

**MUSCLECARE Active Body Ball - TREATMENT PROTOCOL**

Symptom	Youtube Link	Tool	Location	Duration	Protocol
<b>Plantar fasciitis</b>	<a href="https://www.youtube.com/watch?v=a-QYjdtEhTE">https://www.youtube.com/watch?v=a-QYjdtEhTE</a>	Active Body Ball			Freeze the Ball, place the ball in a freezer for at least an hour
		Active Body Ball	Plantar Fascia	5 min on each foot	Standing while holding on to a wall: Roll the bottom of your feet, in front of your heel, along your arch, along the outside of your foot, just behind the ball of your foot.
		Active Body Ball	Calves	2 min on each calf	Sitting with your legs outstretched: roll one calf at a time
		Passive Stretch	Hamstring stretch	2 min per foot	Standing with one foot up the wall: stretch your plantar fascia and calf on the wall
<b>Calf tightness</b>	<a href="https://www.youtube.com/watch?v=ch8ESXfBS-Dk">https://www.youtube.com/watch?v=ch8ESXfBS-Dk</a>	Active Body Ball	Plantar Fascia	1 min on each foot	Standing while holding on to a wall: Roll the bottom of your feet in front of your heel, along your arch, along the outside of your foot, just behind the bottom of your feet.
		Active Body Ball	Calves	5 min on each calf	Sitting with your legs outstretched: Roll one calf at a time: just above your Achilles tendon, mid calf, below your knee on both the inside one outside of your calf
		Active Body Ball	Hamstring	1 min on each hamstring	Sitting on a hard surface: place the ball on the back of your thigh, just above your knee, gently straighten out your knee repeatedly
		Passive Stretch	Calf Stretch	3 min on each calf	Standing with one foot up the wall: stretch your plantar fascia and calf on the wall
<b>Achilles Tendon Pain</b>	<a href="https://www.youtube.com/watch?v=XKN8jE91Ayg">https://www.youtube.com/watch?v=XKN8jE91Ayg</a>	Active Body Ball	Plantar Fascia	1 min on each foot	Standing while holding on to a wall: Roll the bottom of your feet in front of your heel, along your arch, along the outside of your foot, just behind the bottom of your feet.
		Active Body Ball	Calves	5 min on each calf	Sitting with your legs outstretched: Roll one calf at a time: just above your Achilles tendon, mid calf, below your knee on both the inside one outside of your calf
		Active Body Ball	Hamstring	1 min on each hamstring	Sitting on a hard surface: place the ball on the back of your thigh, just above your knee, gently straighten out your knee repeatedly
		Passive Stretch	Calf Stretch	3 min on each calf	Standing with one foot up the wall: stretch your plantar fascia and calf on the wall
<b>Hamstring Tightness</b>	<a href="https://www.youtube.com/watch?v=EY9gkwr12B4">https://www.youtube.com/watch?v=EY9gkwr12B4</a>	Active Body Ball	Plantar Fascia	1 min on each foot	Standing while holding on to a wall: Roll the bottom of your feet in front of your heel, along your arch, along the outside of your foot, just behind the bottom of your feet.
		Active Body Ball	Calves	1 min on each calf	Sitting with your legs outstretched: Roll one calf at a time: just above your Achilles tendon, mid calf, below your knee on both the inside one outside of your calf
		Active Body Ball	Hamstring	5 min on each hamstring	Sitting on a hard surface: place the ball on the back of your thigh, just above your knee, gently straighten out your knee repeatedly
		Active Body Ball	Hip Flexors	1 min on each side	Hip flexors, just below your hip bones on the front of your pelvis
		Passive Stretch	Hamstring Stretch	2 min	Hamstring stretch with laying on your back with your feet up the wall
		Passive Stretch	Hip Flexor stretch	2 min on each side	Standing fencers lunge stretch
<b>Knee pain</b>	<a href="https://www.youtube.com/watch?v=er5QH-Lba3U">https://www.youtube.com/watch?v=er5QH-Lba3U</a>	Active Body Ball	Quadriceps	4 min on each leg	Lying on your stomach: place the ball on the front of your thigh, Center of your leg and outside of your leg. Gently roll around and bend your knee repeatedly
		Active Body Ball	Hamstring	4 min on each hamstring	Sitting on a hard surface: place the ball on the back of your thigh, just above your knee, gently straighten out your knee repeatedly
		Active Body Ball	Hip flexors	1 min on each side	Lying on your stomach: place the balls on your hip flexors, just below your hip bones on the front of your pelvis. Gently roll around in a figure 8 pattern

