

Lacrosse Ball : Upper Body

Extensors Forearm

- Position ball between your forearm and a solid surface with the palm up
- Roll the ball slowly on your forearm, focusing on tender spots
- Spend no more than 1 minute per region
- Work over each tender spot for no more than 10-20 seconds then proceed to a new tender area



Flexors Forearm

- Position ball between your forearm and a solid surface with the palm down
- Roll the ball slowly on your forearm, focusing on tender spots
- Spend no more than 1 minute per region
- Work over each tender spot for no more than 10-20 seconds then proceed to a new tender area



Levator Scap On Wall

- Stand with back to wall
- Position lacrosse ball between the wall and superior angle of the shoulder blade
- Apply pressure and roll throughout the area, focusing on tender spots
- Spend no more than 1 minute per region
- Work over each tender spot for no more than 10-20 seconds then proceed to a new tender area



Discontinue and notify your Airrosti Provider immediately if you experience symptoms such as numbness, tingling or radiating pain

Lacrosse Ball : Upper Body

Pec On Wall

- Stand facing the wall
- Position lacrosse ball between the wall and the pectoralis muscle
- Apply pressure and roll throughout the pec musculature, targeting tender areas
- Avoid all bony structures
- Spend no more than 1 minute per region
- Work over each tender spot for no more than 10-20 seconds then proceed to a new tender area



Rhomboids On Wall

- Stand up and place the ball between your back and the wall
- The lacrosse ball should be between your shoulder blades
- Roll over the ball to scan the area for tender spots
- Spend no more than 1 minute per region
- Work over each tender spot for no more than 10-20 seconds then proceed to a new tender area



Discontinue and notify your Airrosti Provider immediately if you experience symptoms such as numbness, tingling or radiating pain

REMEMBER: Upper body pain doesn't occur overnight, and it won't go away in just a few days. However, if you are consistent with these exercises, you should start to notice improvement in your symptoms and overall functionality. If your condition worsens, or if any of these positions or exercises cause pain, consult with your physician.