

# KNOW YOUR LIMITS

## How to De-Stress Your Body

### Coach's Corner

Myofascial trigger points, commonly known as muscle knots, are sensitive points on your body that cause pain and irritation. It is not the same soreness as you get from after a regular workout. Myofascial trigger points are muscle fibres that are clenched together causing aching and stiffness. When the trigger point is pushed, it will be painful. Most trigger points occur on your back and neck.

#### Importance of releasing trigger points

- Releases tight muscles
- Helps with pain
- Helps with injury prevention
- Increases blood flow to help you recover faster
- De-stresses your body

#### What you can use to release trigger points:

- Foam roller
- Tennis ball
- Golf ball

#### General Guidelines:

- Roll on the roller or ball until you feel a trigger point.
- Apply pressure on the point for 10 to 100 seconds or apply small kneading strokes around the trigger points.
- Apply pressure on your muscle, not on your bones.

Try these out!

Area of Body	Instructions
Neck	On the floor, rest your neck on the foam roller or turn your head in one direction and lie on it (like you're lying on a pillow). Very little rolling is done here - rather the roller is placed under a sensitive spot.
Shoulder	Stand with your back against the wall with the ball in between. Press the ball into the wall and roll it along your shoulders.
Back	Place a tennis ball against the wall or foam roller horizontally on the floor and place your body on it. Hold it on any sensitive spots. Slowly move your body. Avoid rolling on your spine.
Feet	Sitting down or standing, take off your shoes and place a golf or tennis ball underneath your feet. Slowly roll your foot forward and backward.

Source: [www.painscience.com](http://www.painscience.com)