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		Active Body Ball	Gluteus / lateral hip	2 min on each side	Lying on the ground on your side: place the Ball on the outside of hip (below the hip bones, massage around the hip bone) work around the hip bone. Repeat on the other side
		Passive Stretch	Quadriceps stretch	3 min on each leg	Side lying quadriceps stretch
		Passive Stretch	Hip Flexor stretch	2 min on each leg	Standing Fencers lunge stretch
		Passive Stretch	Quadriceps Stretch	2 min on each leg	Side lying quadriceps stretch
<b>Hip pain (outside of hip)</b>	<a href="https://www.youtube.com/watch?v=-YT4nOT3zg0">https://www.youtube.com/watch?v=-YT4nOT3zg0</a>	Active Body Ball	Gluteus / lateral hip	2 min on each side	Lying on the ground on your side: place the Ball on the outside of hip (below the hip bones, massage around the hip bone) work around the hip bone. Repeat on the other side
		Active Body Ball	Hip Flexors	1 min on each side	Lying on your stomach: place the balls on your hip flexors, just below your hip bones on the front of your pelvis. Gently roll around in a figure 8 pattern
		Active Body Ball	Gluteus / Piriformis	2 min on each side	Sitting on a firm surface, place the Ball under your right hip, cross your right ankle over your left knee, gently roll your piriformis in a circular pattern. Repeat on the other side
		Passive Stretch	Gluteals stretch	3 min on each leg	Figure four stretch: lying on your back with your knees bent at 90 degrees and feet flat on the floor, cross one ankle over the opposite knee
		Passive Stretch Passive Stretch	Hip Flexor stretch Quadriceps Stretch	2 min on each leg 2 min on each leg	Standing Fencers lunge stretch Side lying quadriceps stretch
<b>Hip pain (back of hip)</b>	<a href="https://www.youtube.com/watch?v=vtbxfvndLgg">https://www.youtube.com/watch?v=vtbxfvndLgg</a>	Active Body Ball	Gluteus / lateral hip	2 min on each side	Lying on the ground on your side: place the Ball on the outside of hip (below the hip bones, massage around the hip bone) work around the hip bone. Repeat on the other side
		Active Body Ball	Hip Flexors	1 min on each side	Lying on your stomach: place the balls on your hip flexors, just below your hip bones on the front of your pelvis. Gently roll around in a figure 8 pattern
		Active Body Ball	Gluteus / Piriformis	2 min on each side	Sitting on a firm surface, place the Ball under your right hip, cross your right ankle over your left knee, gently roll your piriformis in a circular pattern. Repeat on the other side
		Passive Stretch	Gluteals stretch	3 min on each leg	Figure four stretch: lying on your back with your knees bent at 90 degrees and feet flat on the floor, cross one ankle over the opposite knee
		Passive Stretch Passive Stretch	Hip Flexor stretch Quadriceps Stretch	2 min on each leg 2 min on each leg	Standing Fencers lunge stretch Side lying quadriceps stretch
<b>Tight hips</b>	<a href="https://www.youtube.com/watch?v=tP8L8i9iHh0">https://www.youtube.com/watch?v=tP8L8i9iHh0</a>	Active Body Ball	Gluteus / lateral hip	2 min on each side	Lying on the ground on your side: place the Ball on the outside of hip (below the hip bones, massage around the hip bone) work around the hip bone. Repeat on the other side
		Active Body Ball	Hip Flexors	1 min on each side	Lying on your stomach: place the balls on your hip flexors, just below your hip bones on the front of your pelvis. Gently roll around in a figure 8 pattern
		Active Body Ball	Gluteus / Piriformis	2 min on each side	Sitting on a firm surface, place the Ball under your right hip, cross your right ankle over your left knee, gently roll your piriformis in a circular pattern. Repeat on the other side
		Passive Stretch	Gluteals stretch	3 min on each leg	Figure four stretch: lying on your back with your knees bent at 90 degrees and feet flat on the floor, cross one ankle over the opposite knee
		Passive Stretch Passive Stretch	Hip Flexor stretch Quadriceps Stretch	2 min on each leg 2 min on each leg	Standing Fencers lunge stretch Side lying quadriceps stretch
<b>Low Back tightness</b>	<a href="https://www.youtube.com/watch?v=8gqtAq1H8QE">https://www.youtube.com/watch?v=8gqtAq1H8QE</a>	Active Body Ball	Lower back	1 min on each side	Lower back (not on the spine) lying on the floor with the Left knee pulled in to your chest: place a ball your lower lower back (repeat on the other side)

