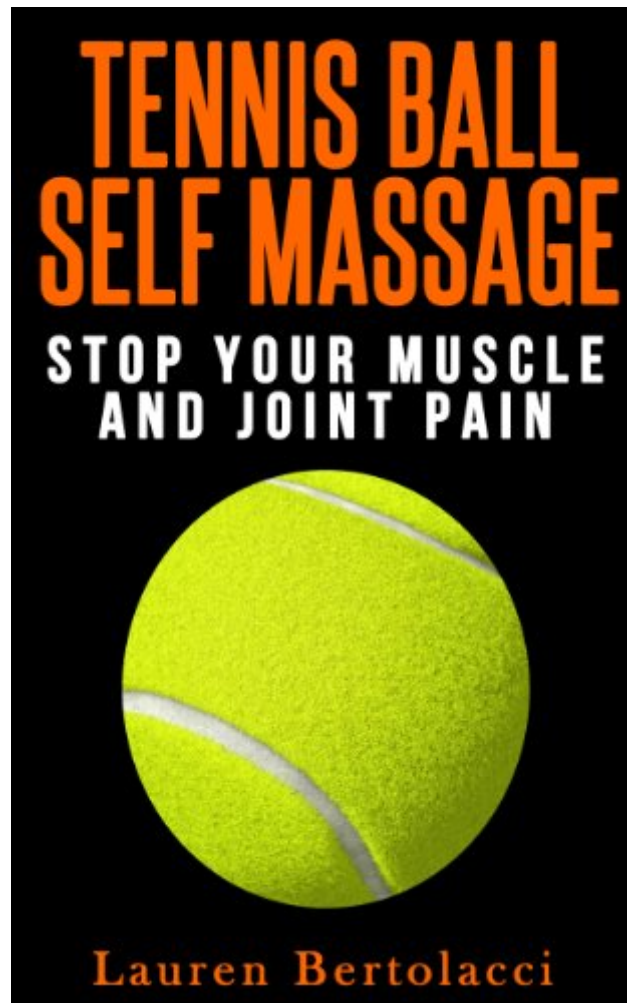


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# Tennis Ball Self Massage: Stop Your Muscle And Joint Pain



## Synopsis

Do you suffer from sore muscles and joints? Recurring injuries and chronic pain? Want to workout harder and reach your goals faster? Youâ™ve stretched until the cows came home but you really donâ™t feel any better. Youâ™ve deloaded, done your recovery session, even taken a hot bath. Oh how nice a massage would be right now. The problem is not all of us have the time or the money to invest in some good soft tissue work. Want a cheap yet extremely effective way to get rid of your aches and pains? This easy to understand guide will help you address all of those problems and more. Best of all, you don't even need to leave your house or buy any expensive tool. Just grab a tennis ball and get started. Being able to treat your own pain is a very valuable tool. It can save you a lot of money and mean less trips to the physiotherapist as well as ensuring that you are keeping your body in good condition. Trigger points and tight muscles are a common cause of muscle and joint pain. They can refer pain to other areas as well as causing problems at the site itself. Although they don't count for all the pain you might be suffering from, releasing them can certainly help get rid of a lot of the pain, if not clear up your problem entirely. Have you ever been to the doctor and he or she told you that theres nothing wrong, even after extensive scans? You might simply need some work on your muscles. Keeping the muscle tissue quality high will help reduce the amount of injuries you suffer from, improve your posture as well as help a lot of muscle and joint pain. In this book you can learn how to effectively get rid of shoulder pain, neck pain, upper and lower back pain, hip and glute pain and stiffness, leg and knee pain, calf pain, ankle stiffness, Achilles problems and much more. Actual excerpt from the book of how I discovered this great technique. "When I was playing in Germany, I had really bad shoulder pain. The kind that ran down to my fingers and made me unable to put my arms over my head. One night trying to get relief I grabbed my old Motorola and started laying on it, with it digging in under my shoulder. Slowly and excruciatingly I released the rotator cuff muscles and gave myself a pain free range of motion that I had only dreamed of before. Needless to say, I thought I was a genius and upgraded to a tennis ball pretty quickly."

