



TECHNIQUES

The Roll Model® Method



Compress

Use a Roll Model Ball to find the "epicenter" of an area of tense tissue and apply consistent pressure into it.

Strip

Maneuver a Roll Model Ball along the "grain" of a muscle. Roll the ball in the same direction in which the myofascial fibers are aligned.

Stack

Place ball underneath the tissue you want to address, and another ball on the opposite side of that tissue, then apply pressure to both sides simultaneously.

Skin Roll

Use the Roll Model Ball to gently pinch your skin while you traction, mobilize and shift the skin and its underlying fascial tissues away from your body.

CrossFiber

Move, slide, or drag a Roll Model Ball against the "grain" of a muscle, or at a vector that crosses the muscle.

Pin & Stretch

Find a spot within a muscle that feels restricted, place your ball there. Move an appendage connected to the pinned area.

Contract/Relax

Stiffen the tissue where the ball is placed, hold for a few seconds, and then relax it. Repeat for a few cycles until the tissues feel more compliant.

Plow

Position ball to cling to skin, add pressure to gather all soft tissue myofascial layers underneath, from surface to deep. Migrate them as a mass in one direction.

Pin/Spin Mobilize

Place ball on your target area, lean your body weight into it. Use a hand to pivot the ball into your tissues then mobilize the pinned tissues.