

# Hands-Free Self Massage for Injury Prevention & Workout Recovery

with Rick Kaselj, MS

# My Story

## Rick Kaselj

- BSc – 1997
- MS – 2008 / RC
- Work – physical therapy clinic, studio, gym, rehab centre
- Courses – live, webinars, video presentations
- Writing – books, manuals
- Injury specialist
- Blog – [ExercisesForInjuries.com](http://ExercisesForInjuries.com)



**Rick Hiking 4300 km / 5 months  
from Mexico to Canada**

# Objectives



## ❖ Part 1:

What is Self Massage?

## ❖ Part 2:

Do's and Don't's for Self Massage?

## ❖ Part 3:

Self Massage Exercises

**Full Presentation Handout will  
be Available September 9 at:**

**<http://ExercisesForInjuries.com/BCRPA13>**

# What is Hands Free Self Massage?



Brushing =  
Dentist

Self Massage =  
Massage

# What are the Benefits of Hands Free Self Massage?



- Decrease tension
- Improve circulation
- Waste removal
- Increasing range of motion
- Improving movement
- Decreasing stress
- Decreasing tension in the muscle

# Who Should Be Doing Hands Free Self Massage?

- Everyone



# Who Should NOT Be Doing Hands Free Self Massage?

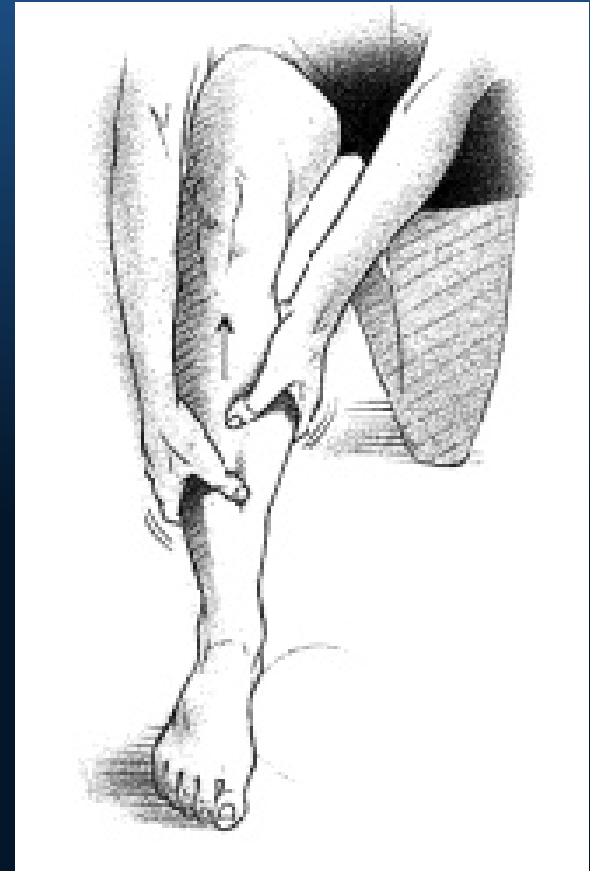
- Those that do not have medical approval to start exercising
- Pressure on varicose veins
- Positional blood pressure issues
- Osteoporosis
- Unstable joint - be cautious





# Who Should NOT Be Doing Hands Free Self Massage?

- Open wounds
- Infected areas
- Herniated or bulging discs
- Anywhere there are clots
- If you are pregnant do not apply pressure to your legs



# Tools of the Trade for Hands Free Self Massage



- Foam Roller
- Medicine Ball



- Softball
- Tennis Ball



# Tools of the Trade for Hands Free Self Massage



- Lacrosse Ball
- Trigger Point Tool



- TheraCane
- Your Hands



# Key #1 for Hands Free Self Massage

## Be In the Moment



# Key #2 for Hands Free Self Massage

## Hydration



# Key #3 for Hands Free Self Massage

## Breathing

# Different Techniques



- ***Rolling or Rubbing*** - over full muscle
- ***Holding*** - on a sensitive point
- ***Hold with Movement*** - on sensitive point and active ROM
- ***Rocking*** - moving over a sensitive point

