



The Roll Model: A Step-by-Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body

Jill Miller

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LIVE BETTER IN YOUR BODY.

Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life “by the balls” and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller’s groundbreaking Roll Model Method.

The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue.

The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find:

Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method
Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling
Step-by-step rolling techniques to help awaken your body’s resilience from head to toe so that you have more energy, less stress, and greater performance

Whether you’re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

The Roll Model: A Step-by-Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body Details

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From Reader Review The Roll Model: A Step-by-Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body for online ebook

Ian Cattanach says

OMG lol..... Not to sound like a tweeny twat but this shit is on a whole new level. Unless you have perfect posture you have structure problems. That will catch up with you... My struggle with being a pro athlete has destroyed my body so things like posture are always on my mind. This books breaks down everything about pain relief, rolling out to rebalance-align your body, posture, and breath! If you are not rolling with at least lacrosse balls for relief than please get on it. Your head will explode, there are so many hidden things building up in your body.

Please if you read this get a \$1 lacrosse ball look up some youtube videos and thank me later. Once your back's on the wall you may hate me though :D

Claire says

This is a book to own and keep not on your shelf, but flipped open beside you as you try a new rolling sequence.

Jam-packed with info on anatomy, proprioception, personal stories, and techniques for rolling out knots and kinks in your body.

If you want more control over how you feel in your body, strategies to tackle pain and tightness while improving your mobility, this is a great resource.

It's got loads of photos demonstrating the ball rolling techniques, but you can also see videos online to get a feel for it. I was sold on her approach before I read the book as I have a couple of her DVDs. I often roll out my upper back and feel better for it. It's rare a day goes by I don't roll out something.

Highly recommended if you want to put more of your well-being into your own hands.

Justin says

Probably over a hundred exercises each with excellent pictures

Peter says

The next Level of Self care and mobility

This is a great book if you want to improve posture, awareness and mobility. Jill discusses science and gives practical examples to implement and test immediately with clear explanations supported by images, which makes it hard to do it wrong.

I recommend this book for everyone caring about the only place you have to live for the rest of your life (your body!).

However I do recommend reading Kelly Starett's book: becoming a supple leopard first, and if you like that book this is more "science", more "soft" (like breathing techniques, soul rolling), while Starett is more quick fix. These 2 books compliment each other very well but this one is "the next level" so self care and mobility.

Thanks Jill!

rob says

There's excellent material in here but it's jammed into so much testimonial filler and self promotion. A functional, abridged version of this book would be powerful.

Suzanne Barrett says

The Roll Model by Jill Miller is an epic treatise on self healing. Her ground-breaking therapy using YTU (yoga tune up) balls to erase pain and increase mobility. No matter what condition you may be in, what size you are, you can be helped. This 432-page volume by Victory Belt Publishing shows in graphic detail the many steps you can take to achieve better health, whether it be thoracic breathing with a coregous ball, pin and stretch to lengthen muscles that are locked short or improve outer arch support. These are just three of dozens of movements using various sized balls to overcome pain, stiffness and muscle injury.

The book is lavishly illustrated with photos and drawings showing step-by-step instructions on how to do the exercises. But there's much, much more. Ms. Miller includes inspiring stories by real life roll models to aid your journey to recovery. There are eleven chapters, each of them inspiring in scope. Chapter One: A New Model of Self-care healthcare explains why the balls help with the self-care program. Chapter two explains the program while the other chapters are more specific, covering posture, pain and performance; fascia and proprioception; all about bones and muscles; the nine essential Roll Model ball techniques; breath reset, etc. One lengthy chapter shows all eighteen sequences to reset your body.

Initially, I got this book to help with a knee issue. It has done that and much more. Additionally, my flexibility is markedly improved, and I'm still barely scratching the surface.

I recommend this book for anyone who feels the best care is the self-care we give to ourselves. If self-care is the gift you give yourself, this book needs to be in your library.

Valerie says

The Roll Model by Jill Miller

If you have not had a chance to follow Jill Miller, she is a talented woman and the co-founder of Tune Up Fitness Worldwide - and the creator of the corrective exercise format Yoga Tune Up® and the Roll Model®

Method.

The book is not only brilliant, it is beautifully packaged and bursting with inspiration and motivation! The book is brimmed to overflowing (432 pages) with useable information! It not only provides clear and concise instructions on how to roll away aches and pains, it provides concise anatomical body landmarking pictures and easy-to-understand graphics.

Not only do you learn more about anatomy it increases your body-knowledge without overwhelming the beginner. The pictures are well done and you quickly understand where your key problem areas are, and how to work on them properly. Jill provides clear examples, and allot of them. You simply check in to your body, do the roll sequence and then re-check and reflect on what you have just done. Easy, peasy.

The pictures, methods & anatomy aspects of this book are compelling and there are tons of candid but professionally looking photographs of Jill, her clients and her global team of trainers rolling their pains away.

When you can finally tear your eyes long enough from the amazing graphics - there is a plethora of personal stories included in this book. I was absolutely impressed with the intimate personal stories that were shared. So many candidly wrote of their emotional and physical traumas and how they had been positively affected by the power of the therapy balls and the accompanying exercises. As a pelvic pain sufferer, so many of the stories shared hit very close to home. I am very excited to get started!

