

The Beginner's Guide to Myofascial Self-Care

How to Relieve Pain, Tension and Stiffness Naturally and Start Feeling Better in Just Minutes

You are ready to get started! Use this document to make notes as you try each release. This will help you prioritize your strategy for eliminating the unique issues you are experiencing in your body.

Before you try each stretch or release, make a mental note of how your body feels. Are you feeling any pain or tension?

After you try each stretch or release shown in the videos, pause and circle which number best applies to you using a 0 to 10 scale. "0" indicates you are not feeling any sensations other than pressure from the ball or the stretch. A "10" indicates you are feeling a lot of sensation which could be tension or therapeutic tenderness. If you are feeling intense pain, go back and review the principles. You are likely pushing too hard.

After each stretch, notice how your body feels now. Did it make a difference in how you feel? Make a note in the comments section below.

After you have completed the class and made your notes, prioritize the stretches, and releases you marked 6 and above.

Stretch or Release	How I Felt	Comments on Effectiveness or Position
Hamstring Stretch	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Inner Thigh Stretch	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Seated Stretch	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Kitchen Sink Stretch	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Basic Shoulder Stretch	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Advanced Shoulder Stretches	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Neck Stretch	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Feet Release	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Calf Release	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Thigh Release	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Hip Release	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Low and Mid Back Release	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Upper Back and Shoulder Release	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	
Neck and Jaw Release	Nothing 0 1 2 3 4 5 6 7 8 9 10 I need this!	