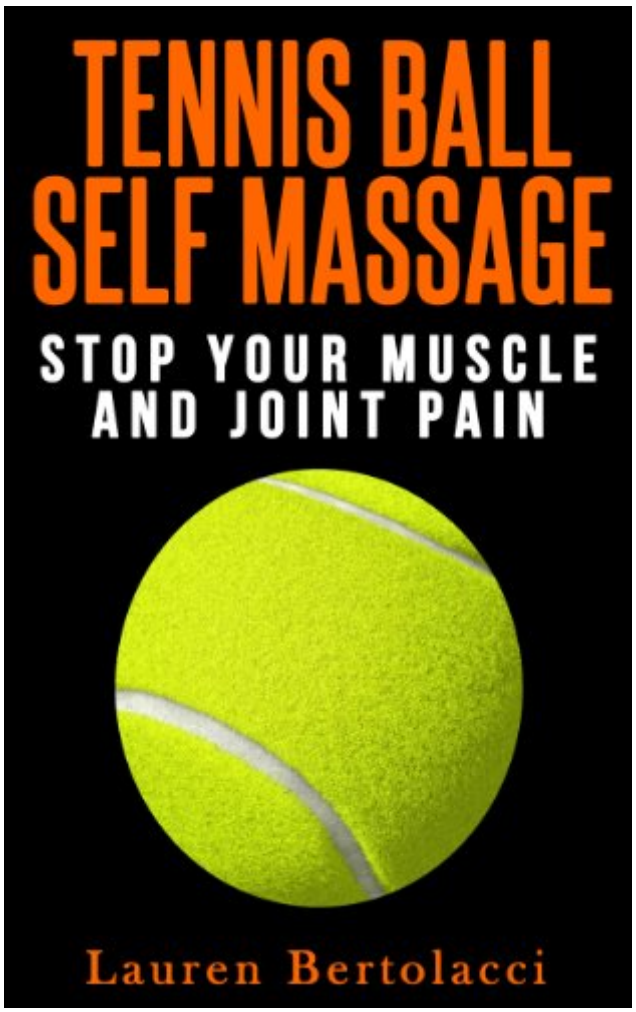
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Tennis Ball Self Massage: Stop Your Muscle And Joint Pain



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Synopsis

Do you suffer from sore muscles and joints? Recurring injuries and chronic pain? Want to workout harder and reach your goals faster? YouÃ¢â ¬â„¢ve stretched until the cows came home but you really donÃ¢â ¬â„¢t feel any better. YouÃ¢â ¬â„¢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

File Size: 2518 KB

Print Length: 28 pages

Publication Date: July 14, 2013

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00DY49WY4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #37,794 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 inÃ Â Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness & Dieting #6 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Massage #17 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

For years (due to a car accident), I have suffered from chronic shoulder pain. And I was searching for a book that would aid me in relieving pain NATURALLY. All of the chapters in this book look great and helpful. However, for me, I went right into the chapter on Trapezius and Levator Scapulae and this worked for me!In fact, I now have a tennis ball next to my laptop so when I type a lot, I can later do these exercises with the tennis ball to relieve my shoulder pain.Highly recommend this book!

This has been a super helpful resource as I continue to heal my body from the multiple back spasms I have incurred.3 stars because this has some very simple instructions, but i think for some postures there are inherent risks that are not discussed. For example, one pose is to basically lay on your belly, on top of a tennis ball on your lower abdomen/hip area. This is a delicate area and people should be aware what they are doing here!Be careful. Listen to your body over the words of another person!

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 sciatia 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’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 is a simple, applicable text to help you understand how to use a standard tennis ball to relieve common aches and pains associated with acute muscle and joint pain. I’ve been a fan of the author’s site for some time now and her advice has, though it is cliched, changed my life. Taking the time to learn and apply the information in the text has enabled me to work demanding jobs pain free, recover from workouts more quickly, and surprisingly it even helped me sleep more deeply because I no longer had tight painful muscles waking me up throughout the night. I’ve read information from other authors, I’ve tried other commonly recommended recovery methods like yoga and Pilates, but Lauren’s advice has been what has allowed me to make consistent progress where other authors and methods could not. Lauren gives you a basic understanding of the why and how so you can correctly apply it to help you feel immediate and lasting benefits, it’s well worth the investment.

I’m a massage therapist and yoga teacher, and have been running tennis ball massage workshops for my students. I downloaded 2 other tennis ball ebooks before coming across this one, this was by far the most useful as it has pictures, correct anatomical descriptions of the muscles and no fluff - straight to the point. I think my students will find it really useful to identify and practice techniques to use at home

Awesome lil book with so many useful massage options to get rid of your muscle knots and tightness, complete with pictures of the pretty and athletic girl behind the title, showing you the way to do the different techniques.If you have a tennis ball and some time, give this a try, you’ll be amazed at how much relief this lil book will lead to! Very good buy and for the price you can’t beat it.

Simple and to the point. Good illustrations as well. I would recommend to others if one is looking for simplicity and effectiveness.

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