# Self Massage Exercises for..

1. Foot
2. Calf
3. Knee
4. Hip
5. Back
6. Shoulder
7. Neck
8. Hand

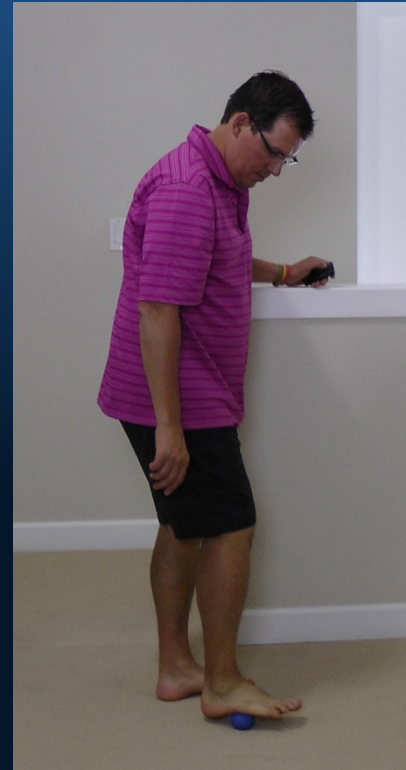




# Test to Try - Toe Touching



# Self Massage of the Foot



# Self Massage of the Foot

## Rolling on the foot:

- Heel to 5 pads of the toes
- Along the pads of the foot
- Base of the heel

# How Hard to Press?

On a scale of 1 to 10:

- Pressure to a 5, 6, 7 scale
- Then have it subside to a 4

# Self Massage of the Foot

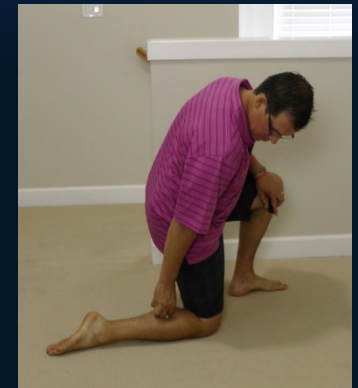
## Points of the foot:

- 5 pads of the toes
- Inside and outside of the arch
- Base of the heel

# Self Massage of the Calf

## Finger or Tool:

- Belly
- Outer calf



# Self Massage of the Calf

## Foam Roller & Ball

- Belly
- Outer calf



# Self Massage of the Shin

- Foam roller on shin
- Fingers into shin
- Ball on shin



# Re-Test - Toe Touching

- How does it feel?
- Has it changed your movement?
- Has how far you can reach changed?



# When to Stretch?

Afterwards

# Test to Try - Squatting

- Self massage one side only and compare how each side performs and feels



# Self Massage of the Hip



# Self Massage of the Hip



# Self Massage of the Hip

## Foam Roller:

- Quad, IT band, Hamstring, Adductor
- Gluteus Maximus, Gluteus Medius, Piriformis

