



Tennis Ball Self-Massage: Effective Trigger Point Therapy to Relieve Your Muscle and Joint Pain

Angie Sage

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Effective Trigger Point Therapy to Relieve Your Muscle and Joint Pain! Do you ever have really stressful days that make you long for a good massage? Do you constantly wish to visit a spa but simply never have the time? Do you know someone who gives great massages but he/she is simply nowhere to be found on that crucial moment when you need it? There is a way for you to have your very own massage buddy without having to spend much money. Furthermore, this massage buddy can please you at any time and any place that you wish. If you are thinking that this is exactly what you need, maybe it's time that you consider doing a tennis ball self-massage! All you need is a tennis ball and you can massage all the aches away! Massage refers to the manual manipulation of body tissues. This involves applying pressure on the different parts of the body – stationary or moving – to enhance relaxation, health and well-being. It can be done manually or with the use of a massaging device. You see, there are different ways to apply pressure on your body. You can use your hands, your fingers, your elbows, your knees, your forearms, or even your feet. Some people use electric massaging devices, others use manual massaging devices, and some people like to get creative and grab random objects around them which they can use to apply pressure on their body. It can be a stick, a bottle, or a ball. There are endless possibilities! **Here Is A Preview Of What You'll Learn...**

- What is Tennis Ball Self-Massage?
- Trigger Point Therapy for Head and Neck
- Massage to Relieve Headache (Trapezius Muscle)
- Massaging the Neck (Levator Scapula)
- Trigger Point Therapy for Back, Shoulder and Arm
- Trigger Point Therapy for Forearm and Hand
- Trigger Point Therapy for Hip, Thigh and Knee
-and Much, much more!

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