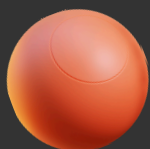


5 BEST SELF-MASSAGE TOOLS

FOR BACK PAIN

Targeting Trigger Points with Years of Fascia Expertise

LACROSSE BALL



It can address tight knots in your upper back, lower back, and shoulders after long hours of sitting or working. Research shows it's effective in **improving mobility** and **reducing discomfort** after stress at work.

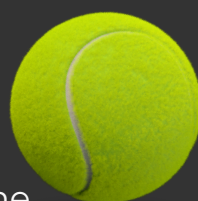
Cons:

- Can be too intense for beginners or sensitive spots like the chest or neck.
- Uncomfortable if used without proper technique.

Cons:

- Not firm enough for deep knots, especially in larger muscles like the back or hips. Can wear out quickly with frequent use.

TENNIS BALL



Best for softer areas like the chest, obliques, and mid-back when your posture slouches. It is **gentle and soft**, perfect for beginners or sensitive muscles. It is also **affordable** and **easy to find** at home.

PEANUT MASSAGE BALL

Best for releasing tension along the spine and mid-back after sitting or driving for long periods. The peanut shape cradles the spine and targets muscles around it, without putting pressure on bones. Research supports its use in **improving posture** and **reducing stiffness**.

Cons:

- Limited to back muscles, so it may feel incompatible or too big for smaller areas like your neck or shoulders.

Cons:

- Can lose its firmness with frequent use. May not be strong enough for deep muscle release in large muscle groups.

RUBBER BALL

It is slightly firm yet flexible, making it ideal for targeting small muscle groups like the chests and necks, offering moderate pressure for tension relief from activities sitting for hours. It's lightweight, portable, and effective!

WHAT'S BEST?

8 CM MFR BALL

It lets you customise the pressure on areas like the neck, chest, and abdomen, providing gentle relief that's perfect if you're sore or new to myofascial release. Research shows that MFR balls **boost blood flow**, **improve flexibility**, and **aid recovery**, all without causing discomfort.

Pros:

- Reach the deep tighter muscles
- Some are not nature-friendly!
- Can use it on different parts like your back, legs, neck, etc.



7 MINUTE DAILY POSTURE ROUTINE

1



2



3



4



5



HUMAN FREQUENCY