

## Trigger Point Massage Step by Step

1. Position yourself so the ball is between you and a hard surface (e.g. wall, floor).
2. Move up & down and side to side until you find a tender area.
3. Allow the ball to apply pressure on the tender area by relaxing your weight against the wall/floor.
4. Hold this position for 30 seconds or until the pain decreases.
5. Repeat in other symptomatic areas.

These steps may vary depending on the area affected, so book in to see one of the team at Physio4U if you're unsure.



**Forearm**



**Back**



**Calf**