

Self Massage

Self massage videos can be really helpful in managing your pain, but you may not know how to effectively massage your injury. We've put together this list of useful You Tube videos that can 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 the most helpful. Others could be useful for a friend or partner who's willing to learn massage techniques to help you.

Hands

Self Massage - Hand Massage

<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 from Louisville massage therapist Heather Wibbels, LMT of MassageByHeather.com

<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.

Arms

Upper Arm Massage: Do It While You View It

<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.

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3 Ways To Massage Your Forearm - Massage Monday #21

<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.

Shoulder/Necks

Self Massage for Upper Back & Neck Pain Relief | Yoga Tune Up

<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.



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