

Better Homes & Gardens

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UP!

**81 WAYS TO
ADD EASY,
LIVABLE COLOR**

**OUR 2017
PALETTE
OF THE YEAR**

**FAMILY
STYLE
COLOR IN
EVERY
ROOM P.112**



plus

SPRING ENTERTAINING & SMALL-SPACE GARDENING

Display until April 18, 2017



UNDER PRESSURE

Find out where you might have trigger points—knotted areas of muscle—and how to massage them for relief.

For a lot of us, trigger points—tightly contracted, sensitive areas in muscles—are at the heart of common aches and pains: The knots can cause discomfort in what seem like unrelated spots. One fix: targeted deep tissue massage, or trigger point therapy, which involves applying pressure to release the knot, says Mary Biancalana, certified trigger point therapist and owner of the Chicago Center for Myofascial Pain Relief. Here's how to relieve a few common trigger point areas:

UPPER BACK (TRAPEZIUS)

COMMON REFERRED PAIN

Headache

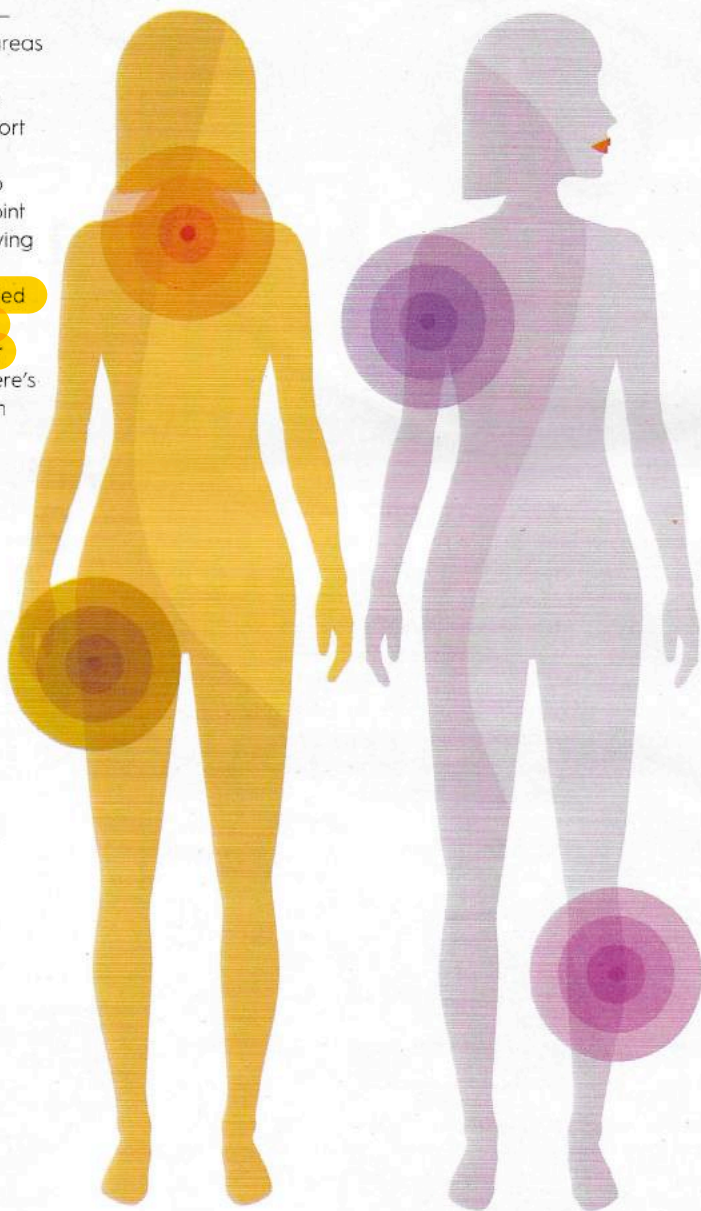
RELEASE IT Sit in a chair and have a friend gently press down on your upper shoulder, close to the base of your neck, on the painful side.

SIDE OF BUTT (GLUTEUS MINIMUS)

COMMON REFERRED PAIN

Down side of leg

RELEASE IT Lie on the side where you feel the pain, resting on your elbow. Place a small ball under your upper glutes, so you're propping yourself up on the ball. Hold for 10–15 seconds; roll your body over the ball so it moves down your glutes a ½ inch at a time until you reach your thigh.



UPPER ARM (BICEP)

COMMON REFERRED PAIN

Thumb or wrist

RELEASE IT Stand facing a wall with your arm straight down, palm facing the wall. Place a tennis ball or massage ball (see below) between your bicep and the wall. Lean against the ball; hold for 10–15 seconds. Move the ball down ½ inch at a time until you reach your elbow.

CALF (GASTROCNEMIUS)

COMMON REFERRED PAIN

Bottom of your foot

RELEASE IT Sit on the floor with legs straight in front of you. Place a tennis or massage ball under the top inside part (big toe side) of your calf, resting your leg on top of the ball. Put a resistance band or yoga strap (a robe sash works, too) around the ball of your foot, then gently pull back on the strap stretching the calf. Hold for 10–15 seconds; repeat, moving the ball down a ½ inch at a time until you reach your ankle.

GO DEEP

Use these tools to reach your trigger points.



- 1 TRIGGERPOINT MASSAGE BALLS** The 5-inch ball works for hard-to-reach muscles like the hips and shoulders, the 2.6-inch one on small muscles like calves. \$14.99–\$24.99; ttherapy.com
- 2 R8 ROLL RECOVERY** Place the body part with tight muscles between the skate wheels, and slide the wheels back and forth. It feels like a deep-tissue massage. \$119; rollrecovery.com
- 3 ACUMOBILITY MOBILITY BALL** The flat side allows you to balance on it. Pop it in the freezer and use for cooling relief. \$24.95; acumobility.com ■