



# bodyworks

SPORTS PHYSIOTHERAPY

*working to keep you moving*

## **Muscle Release Techniques for**

### **Low Back Pain and Hip Pain**

The movement of the lower back is very closely correlated to the upper back, pelvis and hips.

When the deep muscles of the hip are tight and contracted when at rest, the normal curvature of the spine can be changed and there can be an increase in load on the lower back. Hip muscles can become tight over time due to periods of prolonged sitting. As a result, low back pain can occur secondary to tight hip muscles.

Trigger point release and myofascial massage can be used as an aid to relax the hip muscles and lower back. This hip release program can be done at home using a ball and a foam roller. Stretching can be more effective after releasing the tight spots in the muscle. It should be noted that prolonged stretching should not be done prior to athletic activity.



## **Ball Soft Tissue Release Exercises**

A tennis ball or a squash ball can be used for trigger point release. Or you can purchase a ball specific for release work. Soft tissue release work involves putting pressure on “knots” , also called trigger points, in muscles for an extended period in time in order to release the tension in the muscle. These releases should not be painful.

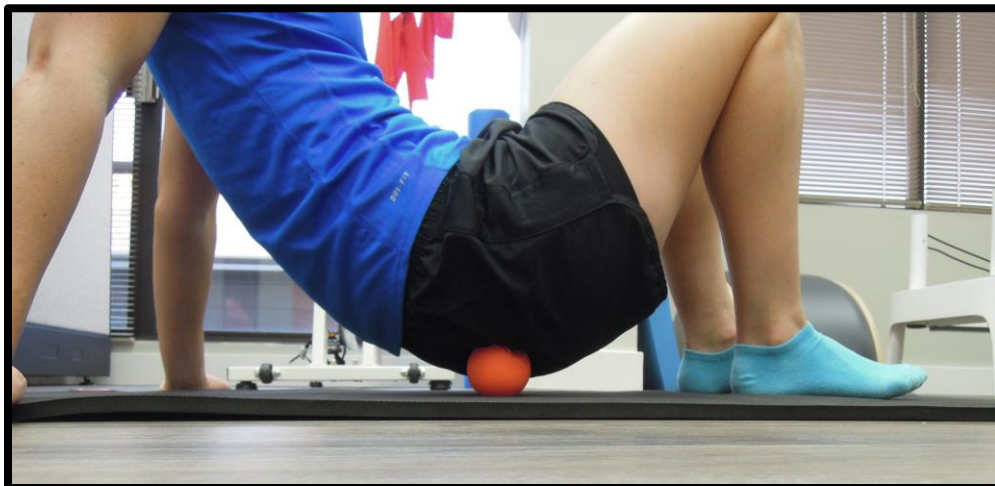
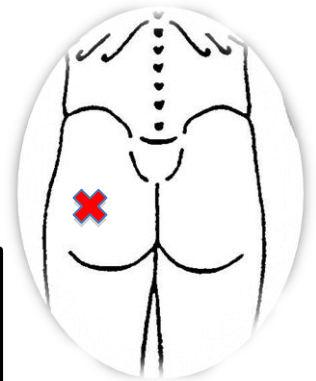
### **Tips:**

- Shift your weight around on the ball to find the tightest point in the muscle
- There isn't a set length of time for each release; just wait until you feel the muscle start to relax, and feel yourself sink into the ball.
- The majority of your body weight should be in your hands and feet to start
- As the muscle releases, more pressure can be placed through the ball.

### **1. Piriformis**

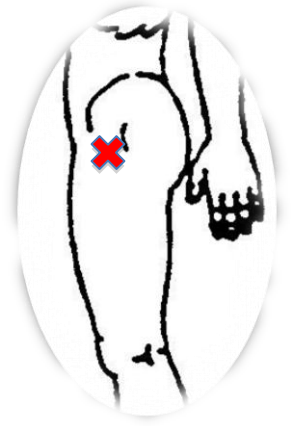
**Body position:** Seated on ground with knees up and feet planted on the floor

**Ball position:** Between the tailbone and the top of the femur



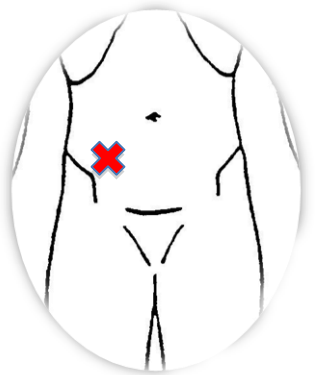
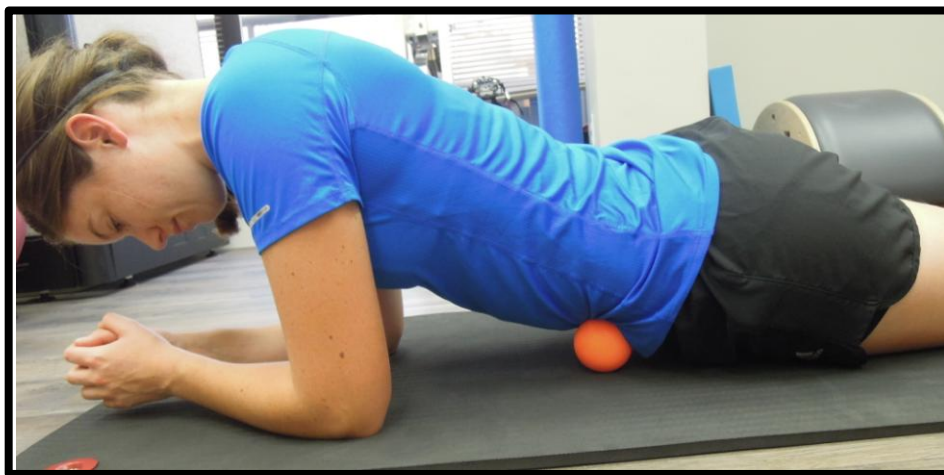
## 2. Tensor Fascia Latae (TFL)

**Body position:** Lying on side with torso propped up by forearm  
**Ball position:** The ball is placed below the side of your hipbone.



## 3. Iliopsoas

**Body position:** Lying facedown with torso propped up by forearms  
**Ball position:** The ball is placed above the front of your hip bone.



Note: be careful not to overarch your back here and move the ball if you feel a pulse underneath it. Try out a couple of points above and just inside your hip bone.