## Book Information

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## Customer Reviews

I was experiencing pain, not debilitating pain, but nagging pain and a slight immobility to put on my slacks without holding on to something and when sitting, having to pull my leg up to put it my slacks. I've been going to the chiropractor to continue having my sacrum, si joint and hip joint put back place. I'm of the school where I look for answers. I'm not saying that I'll never go to a chiropractor again, but I'm saying I shouldn't have to go every month or so for rest of my life. So in doing my search, I ran across this book. I read the reviews and said, if I get any kind of relief from the methods in the book, it's worth its weight in gold. The book is a very, very, very quick read, straight forward and to the point. I immediately tried the method on my major psoas muscle and got immediate results (releases of the muscle), and could feel the area around the sacrum and down toward the pelvic begin to free up slight. If you're familiar with these areas, you will know that a slight release is a big deal. I could go on and on, because I have used this method on my iliopsoas, traps and will be working on my entire body. I have visited Lauren's website, joined her social communities and purchased her other book "The Ultimate Self Massage Guide". I've incorporated the foam roller and these things will be a part of my life forever. There is no doubt in my mind, that I will be able to make huge strands in my pain and mobility, not to mention the huge amount of money that I will save in chiropractic and massage therapist costs. This book is a gift of great health. Oh yeah, it's always good to hydrate, but I knew I really needed to hydrate once I saw how my body responded to the tennis ball and foam roller. A quite a few toxins released. I'm just speaking for myself, but if you try these simple techniques, I hope you get as much or more than I've gotten out of it. Two thumbs up!!!!

I'm a bodyworker who helps people learn how to heal their own bodies. I may help them (via massage methods) initially, but most people want to learn how to better take care of themselves. Self massage is essential for most anyone. Tennis balls (and lacrosse balls, racquetballs, golf balls, etc) are effective and inexpensive tools to help better release tight tissues. This little book shows you how to use them ( with a tennis ball, anyways). I will need to go through every exercise in this book myself before I can give the fullest endorsement to my clients, but I expect this will be on my "must have" list of books for those clients who want more out of their body. I can't believe the price! Yes it is short, but it gets right to the point and doesn't fill pages of fluff just to make a larger book. The images are excellent and will get you started in the right direction. The only suggestion I would make for the next edition is to add in some basic muscle anatomy. But those could be easily looked up via a Google image search. Bravo!

I'm a 56 year old woman with painful knees and was looking for a way to treat myself a little more at home. A therapist suggested I do tennis ball massage and I found this book when looking for more information. It's very easy to follow, covers you from head to toe and has helped a lot with my pain. It even has a section on specific problems which was particularly useful to me. Very worthwhile purchase!

This book is short , to the point, and worth 10 times more plus. Having been in constant pain for most of my life & severe pain for the past 5 years from sciatica nerve, I have now had a week of pain free sleep. Do I feel good?? Fantastic. I had a relapse yesterday, so back to the tennis ball, again pain went. Absolutely impressive. if it was \$20 , buy it . but at 99cents it is a must.

I've been using a tennis ball with my clients for years for easy self myofascial release and now it's nice to have a reference guide for them to see when I can't be there. It's a thorough guide to releasing most muscle tension and if you follow the guide and stay consistent with it, you can alleviate most aches and pains and even get mobility back where it's been lost. Best .99 I've ever spent.

Wish this were in paper form, not just electronic. The instructions are easy to understand and work great to relieve sore muscles all over the body. I even use a trigger ball for extra pressure. The author clearly understands anatomy and explains these pain relieving exercises in a way I have never seen. Great clarity.

I exercise regularly and work as a hair dresser. My body gets very tight muscles. I was going to buy a roller and book about how to use it but found this little ebook for 99 cents. I had a tennis ball laying around so I thought " why not check it out?" I am so glad I did!! may still get the roller and book ( not sure which, maybe Melt Method) but I did several of the tennis ball techniques and can really feel it released some tension in my muscles. It is worth 99 cents for sure!

Hey thank you very much...!! I'm a LMT and have been needing this book to show my client a little self help. And for my own personal use! Thanks again. Dora aka Bear Paws Massage Licensed Massage Therapist Arkansas

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