Symptom	Youtube Link	Tool	Location	Duration	Protocol
		Active Body Ball	Mid back	2 min on each side	Mid back (not on your spine) lying on the floor: place a ball on either side of your spine and gently roll in a figure eight patter within pain tolerance. Gradually move the ball from the bottom of the ribs to the top of the ribs.
		Active Body Ball	Gluteus / piriformis	2 min on each side	Sitting on a firm surface, place the Ball under your right hip, cross your right ankle over your left knee, gently roll your piriformis in a circular pattern. Repeat on the other side
		Active Body Ball	Gluteus / lateral hip	2 min on each side	Lying on the ground on your side: place the Ball on the outside of hip (below the hip bones, massage around the hip bone) work around the hip bone. Repeat on the other side
		Active Body Ball	Hip flexors	1 min on each side	Lying on your stomach: place the balls on your hip flexors, just below your hip bones on the front of your pelvis. Gently roll around in a figure 8 pattern
		Passive Stretch	Gluteal stretch	3 min on each leg	Figure four stretch: lying on your back with your knees bent at 90 degrees and feet flat on the floor, cross one ankle over the opposite knee
		Passive Stretch	Hip flexors stretch	2 min on each leg	Standing Fencers lunge stretch
<b>Sciatica</b>	<a href="https://www.youtube.com/watch?v=wI07r_-10K4">https://www.youtube.com/watch?v=wI07r_-10K4</a>	Active Body Ball	Lower Back	1 min on each side	Lower back (not on the spine) lying on the floor with the Left knee pulled in to your chest: place a ball your lower lower back (repeat on the other side)
		Active Body Ball	Mid back	2 min on each side	Mid back (not on your spine) lying on the floor: place a ball on either side of your spine and gently roll in a figure eight patter within pain tollerance. Gradually move the ball from the bottom of the ribs to the top of the ribs.
		Active Body Ball	Gluteals / Piriformis	2 min on each side	Sitting on a firm surface, place the Ball under your right hip, cross your right ankle over your left knee, gently roll your piriformis in a circular pattern. Repeat on the other side
		Active Bodu Ball	Gluteals / lateral hip	2 min on each side	Lying on the ground on your side: place the Ball on the outside of hip (below the hip bones, massage around the hip bone) work around the hip bone. Repeat on the other side
		Active Body Ball	Hip Flexors	1 min on each side	Lying on your stomach: place the balls on your hip flexors, just below your hip bones on the front of your pelvis. Gently roll around in a figure 8 pattern
		Pasive Stretch	Gluteal stretch	3 min on each leg	Figure four stretch: lying on your back with your knees bent at 90 degrees and feet flat on the floor, cross one ankle over the opposite knee
		Pasive Stretch	Hip flexor stretch	2 min on each leg	Standing Fencers lunge stretch
		Passive Stretch	Quadriceps Stretch	2 min on each leg	Side lying quadriceps stretch
		Passive Stretch	Hamstrings	2 min on each leg	Lying on your back with one leg up a wall
<b>Shoulder Stiff / Pain</b>	<a href="https://www.youtube.com/watch?v=d8NLoXS-g9I">https://www.youtube.com/watch?v=d8NLoXS-g9I</a>	Active Body Ball	Rotator cuff (back of shoulder)	1 min on each side	Standing sideways to the wall, place your hand closer to the wall on your opposite shoulder, place the ball on the back of your shoulder and gently roll around
		Active Body Ball	Upper trapezius	1 min on each side	Standing in a door frame, place the ball on the trapizeus muscle between your neck and shoulder
		Active Body Ball	Pectorals	1 min on each side	Standing facing a wall, place the Ball just under your colar bone, outstretch your arm, placing your palm on the wall. Gently turn your body away from the wall, feeling a gletle stretch. Then do small circles on the ball
		Passive stretch	Back of shoulder stretch	1 min on each side	Standing on a door frame, with one arm reach across the front of your body holding on to the door frame, gently lean away from the door frame feeling a stretch on the back of your shoulder
		Passive stretch	Pectorals stretch	1 min on each side	Standing facing a wall, outstretch your arm, placing your palm on the wall. Gently turn your body away from the wall. Repeat on the other side

