



4" Ball Self-Treatment 101

The 4" ball is a simple and inexpensive self-treatment tool. It is effective for lengthening the tissue and relieving pain, tightness, trigger points and muscle spasms. We have found that the 4" ball has great versatility and to be universally effective just about anywhere on the body. It can be re-inflated with air if firmer pressure is desired or deflated if less pressure is desired.

Over the years, all of our clients learn how to use the 4" ball with great success. So, we wanted to provide you with an instruction sheet to help you remember the steps to treating with success.

How to use the 4" ball:

- **Choose an area to treat** and place the ball under that area
 - Pick an area that is hot, hard or tender
 - If that isn't providing results then try treating the opposite side (Left or right, front or back)
- Roll slowly until you find an area that is tight or has some discomfort, then STOP and WAIT
- **MOST IMPORTANT STEP: Take time to soften** – start at your feet and work your way up the rest of your entire body
 - Imagine what is on top sinking towards the floor. For example, imagine the tops of your feet sinking toward the floor, then imagine your thighs sinking towards the floor, etc.
- As you start to soften you will feel your body start to melt around the ball.
- You may start to feel **changes in sensation** (pull, tender, pressure, tight, etc.), stop – you have found a restriction.
- **Use your breath.** When you are waiting at a restriction, bring your breath gently into the area.
- **Continue to soften.** You will start to notice the sensation eases or lessens. This is your body releasing, so allow it to continue to soften.
- **Length of time.** Continue to treat each area for a minimum of 90 seconds, but up to 3-5 minutes.
- **Slowly transition off the ball.** Once you feel you are done with the technique make sure to slowly roll or transition off of the ball.

Helpful Tips:

- When one area feels complete, slowly roll and seek out the next point of restriction, tenderness or tightness. You might work up and down an entire extremity, i.e. the outside of the thigh.

Other times you might move to another body part where sensation was referred or seems to be connected in some way.

- Try different positions. You can use the ball while lying down, sitting, or leaning against the wall.
- If you need more intensity – try modifying position, inflating the ball, or slowly moving your legs or arms until you find another restriction and then stop and wait.
- If you need less intensity – try modifying position, deflating the ball, or trying a different position. You don't need to treat the most tender/restricted area.
- STOP if anything doesn't feel right or you are not feeling results.
- Follow the above guidelines and you can never hurt yourself. If in question, ask your therapist to check the technique that you are using.