Workers' Comp

Specialty Solutions Spotlight: Massage Ball Therapy Tips

February 13, 2025
3 MIN READ
Author profile image

Kim Radcliffe, DHA, MHA, PT

Senior Vice President, Product Management

How can massage balls aid in recovering from workplace injuries?

Massage balls offer a simple, portable, and highly effective solution to ease stiffness, reduce tension, and support employees in regaining movement and confidence. Designed to target specific areas of discomfort, they soothe trigger points and boost circulation—promoting faster healing without the need for outside assistance.

Best Areas to Target With a Massage Ball

1. **Neck and Upper Back**

   Lie on your back and position the ball on either side of your spine. Gently roll it up and down to release tension. A great spot to focus on is the area between the shoulder blade and spine. Alternatively, while sitting, you can roll the ball over your upper trapezius muscle (traps) for quick relief.

2. **Forearm**

   Perfect for relieving tennis elbow. Sit at a table with your palm facing down and your arm resting flat. Use your other hand to roll the ball along your forearm, moving from the wrist to the elbow.

3. **Glutes**

   Stand with your back against a wall, placing the ball between your glutes and the surface. Lean into it and roll slowly back and forth. For deeper pressure, try sitting on the floor and rolling in the same manner.

4. **Hamstrings**

Sit on a firm chair and place the ball under your hamstring. Let your leg relax and dangle freely. Slowly roll the ball along the length of the hamstring, moving up and down as well as side to side to target all areas.

5. **Calves**

   Sit on the floor with one leg extended. Position the ball just above your Achilles tendon, keeping your ankle relaxed. Gently roll your leg over the ball, working your way toward the back of the knee. Shift the ball to the inner or outer calf to target different muscle groups.

6. **Plantar Fascia**

   Sit comfortably with the ball on the floor. Place your foot on top of it, aligning the ball with the arch of your foot. Slowly roll your foot back and forth, moving from the heel to the forefoot for a soothing massage.

Using a massage ball may seem simple, but applying the right techniques is key to maximizing benefits and reducing potential risks.

- **Start Slow:** Begin with light pressure, gradually increasing intensity based on comfort.
- **Breathe and Relax:** Slow, deep breaths will help calm muscles and maximize the massage's effectiveness.
- **Target Trigger Points:** Pause on specific tender areas for about 30 seconds and apply consistent pressure to relieve knots.
- **Avoid Bones:** Focus on muscles, steering clear of bones and joints to prevent discomfort or injury.
- **Listen to Your Body:** If you feel tingling or numbness, stop immediately and adjust the ball’s position.

Recommending simple tools like massage balls can significantly accelerate recovery for injured employees while boosting their overall well-being. Self-massage not only relieves pain but also enhances mobility and helps prevent future discomfort, making it an effective and practical addition to any recovery plan.

This information is meant to serve as a general overview, and any specific questions should be fully reviewed with a health care professional or specialty service provider.

To make a referral for physical medicine, durable medical equipment and other services, call us today at 877.203.9899 or send an email to referrals@apricusinc.com.

©2022 Enlyte Group, LLC.