

# Lacrosse Ball Exercises

## Lumbar/Thoracic Paraspinals

- Begin on the floor with the DOUBLE lacrosse ball on the fleshy area on each side of the spine, just above the pelvis.
- Bring the rib cage down, pressing your body weight into the lacrosse balls. Hold for 15 seconds.
- Gradually work your way up the spine, two inches at a time.
- When you reach the mid-back (in between your shoulder blades), add arm movement by taking the arms from overhead to beside the body. Work your arms slowly back and forth, working through positions that feel restricted.
- Perform 10 repetitions before moving the lacrosse balls up the spine.
- Stop when you reach the top of your shoulder blades, do not continue to the neck.



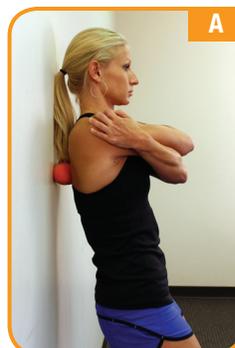
## Supraspinatus

- Begin on the floor with the SINGLE lacrosse ball just above the shoulder blade and to the right/left of the spine.
- Starting with your hand by your opposite hip, bring your arm across your body and extend overhead.
- Perform 10 repetitions before moving the lacrosse ball one inch towards the shoulder.
- Repeat 10 repetitions at each spot across the shoulder blade.
- Repeat on opposite side.



## Rhomboids

- Begin against the wall with the DOUBLE lacrosse ball on the fleshy area on each side of the spine, in between the shoulder blades. (A)
- Bring the elbow together in front of you to move the shoulder blades out of the way.
- With your feet 3' from the wall, slowly bend at the knees pressing your mid-back into the lacrosse balls. (B)
- Scan the entire mid-back making 10 passes up and down, avoiding the neck.



*You should not attempt any new exercises*

*Discontinue if symptoms such as numbness, tingling or radiating pain occur during*

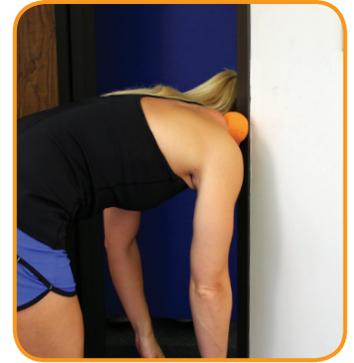
## Bicep

- Begin facing the wall with the DOUBLE lacrosse ball positioned on either side of the bicep.
- Scan the length of the bicep from the elbow up into the shoulder making 10 passes up and down.



## Upper Trap

- Begin bent forward at the waist in a doorway.
- Position a SINGLE lacrosse ball in the fleshy area between the neck and the shoulder.
- Scan and hold on any tender areas for 15 seconds.



## Piriformis

### Wall

- Begin with the SINGLE lacrosse ball on the fleshy area just below the pelvis.
- Leaning back into the lacrosse ball, scan the entire glute.
- Repeat on opposite side.



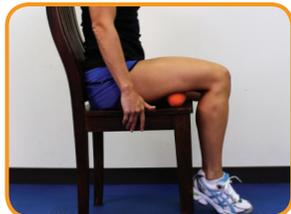
### Floor

- Begin seated on the SINGLE lacrosse ball on the fleshy area just below the pelvis.
- Supporting yourself with your hands and feet, scan the entire glute.
- Repeat on opposite side.



## Hamstring

- Begin seated with the DOUBLE lacrosse ball under the thigh, just above the knee joint.
- Slowly extend and flex the knee.
- Perform 10 repetitions before moving the lacrosse ball up the thigh, 2 inches at a time.
- Repeat leg movement at each spot as you work your way towards the glutes.



## High Hamstring

- Begin seated on the DOUBLE lacrosse ball focusing on your SIT bone.
- Scan for tender areas.
- Repeat on opposite side.



## Quadriceps

- Balance on elbows in the plank position with the quads on the DOUBLE lacrosse ball
- Roll from just above the knee cap to the top of the thigh.
- Use your core muscles to scan up and down the legs. Be careful not to round or arch the lumbar spine.
- Scan for tender spots and hold until pain diminishes.
- To place a greater emphasis on one leg, cross over the back of the other leg or simply shift body weight to one side.
- Isolate all three areas of the quadriceps: Neutral, Internal Rotation, and External Rotation.

