

Trigger Point Therapy

Trigger point therapy focuses on releasing trigger points, which are small, tight knots that develop in muscles that may even cause pain in other areas of the body. Trigger points (knots) also reduce the performance of muscles and can restrict ranges of movement. Therefore, athletes should perform trigger point therapy or release work daily / every second day to maintain a higher level of performance in training. [Click here to watch a short educational video on trigger points.](#)

How to Roller - Use a roller or hard ball like in the photos. Apply as much pressure as you can handle. Pause for 5-10 seconds on any sore spots / knots. When pausing on some spots, you can move to help activate the muscle and encourage the knots / trigger points to release. You will become better with practice.



Feet – 30 seconds each foot. Pause on sore spots and wiggle toes to help release.



Calfs-10 rolls each leg changing the angles & pausing on any sore spots.



Hamstrings – 10 rolls each leg. Try to change the angle to hit all areas of the muscle.



Quads – 10 rolls.
Do each of your legs seperaetly so you can change the angle and apply more pressure.



Glutes – 30 seconds each side.
Roll slowly and pause on sore spots. Focus more on the outside of the glutes as this will be tighter.



ITB – This stretches up the side of the leg between you knee and pelvis. **DO NOT** rolloer over your knee or pelvis. These sides only require **3-5 rolls** each side to release. You do not need to spend a lot of time on this part.



Place ball above between your shoulder blade and spine (softy part). Lift your arm(same side as the ball) up over your head and touch the floor. Then return it to the start which will move the muscles and massage over the stationary ball. **10 reps each arm.**



BACK 10 Rolls.
There are two options here. You can either maintain a good streamline hold or fold your arms (like giving yourself a hug). Feel free to mix the two options to see what feels best.