

Myofascial Massage Tools

Self-massage tools are used for soft-tissue therapy on trigger points, postural problems and can help you recover from stiff, tight and sore muscles. Get started with this chart. Your health care provider can also help you decide which tool is right for you.

Start gradually by using the device for a short time and then increase use progressively. You can also begin with a softer device (tennis ball), before trying something firmer (lacrosse ball). Some discomfort is okay; pain is not. If you experience significant worsening of your symptoms, stop using the device and contact your health care provider.

Target Body Part



Neck

Shoulder

Upper Back

Lower Back/
Glutes

Arms

Quadriceps/
Hamstrings

Calves

Feet

Other Features

Warm up

Cool down

Recovery

Flexibility

Softer (less pressure)

Firmer (more pressure)

Trigger points

Focal areas

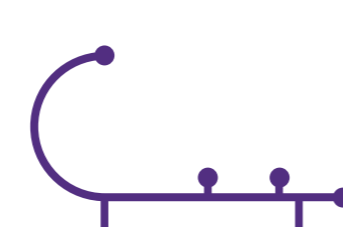
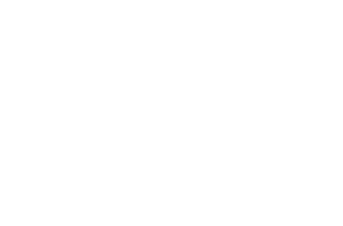
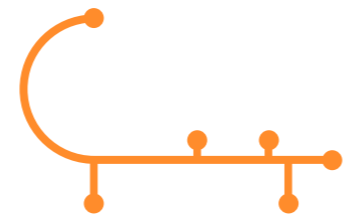
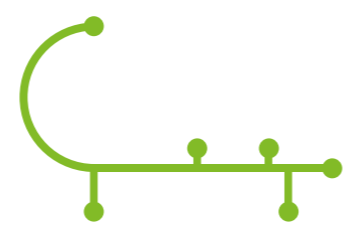
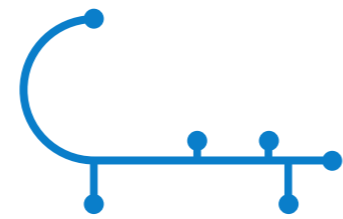
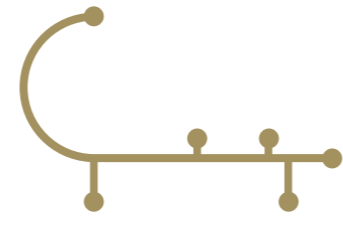
Large areas

Cost

Portability

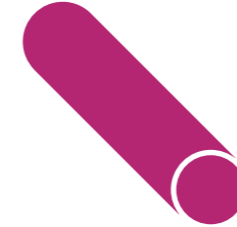
Massage Canes

6 treatment knobs applied to affected area.



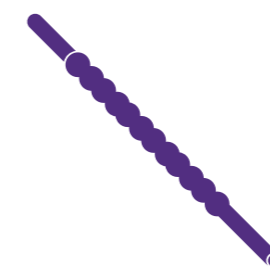
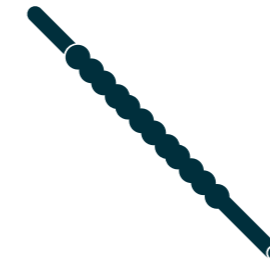
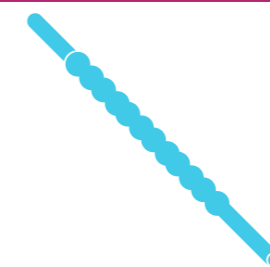
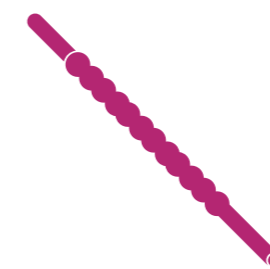
Foam Roller

Foam roller applied to affected area using body weight to adjust pressure.



Rolling Stick

Rolled along length of muscles.



Tennis Ball, Softball, Baseball, Lacrosse Ball

Applied to affected area using body weight to adjust pressure. You can also choose a softer or firmer ball to vary the pressure.



Other Body Weight-Based Massage Tools

Applied to affected area using body weight to adjust pressure. There are different sizes of blocks for different body regions.



Warm up		✓	✓	✓	
Cool down		✓	✓		✓
Recovery		✓	✓		✓
Flexibility		✓	✓		
Softer (less pressure)		✓		✓	
Firmer (more pressure)	✓		✓	✓	✓
Trigger points	✓			✓	✓
Focal areas	✓			✓	✓
Large areas		✓	✓		
Cost	\$\$	\$-\$\$	\$\$	\$	\$\$-\$\$\$
Portability	+	++	+++	++++	++++