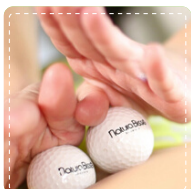


Self-Massage

Between talking, texting, typing, and cross-training, life can really take a toll on our bodies. Massage can be very effective in some cases and almost free. Whether it's your head, shoulders, knees or feet that need attention, there's an easy massage you can give yourself without an expensive spa.



Your Feet

Whether you have a job that requires you be on your feet all day or you are a devoted runner, lots of factors can play into foot pain. The key to keeping it at bay is to massage and ice those feet after a hard day (or a long run). Massage your feet with a tennis ball by placing it under one heel, then standing and sinking your body weight onto the ball. Slowly roll the ball from the heel to the base of the toes, spreading your toes wide when the ball passes near. Repeat on the opposite foot. A golf ball will also work if you don't have a tennis ball handy. Use a frozen water bottle to ice your feet down afterward, rolling it back and forth under each foot.

Your Shoulders/Back

This basic massage move will help anyone who sits hunched in front of a computer screen all day or suffers from back pain. Lay on the floor with a tennis ball or golf ball placed near the area that hurts the most, such as your lower back or the spot between your shoulder blades. Roll the ball around until you hit the spot that's most tender, and lie there for 1-5 minutes, or until you feel your muscles relax.

Your Hands

- Hold your left hand up, palm facing outward. Using your right hand, pull the fingers back toward your wrist until you feel a stretch, and hold that position for 5 seconds. Repeat the stretch on your right hand.
- Press the palms of your hands together at chest height. Lower them towards your lap until you feel the stretch in your wrist. Hold for 5 seconds.
- Spread your fingers wide for 5 seconds.
- On your left hand, gently pull the thumb back toward your wrist until you feel the stretch. Hold it for 5 seconds, and then repeat the move on your right hand.
- Curl your fingers into a fist: start with your pinky finger and gradually fold the remaining fingers into a fist. Then curl your wrists inward until you feel the stretch and hold it for 5 seconds.