

MYOBALLS™

USER MANUAL



**5-POINT PRESSURE WITH
FULL 360° MASSAGE**



**7-POINT PRESSURE WITH
FULL 360° MASSAGE**

THE WORLD'S BEST 360° SELF-THERAPY MASSAGE TOOL

Welcome! You are now the proud owner of MyoBalls and have made an excellent investment in your body's wellbeing.

How do you use MyoBalls?

Your first application may only be a minute or two but as your soft tissue becomes conditioned, the time you spend doing self-Myofascial release will increase. As with any exercise or bodywork session drinking plenty water both before and after a treatment is advised. Also, please use caution around any bony prominences and avoid applying direct pressure to these areas.

The abbreviated instructions:

First pin point your area of discomfort (pressure point). Take some deep cleansing breaths. When ready, slide your extremity through the center of the MyoBalls device. Slowly roll the foam pressure point balls over the skin until an area of discomfort is found. You may gently apply pressure with the palm of your hand to increase the application of pressure to an area. Continue to breathe deeply as this will help bring more oxygenated blood into circulation. Stay on an area between 30-90 seconds or until you feel the intensity has decreased. This decrease in intensity indicates a neuromuscular response; your brain is communicating with the pain receptors in the area of discomfort and informing the body to begin a releasing process. The connective tissue (fascia) is manipulated by the direct pressure, which allows the fascia fibers to reorganize in a functional, flexible pattern.

Now that you have an overview on how to use your MyoBalls, here are the detailed steps for treating areas in both the upper (arm) and lower (leg) extremities.

SHOULDER AND UPPER ARM

Insert your hand and wrist through the MyoBalls 7 opening and roll the balls to the top of your shoulder. Position the Balls to the front and back of the Acromion, the bony prominence at the top lateral portion of your shoulder. Use this area more for a location reference; do not apply direct pressure to the bony prominence. You should feel pressure but any sharp shooting pinch sensations indicate the need to move the position of your MyoBalls. Once your device is in the right place over your area of discomfort, you may gently apply compression. Press the palm of your hand onto one of the balls in a slow circular manner. Breathe! Typically after about 5-6 deep breaths (roughly 30-90 seconds) you should notice relaxing to the tissue and muscle. Move onto the next area by sliding the device about half an inch onto the Deltoids. Begin the process of locating the area of discomfort (or pressure point), applying slow compression, and breathing deeply. If needed, you may continue this sequence all the way down the upper arm, treating the biceps, triceps, and brachialis.



ELBOW

Insert your hand through the MyoBalls 5 or 7 opening depending on the size of your arm. Slide the device up to the top of your elbow. Move the MyoBalls over the Triceps tendon check for any tightness or restrictions. Continue the process of checking for a pressure point, apply pressure, breathe deeply 30-90 seconds. Once the upper portion has been released move just below the elbow. If you are experiencing Golfer's Elbow (medial epicondylitis), locate the area of tenderness on the medial (underside) of your forearm near the elbow. If you are experiencing Tennis Elbow (lateral epicondylitis), locate the area of tenderness on the lateral (top outside) of your elbow and forearm. Apply gentle gradual pressure to the area and breathe deeply. Once the discomfort has decreased intensity move down the forearm checking for more trigger points along the way.



FOREARM

Insert your hand through the MyoBalls opening. Slide the MyoBalls up the forearm to just below the elbow. On the top of the forearm, the thickest part of your arm closest to the elbow, you will most likely find trigger points in the brachioradialis muscle. Gently apply pressure to the tender area, breathe deeply 30-90 seconds. Once the trigger point's tenderness has decreased, move the MyoBalls down the forearm on your journey to the wrist. Check both the top and underside of the forearm. When a trigger point or area of tenderness is discovered, gently apply pressure, breathe deeply 30-90 seconds and release. You may need to make a few passes up and down the arm to make sure the tender areas have subsided.



What other product on the market can you use to tackle the quadriceps, IT band, hamstrings, and adductors all at the same time? With the MyoBalls 7 you can address all of these key muscle groups nearly in unison, saving time and decreasing pain.

UPPER THIGH - HAMSTRINGS, QUADS, IT BANDS, ADDUCTORS

Slide the MyoBalls 7 to the top of your leg, just below the groin. You will most likely find areas of discomfort on any side of leg depending on where you are applying pressure. If you are not feeling tender areas, then yeah! Driving, sitting for long periods of time, improper form while running, cycling, or repetitive motions all can aide in the formation of Trigger Points. The anterior side of thigh is the location of the quadriceps muscles, the lateral side is the Iliotibial Tract (IT Band), the posterior side of the thigh is the location of the hamstrings muscles, and the medial side of the thigh is the location of the adductor muscles. Use the MyoBalls 7 and gentle pressure from the palm of your hand pressing the different balls to determine areas of discomfort or potential trigger points. Once an area has been located, you may sit down or lay on the floor to apply a deeper direct pressure to the area. Breathe deeply for 30-90 seconds (roughly 5-8 slow breaths). When the area feels like the intensity has decreased, check all four areas of the thigh and repeat the process. If all four quadrants feel relatively clear, begin rolling the MyoBalls down the thigh towards your knee, repeating the process for each area.

LOWER LEG- CALF, TIBIALIS ANTERIOR, PERONIALS, SHINS

Slide the MyoBalls 5 or 7 (depending on the size of your lower leg) to just beneath the knee. The main accessible areas of the lower leg are the calf (posterior side of leg: gastrocnemius upper calf, soleus lower calf, and achilles tendon), shin (anterior side of leg: tibialis anterior, peronial muscles, and extensors). Similar to the pattern in the lower leg, use the palm of your hand pressing the different balls to locate areas of discomfort. Once an area has been located, you may lay on the floor to apply a deeper direct pressure to the area. Breathe deeply for 30-90 seconds (roughly 5-8 slow breaths). When the area feels like the intensity has decreased, check all areas of the lower leg and repeat the process.



FOOT

Slide your foot into the MyoBalls 5 or 7 (depending on the size of your foot). While seated, place your foot on the ground, so your foot is resting on a MyoBall and the MyoBall is making contact with the ground. Gently roll the ball and arch of your foot over the MyoBalls checking for tender areas. When an area has been detected, apply a little more pressure; breathe deeply for 30-90 seconds (5-8 slow breaths), and then release. Roll your foot until the heel is over the MyoBalls and repeat the pressure, breath, and release process. Gradually roll your foot around and check for other tender areas. This is a great way to treat your feet while working on the computer!



Thank you! Make sure to check out our website primekinetix.com for video instructions and treating other specific conditions. Hope you enjoy your MyoBalls and if you have any further questions please contact us at myoballs.com.