

McMaster Spikey Ball Drills



International Physiotherapy Systems Pty Ltd
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Spikey Ball History

The spikey ball originated in Denmark to stimulate and arouse psychiatric patients in depressed mental states and associated postural breakdowns. It has been used extensively in Australia and on the European, Asian and US Golf Tours to provide myo-fascial release, self-massage and postural education for tour players.

As a result of fixed postures, muscle imbalances and excessive repetition associated with the sport of golf the Spikey ball has been used extensively to alleviate these conditions. This information is now being used for all types of patients with musculoskeletal disorders e.g. computer operators, postural dysfunction in young people and sports injuries to name a few.

Physiological Benefits

- ❖ Stimulates local vasodilatation to increase blood flow and promote the healing process;
- ❖ Stimulates the mechanoreceptors to promote the pain gate theory;
- ❖ Acts as an adjunct for acupressure point release and myo-fascial release;
- ❖ Promotes endorphin release;
- ❖ Can assist in scar tissue breakdown.

Benefits of Spikey Ball to the Therapist

- ❖ Patients / clients can get an instant feedback result through sensory motor change using the spikey ball;
- ❖ The ball can reinforce self-massage techniques;
- ❖ Client / patient can improve body postures and body awareness immediately promoting instant gratification for the client and the therapist;
- ❖ The spikey ball can be used anywhere anytime e.g. office, living room, traveling or school;
- ❖ The spikey ball can also be used in a specific warm up prior to participating in sporting activities;
- ❖ Therapists / trainers can measure improvement subjectively using mirrors or video before and after use of the spikey ball;
- ❖ Functional activities e.g. walking, throwing, balance and sitting can be re-analyzed straight away after using the Spikey Ball.
- ❖ The therapist can achieve a substantial financial reward in selling the Spikey Ball to his/her clients.

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Spikey Ball Procedure

1. Ensure you check contraindications and precautions in using the Spikey Ball;
2. Check movements or body posture with the patient / client before prescribing exercises;
3. Take the patient through the exercises chosen by the therapist / trainer. Ensuring good form, body positions and fluency of movement throughout the exercise is achieved;
4. Recheck the movement and body position using mirror / video or self report from the client on the 3rd repetition of the drill, let the client take ownership and perform the exercise by themselves to consolidated the pattern of movement;
5. Pick out the Spikey Ball exercise sheet you have prescribed to the patient/client and fill in the quantity of time, reps and sets you want them to perform. Ensure they tick how many times they do the exercises per day;
6. We strongly recommend that you print out a copy of all the exercises and take them to be photocopied and file them in order. We also encourage you to stamp your logo, address and contact details in the box made available;
7. Place these in a small folder with the details of your practice on the front to promote your clinic in a professional manner.

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Safety Issues and General Precautions

- Prior to carrying out these exercises ensure that you work within a pain free range;
- Always breathe through nose, exhale through mouth and keep good rhythm of exercise;
- Always consult a physiotherapist prior to commencing these exercises;
- If you have any serious spinal, neck or shoulder injury, abdominal or hip condition, contact your doctor before commencing this exercise;
- Do not go to the next level until good form is achieved;
- **Stop** if you feel dizzy, experience pain or feel any discomfort in the chest;
- Ensure that you receive correct advice on how to use a Spikey Ball from a physiotherapist or a qualified instructor;
- Do not use the Spikey Ball if you have any joint pathology, acute inflammation or severe bruising.
- Stop is you are experiencing excessive pain.

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The Spikey Ball



Spikey Ball

2Hour “UNIQUE” Practical Workshop

“Bringing the Fun Back to THERAPY!”

Presented by Ramsay McMaster –
International Physiotherapist and Lecturer.

Topics include:

- ❖ New postural, proprioceptive and sensory motor drills to rehabilitate musculoskeletal patients.
- ❖ Self Massage / Myo -fascial Techniques using the Spikey Ball:
- ❖ Functional Exercises for the office, for travel, for school, to break up time on the computer
- ❖ Over 70 unique exercise drills for therapists to prescribe on an everyday basis.
- ❖ How to use the Spikey Ball system to increase your passive income

Please note: This is not a golf specific workshop. It targets outpatient departments, private practice and sports Therapists. Therapists and trainers in Australia and the United States of America have extensively used this program.

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