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Tennis Ball Self Massage: Stop Your Muscle and Joint Pain

Lauren Bertolacci

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Do you suffer from sore muscles and joints? Recurring injuries and chronic pain? Want to workout harder and reach your goals faster? You've stretched until the cows came home but you really don't feel any better. You'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."

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