Symptom	Youtube Link	Tool	Location	Duration	Protocol
		Passive Stretch	Lateral neck	1 min on each side	Bring your right ear to your right shoulder. Repeat on the other side
<b>Frozen shoulder</b>	<a href="https://www.youtube.com/watch?v=DOFSa6LMd10">https://www.youtube.com/watch?v=DOFSa6LMd10</a>	Active Body Ball	Rotator cuff (back of shoulder)	1 min on each side	Standing sideways to the wall, place your hand closer to the wall on your opposite shoulder, place the ball on the back of your shoulder and gently roll around
		Active Body Ball	Upper trapezius	1 min on each side	Standing in a door frame, place the ball on the trapezius muscle between your neck and shoulder
		Active Body Ball	Pectorals	1 min on each side	Standing facing a wall, place the Ball just under your collar bone, outstretch your arm, placing your palm on the wall. Gently turn your body away from the wall, feeling a gentle stretch. Then do small circles on the ball
		Passive stretch	Back of shoulder stretch	1 min on each side	Standing on a door frame, with one arm reach across the front of your body holding on to the door frame, gently lean away from the door frame feeling a stretch on the back of your shoulder
		Passive stretch	Pectorals stretch	1 min on each side	Standing facing a wall, outstretch your arm, placing your palm on the wall. Gently turn your body away from the wall. Repeat on the other side
		Passive Stretch	Lateral neck	1 min on each side	Bring your right ear to your right shoulder. Repeat on the other side
<b>Fibromyalgia</b>		Please refer to a Chiropractor, Registered Massage Therapist or Physiotherapist to determine the best use of the Active Body Ball for your needs			
<b>Neck stiffness</b>	<a href="https://www.youtube.com/watch?v=aUctQgST7ws">https://www.youtube.com/watch?v=aUctQgST7ws</a>				

**Terminology notes:** "The Ball" refers to MuscleCare Active Body Ball

**Disclaimer:**

The Active Body Ball is a tool used to release soft tissue. The recommended protocols are what we have found to be the most effective way to treat the specific pain or injury. Please refer to your local Chiropractor, Registered Massage Therapist, or Physiotherapist to ensure that you are using the Active Body Ball correctly and in the best possible way for your specific pain or injury.

The Active Body Ball by Musclicare is an innovation in the body ball category. The Active Body Ball was developed by a Registered Massage Therapist (RMT), is manufactured in Canada. The innovation of The Active Body Ball, with combination of soft tips of the spikes and natural rubber, allow for ideal pressure and the ability to heat or freeze to maximize therapeutic benefits. It is another "tool" for your health care tool belt and works extremely well when combined with Musclicare topical analgesic, anti-inflammatory and muscle relaxation roll on or cream.