Tool Progression: med ball, softball

# What to Focus In On Around the Hip?

## Zones of Convergence

- Where the muscles connect

# What If You Can't Get on the Floor?

## Wall with Med Ball:

- thigh, hip

## Sitting with Ball:

- seat, hamstring



# What If You Can't Get on the Floor?

## Rolling Pin in Sitting:

- thigh, shin

## Foam Roller on Wall:

- Low back, sides of the spine,

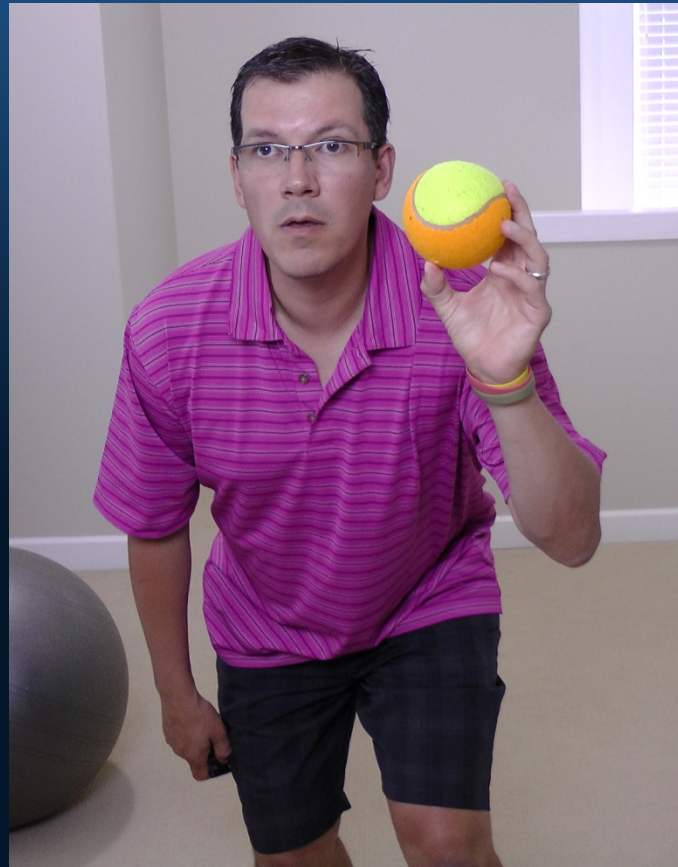
# Re-Test - Squatting

- How does it feel?
- Has it changed your movement?
- Has your depth change?

# Self Massage of the Back



# Self Massage of the Shoulder



# Self Massage of the Shoulder

## Ball on Wall:

- rhomboids, trapezius,  
supraspinatus, infraspinatus

# Self Massage of the Neck

## Foam Roller:

- Under neck

## Dual Tennis Balls:

- Segments of the spine

# Self Massage of the Hand



# Self Massage of the Hand

## Massage on the Hand:

- Top and back part of fingers
- Inside of the fingers



# Self Massage of the Hand

## Rolling on the Hand:

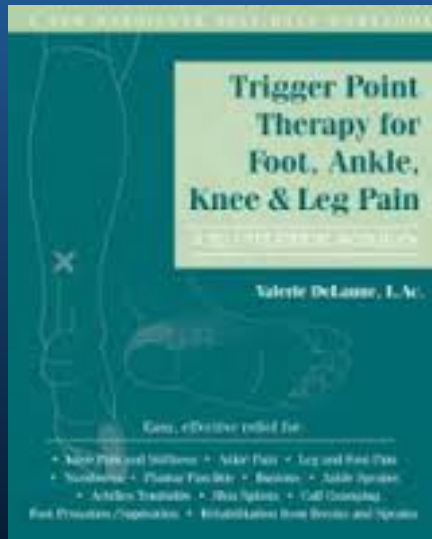
- Heel of the hand to the finger tips
- Along the pads of the heel of the hand

# Self Massage of the Hand

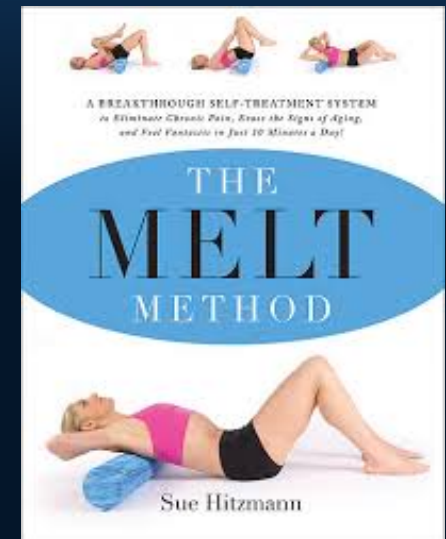
## Points of the foot:

- 4 pads of the hands
- 2 pad on the heels of the hand
- 2 points in the middle of the hand

