

## Self-Release and Partner Release:

Directions for use:

The principle for using this tool is to understand that “normal” tissue is never hot, hard, or tender.

Becoming proficient at finding your trigger points and areas of discomfort is a wonderful tool for self-help.

The principles of self-release require finding trigger points and applying pressure to those areas for at least 90-120 sec. Initially there will be tenderness to touch. As the tissue “releases” the tenderness decreases.

Use the peanut to find your “hot, hard, or tender” spots.

Modify the amount of pressure you use to your level of comfort by using the peanut on a bed (least pressure,) against a wall (medium pressure,) or on the floor (most pressure.)

Apply pressure for 30 seconds initially and increase this to 90-120 seconds once you become familiar with Peanut use.

The large therapy ball can be used to provide compression for muscle relaxation.



### “Rolling out:”

“Rolling out” your tissue with a foam roller or other self-release tool is useful to “wake-up” muscles you are about to use for exercise. The feeling is more intense and the motion is more abrupt.

Use “Self-release” for muscles you are trying to make feel better due to pain. Use “rolling out” when you are preparing these muscles for work out.

## **Self-Rebounding:**

**The premise for all of these methods is to gently oscillate oneself and take off your brakes for spontaneous motion. This allows us to engage the ground substance and use the reflexive relaxation response that occurs with “rocking.”**

**Sitting:** While sitting on a therapy ball gently bounce up and down and side to side allowing your arms and trunk to flop and relax in any way that they feel good.

**Standing:** You can do the same gentle bounce/rock/ rotation while in standing. This works much better when you are on a springy surface such as a mini-trampoline. You can also place a therapy ball behind you on a wall and lean against it. You gently bounce yourself forward and backward or side to side.

**For Videos on Self-Release Techniques and Tools go to my website:  
<http://www.lisasatalino.com/self-help-videos.html>**