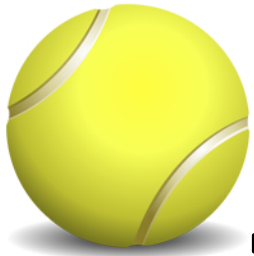




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During this time of social distancing and the closure of non-essential businesses, you can't just go see a massage therapist for your aches and pains. Here are some tips on using common household items to ease muscle soreness during these stressful times.

ROLLING PIN: This works amazingly well on a variety of body parts. You can have someone else roll it up and down your back (slowly), or you can use it on your quads, hamstrings, or calves on your own. In order to hit the back of your leg, lay on your back with your leg up in the air. Put the rolling pin behind your leg and grip with both hands. The calf may be harder if you have limited flexibility. Again, a partner can also do this for you if you lay face down.



TENNIS BALL: This is great for isolated, smaller trouble spots. You can sit on it under your glute for sciatic pain. You can pin the ball between yourself and the wall or floor, then maneuver your body to guide the ball where you'd like it to go. You can also use it on your feet by placing it on the ground and rolling your foot over it while in a seated position. These could work with a lacrosse ball or sometimes a golf ball also, depending on the part of the body.

DISH TOWEL: This is a great tool for stretching the neck. Grip the towel at both ends, then place the center of the towel behind your neck. Tilt your head backwards and pull upward and forward on the towel. This will give you a nice stretch. Feel free to move your head side to side slowly to hit different muscles.



LONG SOCK AND TWO TENNIS BALLS: Put one tennis ball in the sock and knot it. Put the second one in and knot the sock again to keep it from moving. This little tool can help you to relax your back and neck simply by laying on it. The harder the surface you lay on, the more pressure you will get out of this tool..

ICE/HEAT: If you are experiencing spasms, ice PLUS heat are your best friends. Ice reduces the inflammation and heat relaxes the muscles. They go together like PB&J! You should alternate them while watching your favorite show, 10-15 minutes of each.



I hope you find these tips helpful! Stay safe and healthy!