

## DIY Massage

Massage is great for both stress and pain relief. While you probably can't beat a professional for fully getting the knots out of your muscles, you can definitely do smaller massages to relieve some tension! Here are two easy ideas for simple release.

You're best off doing massages after a workout, when your muscles are warmed up and loose. Avoid injury by starting off gently.

**Massage is not a replacement for stretching!** Think of it as just another technique in your toolkit to help you achieve maximum comfort in your quest for wellbeing and fitness.

### Use a Dowel

It's like a foam roller, but with way more intense pressure and often used as a prop in yoga for massaging the deeper muscle tissues. Using a dowel is essentially the same principle (see *Foam Rolling 101!*), but you can reach the smaller areas of your body too. You can also use the dowel to rub up and down your leg muscles for additional relief.



### Use a tennis ball

#### Forearm

If you've been lifting a lot, or typing all day, then you might want to give your arms a break by rolling the tennis ball under your forearm. Put it on a hard flat surface and gently press your forearm down, rolling up and down the length of your arm. Rotate to get the back and sides of your arm too!



#### Feet

Put the ball on the floor and standing on one foot, roll it under the arch of the other foot. Gradually put more pressure on it, rolling back and forth to find any tight spots. If you find an area that feels good, hold it for 30 secs to get a proper release! Hang onto a wall or a chair for balance.

**References:** The Best Tool for a Deeper Self-Massage. (n.d.). Retrieved February 21, 2016, from <http://www.shape.com/blogs/fit-list-jay-cardiello/best-tool-deeper-self-massage>

The Cleanest Line: My New Travel Companion. (n.d.). Retrieved February 21, 2016, from <http://www.thecleanestline.com/2014/06/my-new-travel-companion.html>

**Images:** <http://www.thecleanestline.com/2014/06/my-new-travel-companion.html>

<http://www.fithighs.com/foam-rolling/>

<http://myfiveminuteyoga.com/681/five-minute-yoga-challenge-roll-your-feet-on-a-tennis-ball-to-loosen-your-hamstrings/>