

SPIKEY BALL



DESCRIPTION:

Benefits of Spikey Ball

Spikey balls have been used extensively in Australia and on the European, Asian and US Golf Tours to provide myo-fascial release, self-massage and postural education for tour players.

As a result of fixed postures, muscle imbalances and excessive repetition associated with the sport of golf the Spikey ball has been used extensively to alleviate these conditions. This information is now being used for all types of patients with musculoskeletal disorders e.g. computer operators, postural dysfunction in young people and sports injuries to name a few.

- Stimulates local vasodilatation to increase blood flow and promote the healing process
- Stimulates the mechanoreceptors to promote the pain gate theory
- Acts as an adjunct for acupressure point release and myo-fascial release
- Promotes endorphin release
- Can assist in scar tissue breakdown