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SPIKEY BALL EXERCISES

You can simply sit or lay on your Spikey Massage Ball and you use your body weight to apply pressure to a tight muscle. By using pressure and specific movements you can encourage the Spikey Ball to really target those deep trouble-spots and also encourage your muscles to relax.

DO NOT USE your Spikey Ball if you have a recent injury or trauma which has broken the skin, caused inflammation of a joint, or if you are badly bruised or on and below a varicose vein.

Neck Massage



Lie flat on your back, and rest your head on a pillow. Tuck your chin in slightly. Place a spikey ball under your neck, and roll it around to massage your neck muscles. Make the massage stronger by removing the pillow. This is a good exercise for releasing muscle tension and fatigue in the neck.

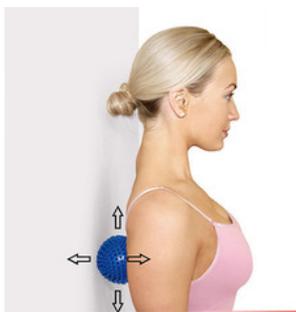
Video Demonstration : <http://youtu.be/SiS9XpNB-wY>

Upper Back Massage



Lie flat on your back, and rest your head on a pillow. Place a spikey ball under your upper back. This will cause your back to arch slightly, which can be useful for preventing poor posture. You can roll the spikey ball up and down your spine, to create localised extension and massage to the upper back and neck. Make the exercise harder by removing the pillow.

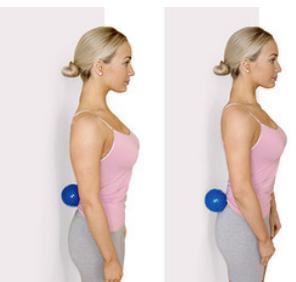
Video Demonstration : <http://youtu.be/9jDFda74sYo>



Thoracic Massage

Stand up straight, with good posture, and place a spikey ball under your upper back. Gently move the ball in circles to create a massage to your back and shoulder blades.

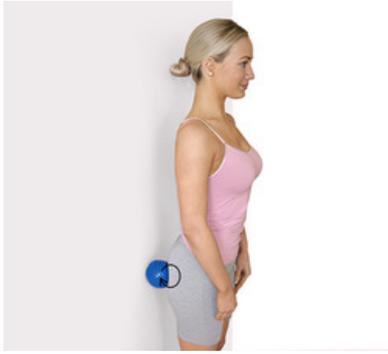
Video Demonstration : <http://youtu.be/XwX5j74O88M>



Lower Back Massage

Stand up straight, with good posture, and place a spikey ball between your lower back and a wall. The ball should be placed just to the side of the bony part of your spine, on the softer muscles. Move yourself around to create pressure into your lower back (lumbar erector) muscles

Video Demonstration : <http://youtu.be/qbJ07a10htk>



Gluteal/Piriformis Massage

Stand up straight, with good posture, and place a spikey ball between your butt and a wall. Bend your knees slightly to move the ball in circles around your butt, applying pressure towards the wall to make the stretch stronger. This exercise will help to reduce tension in your buttock muscles.

Video Demonstration : http://youtu.be/UaG3eY_wNQg

Lumbar Erector Massage



Sit on the floor, resting back on your arms and elbows. Use your arms to support your body. Keep your knees bent. Place a spikey ball under your lower back. This will cause your back to extend, which can be useful for preventing poor posture. Use the spikey ball to massage your lower back (erector spinae) muscles. Move the ball and down and side to side.

Video Demonstration : <http://youtu.be/rSVCTU5Tsvs>

Gluteal/Piriformis Massage



Sit down on the floor, and place a spikey ball under your right buttock. Straighten your right leg, while your left leg remains bent. Use your hands to support your body, and to control movement over the ball in a circular direction. You will feel the ball massaging deep into your gluteal (buttock) muscles.

Video Demonstration : <http://youtu.be/uxKkotf3oUU>

Quadriceps Massage



Lie face down, and place a spikey ball under the front of your thigh. Rest on your forearms. Roll the ball up and down your leg to massage your thigh (quadriceps) muscles.

Video Demonstration : <http://youtu.be/ybN7nZ5vzHw>

Calf Massage



Sit on the floor and place a spikey ball under your calf muscle at the back of your lower leg. Use your hands to support your body, and lift your foot from the floor. Roll the ball up and down the back of your leg to create a localised massage to the calf muscles.

Video Demonstration : <http://youtu.be/5N3LSQIAhmE>

Plantar Fascia Standing Massage

Stand and place a spikey ball under the sole of your foot. Roll the ball up and down your foot, between your heel and your toes. Do not massage the heel area, but keep to the softer plantar fascia on the sole of the foot.

Video Demonstration : http://youtu.be/PoEv_AOJ-s8



Please stop any exercise that causes pain.