

# TRIGGER BALL TIPS

## QUADRATUS LUMBORUM



Bend knees - Trigger ball under lower back

## UPPER TRAPEZIUS



Trigger ball on Upper Trap - Press into wall

## RHOMBOID



Trigger ball on Rhomboid - Press into wall

## TFL



Lay on side - Trigger ball under TFL

## SMART TRIGGER BALL TIPS....

- Place required area on roller
- Ensure lower and mid back is straight
- Hands / elbows under shoulders
- Keep breathing
- Place adequate pressure on area
- Roll slowly and gently

- Repeat 2-5 times
- No pain should be felt
- Ongoing pain should always be assessed by a Physiotherapist

- Spend additional time on tight / sensitive areas
- Roll for 30-90 seconds per muscle
- Wait for discomfort to reduce then move to other areas

## RHOMBOID PROGRESSION



Arm across body - Trigger ball on Rhomboid

## GLUTEALS



Sit one gluteal on Trigger ball - Roll gluteals

## INFRASPINATIS



Support arm - Ball on outside edge of scapula

## CALF



Hands under shoulders - Roll calf



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## PECTORALS



Trigger ball on Pec - Press into surface.