# Resources

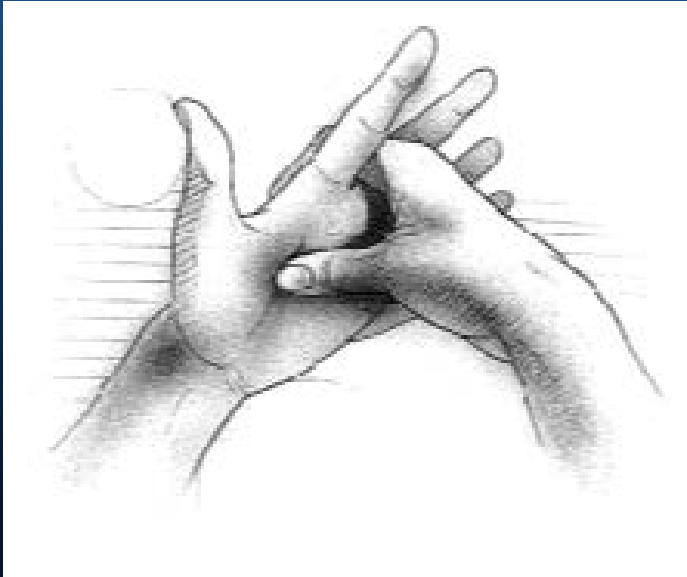


- **Trigger Point Therapy for Foot, Ankle, Knee & Leg Pain by Valerie DeLaune**



- **The MELT Method by Sue Hitzmann**

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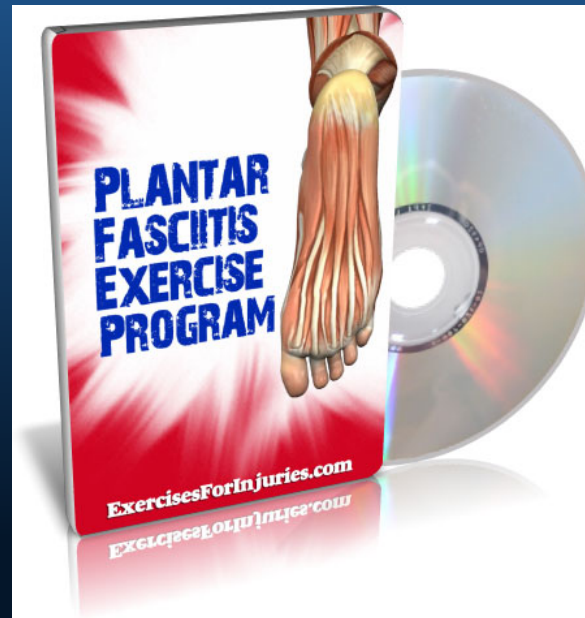
# More FREE Information on Exercise & Injuries

## \$299 Fitness Education

- Returning the Shoulder Back to Optimal Function Seminar
- Exercise Modification for the Sensitive Shoulder Seminar
- Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)

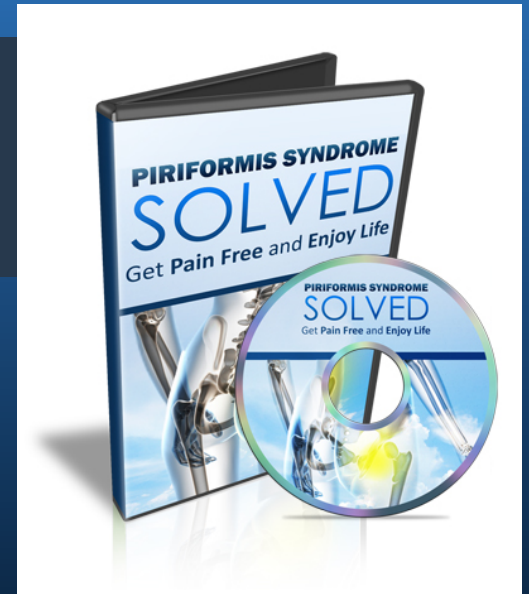
# Other Injuries

- Plantar Fasciitis
- Lumbar Fusion
- Achilles Tendinitis
- Jumper's Knee
- Tennis Elbow
- Recovery Workouts
- Ankle Sprain



# Other Injuries

- Iliotibial Band Syndrome (IT Band)
- Shin Splints
- Piriformis Syndrome
- Patellofemoral Pain Syndrome
- Meniscus Tear
- Sacroiliac Pain
- What to do When a Low Back Flare Up Hits



# Thank You

- Send me your questions!
- Visit [ExercisesForInjuries.com](http://ExercisesForInjuries.com) to get *\$299 in Fitness Education Gifts*
- Rick Kaselj
  - ✓ support@ExercisesForInjuries.com
  - ✓ www.ExercisesForInjuries.com