

# SELF MESSAGE VIDEOS

Self massage can be really helpful in managing your pain, so we've put together this list of useful You Tube videos that show you how to massage your injury in a way that's safe and effective. If you're severely injured, those using a roller or ball could be easier on your body. Other videos below could be useful for a friend or partner who's willing to learn massage techniques to help you.

## Hands

### **Self Hand Massage**

*Seven minutes*

<https://www.youtube.com/watch?v=168lKIyc3lw>

Video showing a brief hand massage you could do at work. It would also be excellent for a friend or partner to learn some simple massage techniques.

### **Healthy Hand Massage**

*Five minutes*

<https://www.youtube.com/watch?v=bbc6mRsfaTw>

This video starts off with some nice warm-up exercises that will help to loosen up and relax tight arm muscles. The exercises are easy to do and can be done anywhere with no equipment.

### **Hands self massage**

*Six minutes*

[https://www.youtube.com/watch?v=RNSh\\_W44wUs](https://www.youtube.com/watch?v=RNSh_W44wUs)

This video shows in real time how to use a foam roller and a ball to massage your hands. It has an excellent introduction that explains the anatomy of the hands, muscles and tendons.

# Arms

## **Upper Arm Massage: Do It While You View It** *Five minutes*

<https://www.youtube.com/watch?v=Qfm5gchms4M>

From the author of a book on self-massage, this video is a very helpful, real-time guide to massaging upper arms. However, you definitely need one good arm or a helpful friend or partner to follow these instructions as it's fairly intensive work. Some could find the musical accompaniment a little irritating.

## **3 Ways To Massage Your Forearm** *Three minutes*

<https://www.youtube.com/watch?v=bYH4jeR4G7o>

An excellent self-massage video which shows you how to use your fist, your knees or a ball to massage into a tight forearm. This is a good one for people with RSI, as it shows you how to use the weight of your arms against your knee or a ball to get into tight muscles.

## **Forearm self massage** *Eight minutes*

<https://www.youtube.com/watch?v=3oBLV-Na9vQ>

Starting off with an excellent anatomical explanation so that you know what you're doing, this real-time video shows you how to use a foam roller to lengthen and warm up muscles, then a ball to really get into the tight spots.

# Shoulders and Neck

## Shoulder and Neck massage with a ball

*Two minutes*

[https://www.youtube.com/watch?v=wUNFiLWX\\_yQ](https://www.youtube.com/watch?v=wUNFiLWX_yQ)

This short video shows you how to massage across the top of your shoulders and neck using a ball against a wall.

## Massage for Upper Back & Neck Pain Relief

*Five minutes*

<https://www.youtube.com/watch?v=Z9I5tra0cwU>

This five minute real-time video shows you how to use a ball to massage your upper back and shoulders using a ball against the floor. To get more pressure, you can also use a yoga block to raise your hips. Firm cushions could be used instead.



**RSI & Overuse Injury Association  
of the ACT, Inc.**  
Room 2.08, Griffin Centre  
20 Genge Street  
Canberra City  
ACT, 2601

**BECOME A MEMBER AT [WWW.RSI.ORG.AU](http://WWW.RSI.ORG.AU)**

	Email	Post	
		One Year	Two Years
Low income	Free	\$15	\$25
Standard income	Free	\$25	\$40

**Phone:** (02) 6262 5011

**Email:** [admin@rsi.org.au](mailto:admin@rsi.org.au)

**Facebook:** [www.facebook.com/RSIACT](http://www.facebook.com/RSIACT)