

READY SET WORKRIGHT

THE TOOLS OF SELF MASSAGE

Self massage can be a great way to do some self care and massage out tight areas or sore joints. There are many ways to do this with lots of tools! Here are a few of our favorites:

Foam Roller: These are found in a variety of sizes and textures and is used to roll up and down areas of your body for self massage and mobilization. Check out some recommendations on our [Ready, Set, Work RIGHT You Tube playlist](#).

Massage Ball or Lacrosse Ball: A ball can be used for both rolling through areas and as a trigger point release. The firmer the ball, the more intense the massage or pressure will be. Learn more [here](#).

Gua Sha Tools: These are self massage tools that can be used for soft tissue mobilization and scraping.

Percussion Massage Gun: The new favorite of massage enthusiasts everywhere. This device uses percussion to massage out an area with variations in surface and speed.

MASSAGE RULES

Use this general rule of thumb: if painful, move to a different area. While massage is safe, there are a few things to be cautious of:

- Do not roll over or press into the eyes or carotid artery
- Do not massage over open wounds.
- Do not massage if you have a fever or infection.
- Use caution with acute injuries.
- Avoid massage over bony protuberances.

