

IMPORTANT WARNING:

Avoid using your Massage Ball over the site of any recent tissue damage, such as a broken bone, a bruise, or a wound. Care should be taken with deep work on persons with fragile or brittle bones. Areas of internal organic problems should be avoided. If there is any doubt consult your physician or health professional.

Will Using Your Massage Ball Hurt?

It depends on how much pressure you apply and what kinds of problems you may have. Any application that directly addresses myofascial (soft-tissue or muscular) problems (such as neuromuscular, deep tissue, trigger point, or similar therapies) may be painful when treating problem areas; the pain comes not from the work itself but from the tissue pathology. If you have serious or intense pain you should consult your physician or health professional.

About Your Massage Ball

Your Massage Ball is made from PVC (it contains no rubber). The PVC contains traces of lemon/citronella oils to give a fresh hygienic smell. You can wash your Massage Ball with warm soapy water and refresh its smell by applying a mixture of lemon oil and water.

Using Your Massage Ball

Your massage ball can be used directly over clothing or on bare skin. If you use it on bare skin avoid using oil as it makes it too slippery. Use a little body talc instead. You can use light or heavy pressure depending on your needs. The pressure can be applied to a single point or rolled over wider areas.

AOK Health Pty Ltd

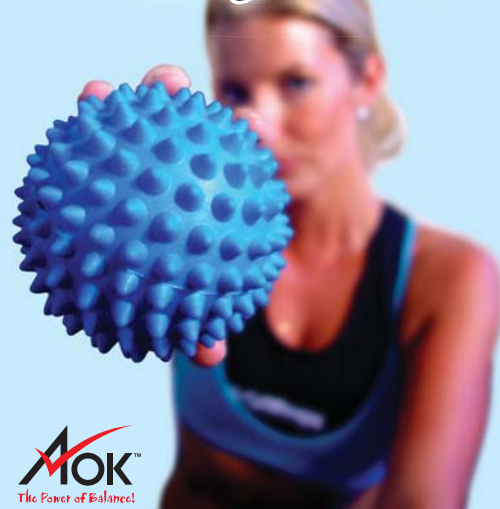
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The Ball In Therapy

Pain from tense, strained muscles and joints is one of the most common problems healthcare professionals deal with. Whether due to physical injury, or as a direct result of a build-up of daily stress, the results can be agonising for the sufferer. Using the principles of acupuncture, zonal therapy and massage, these massage balls aim to bring relief from pain caused by muscle tension and aid recovery from musculoskeletal injuries. The simple design of the ball massages the skin and muscles using the 230 densely packed, raised conical shaped areas on the ball's textured surface. The increased bloodflow stimulated by the massaging action helps to remove muscle tension, while the raised points on the ball's surface affect the sensory organs of the skin increasing afferent stimulation of the nervous system. This is particularly important when dealing with the soles of the feet.

The AOK Massage Ball is particularly effective on paraspinal muscle tension and when used on trigger points. Reflexologists (also known as Zonal Therapists) also report dramatic results where stimulation of zones on hands and feet may help the organism get rid of the body's waste products; all organs, joints, senses, hormonal and nervous systems are represented in the body's reflex zones. It also stimulates the acupuncture meridian lines, increasing the body's energy flow. There are 12 main meridians or energy channels. All are associated with specific organs and bodily functions. In acupuncture, specific points along the meridian channels are accessed. In every day life we naturally and often unknowingly scratch and rub ourselves, thereby unwittingly unblocking and energizing pressure points. When using the massage Balls, you need not worry too much about the specific locations of meridians.

MassageBall™



AOK™
The Power of Balance!

Care & Use Guide • Massage Chart

www.aokhealth.com

Shoulder



Upper Trapezius tension commonly causes neck pain and headaches. Use of the massage ball in this area can be effective in reducing muscular tension caused by computer use.



Across the back

Thoracic spine muscular tension is common among the working population. The massage ball helps ease muscular tension in this area. You can do it yourself by leaning against a wall with the massage ball on the tight spot.



Lower Back



Lower back ache aggravated by prolonged sitting and poor postural habits can be eased with the massage ball. You can also do this by having the ball against the back of your office chair.



Arm

'Tennis elbow' or lateral epicondylitis is common after prolonged computer use. Blood flow may be increased and pain eased with the use of a massage ball.

Upper Leg



Iliotibial band releases can be effectively performed with the assistance of a massage ball. Roll your leg over the ball. This can be painful, so don't do too much at a time.

Feet



Tired and aching feet can be relieved by rolling the foot over a massage ball. The pressure of the ball stimulates blood flow, reducing pain in the foot area.

Buttock

Tightness through the hip / buttock area commonly afflicts sports people. Using the massage ball to release this area is highly effective.



Self application



Self application of the massage ball for the upper trapezius is possible using a wall. It will help with your entire back or neck.

Roll the ball with your body, applying as much pressure as is comfortable.