll it back and forth. It may help to work in small sections as the massage ball doesn’t have a large circumference.
- Roll for 30–60 seconds, and then switch arms.
- To further increase the pressure, actively flex the hand to place the wrist extensors on stretch.

**Alternate Modalities**
- Use a harder ball to increase the pressure.
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