



The Power of Balance!

massageBall™

for practitioners interested in Sensory Motor Stimulation.

Skin Sensitivity

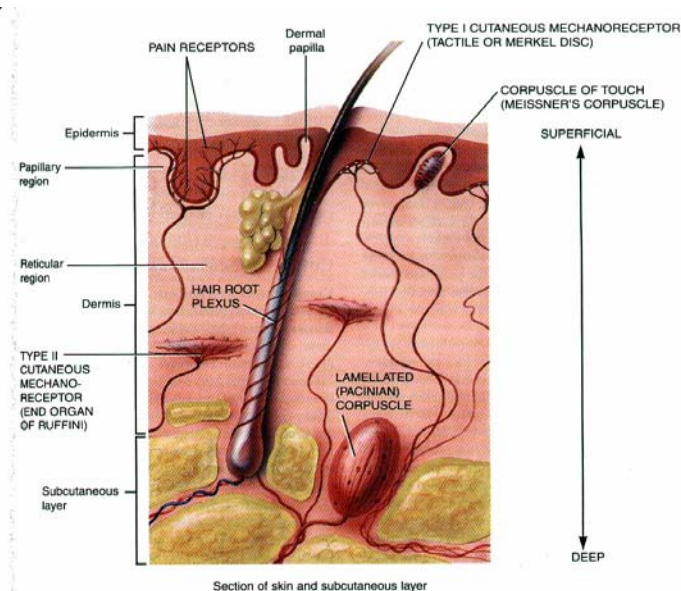
Our skin has a number of receptors that are essential in managing how we interact with our environment. They are divided into two types:

Exteroreceptors monitor the external environment, &

Interoreceptors monitor changes in the body's internal environment.

All receptors can be grouped into 5 types depending on the type of energy to which they respond:

Mechanoreceptors are stimulated by their physical deformation caused by pressure, stretch, motion, sound, etc. Bending of the plasma membrane increases its permeability to Na⁺ and K⁺ resulting in a receptor potential. In human skin, Pacinian corpuscles deep in the skin respond to strong pressure, while Meissner's corpuscles and Merkel's discs, closer to the surface, detect light touch.



Muscle spindles are stretch receptors (an interoreceptor) that monitor the length of skeletal muscles.

Hair cells detect motion.

Chemoreceptors include general receptors that sense total solution concentration (e.g. osmoregulators of the mammalian brain), receptors that respond to individual molecules, and those that respond to categories of related chemicals (e.g. olfactory receptors).

Electromagnetic receptors respond to electromagnetic radiation such as light (photoreceptors) and magnetic fields (magnetoreceptors).

Thermoreceptors respond to heat or cold and help regulate body temperature. In human skin, Ruffini's end organs may be heat receptors, and end-bulbs of Krause may be cold receptors. The hypothalamus functions as the primary temperature control in mammals.

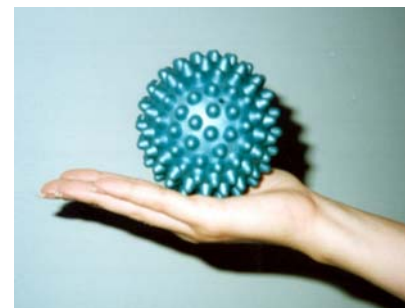
Nociceptors are a class of naked dendrites that function as pain receptors. Different groups respond to excess heat, pressure, or specific chemicals released from damaged or inflamed tissue. Prostaglandins increase pain by lowering receptor thresholds; aspirin reduces pain by inhibiting prostaglandin synthesis.

The Ball In Therapy

Pain from tense, strained muscles and joints is one of the most common problems healthcare professionals deal with. Whether due to physical injury, or as a direct result of a build-up of daily stress, the results can be agonising for the sufferer.

Using the principles of acupuncture, zonal therapy and massage, these massage balls aim to bring relief from pain caused by muscle tension and aid recovery from musculoskeletal injuries.

The simple design of the balls massages the skin and muscles using the **230 densely packed, raised conical shaped areas** on the ball's textured surface. The increased bloodflow stimulated by the massaging action helps to remove muscle tension, while the raised points on the ball's surface affect the sensory organs of the skin increasing afferent stimulation of the nervous system. This is particularly important when dealing with the soles of the feet.



The AOK Massage Ball are particularly effective on paraspinal muscle tension and when used on trigger points.

Reflexologists (also known as Zonal Therapy) also report dramatic results where stimulation of zones on hands and feet

may help the organism get rid of the body's waste products; all organs, joints, senses, hormonal and nervous systems are represented in the body's reflex zones.

It also stimulates the acupuncture meridian lines, increasing the body's energy flow. There are 12 main meridians or energy channels. All are associated with specific organs and bodily functions. In acupuncture, specific points along the meridian channels are accessed. In every day life we naturally and often unknowingly scratch and rub ourselves, thereby unwittingly unblocking and energizing pressure points. When using the Balls, you need not worry too much about the specific locations of meridians. Just roll the Balls along your body applying as much gentle pressure as is comfortable.



Made From Duralon™ and is guaranteed free from latex. Duralon is easily washed and disinfected for safe and long use in a clinical environment.

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