I would highly recommend this book to not only chronic pain sufferers but to those who have pelvic floor pain, irritable bowel, Interstitial Cystitis and Fibromyalgia. Jill, thank you for the HOURS of work that you have put into this project. I wish you the best of success now, and always.
(mypelvichealth.ca)

Janie says

Update

After 2 more library check-outs, I figured out how to use the book and I bought it. Being persistent with the text, I've learned how to do SMR. My SMR practice is one of my favorite parts of my life.

original review:

This method was recommended by Katy Bowman.

I've been rolling for a couple of months now. I'm still an awkward n00b, and yet ... so far so fabulous. I am going to need more than this book to get more of what I want and need out of the method. (Given my ways of learning, what I'd really benefit from is a class, but I can find none near me.) I still got value from the book in the 9 weeks I had it out from the library. The anatomy bits, especially the skeletal ones, are good. The case-study- ish testimonials -- often, testimonials reduce me to a seething puddle of cringing skepticism -- downright inspired me. With hope. That thing with feathers.

Nicola says

Very interesting and motivated to try rolling. Seems like a great idea and theory.

It's just a little but too much of a PR job on promoting the balls which of course you would expect but was a bit much at times.

The personal stories were very inspiring and feel good.

Time to try it out for real.

Alyssa says

A very thorough and approachable book around understanding your body and how you can be more supportive of it as you use and “abuse” it with life’s stress and hobbies. I read this slowly so I could understand her logic and the fundamentals. I haven’t yet done her exact routines to know if the whole model is effective for me, but using balls to treat knots and pain even without applying everything she’s teaching has been helpful for me. There are a ton of testimonials, but it’s easy enough to skip over if you’re not interested. I’d recommend this book to any amateur or hobbyist athlete who wants the independence to treat and prevent their own aches and pains. Great reference book to have on hand.

Emyrose8 says

4.5- If you're looking for an alternative to painkillers, or are curious about loosening up your muscles, check out this book. It helps to have a basic knowledge of anatomy and/or an ability to memorize scientific words... after telling you about her journey in discovering soft tissue therapy and foam rolling, she teaches/shows you sequences of ways to target specific areas of your body. Each sequence has pictures demonstrating the methods in addition to word descriptions. For me, someone who's never tried foam rolling, it was a bit tricky to figure out if I was doing it right. Still, my muscles felt looser after finishing!

Erin says

The entire time I was reading this, I literally wanted to buy a pair of balls and dig in. I do own a pair of lacrosse balls that I bought just for doing this, but I discovered that those were too hard. Reading the book, yeah she explains that those are too hard.

This book has a major info dump of science and anatomy. Even with taking anatomy classes, and knowing a lot of my body due to having to self care a lot... it was still a lot to take in.

Definitely a book I would rather have a physical copy of instead of the ebook.

And this is something I do need to investigate further. As for the first time since I can remember, while I was pregnant, I didn't have back pain. I had severe hip/pelvic pain, but that's a different story. I didn't have BACK pain. Makes sense now that I think about it, as pregnancy causes your ligaments and everything to loosen extremely.

Now that the baby has arrived and I spend my entire day and night contorted into uncomfortable positions as

she only sleeps on me... I find myself so tight, and in so much pain. I really do plan on buying some of the squishier balls and giving this a go.

Will update my review when I finally get my hands on a pair of balls.

Jobie says

This book is great compliment to any physical regime. Her instructions are clear and pictures definitely help. Though I believe she only covers the tip of the iceberg as far as what can be done with the balls. I skipped a lot of the testimonials or just skimmed over them. They were interesting I just wasn't interested in reading all of them. I prefer just the instructions I don't need to be encouraged. Other than that this is a great resource.

Laura Leaney says

I took a therapy ball-rolling class when I was in Oregon this last November, and I loved it. Beautiful torture! My mom sent me this book, and although I haven't "read" it the way one ordinarily reads a book, I've consulted it as I roll my tight muscles across the surface of the little gripper balls I bought to help release tension. This stuff works. You need very little in the way of equipment. The appropriate sized balls (not expensive) and a yoga block or two. Then bring your fossilized self to the floor and follow the directions for nearly immediate relief.

Later, you can make all kinds of jokes with your friends. Got yer balls? Break yer balls in? Seriously juvenile, I know, but what can I say? Humor is needed when you're torturing yourself.

Greg Hickey says

Those who have participated in some athletic endeavor in recent years are likely familiar with self-myofascial release (SMR), at least in concept, if not in name. Many will be familiar with foam rolling, and some will know of fascia as some kind of connective tissue in the body. But few will understand the biology and practice of this self-treatment to the depth presented by Jill Miller in *The Roll Model*. There is likely no more comprehensive and accessible guide to what exactly fascia is, how adhesions form within this tissue, the dysfunctions these adhesions cause, and how they can be resolved. If it contained no other information, Miller's book would be valuable for this chapter alone. At the same time, it is possible to gain significant benefit from the self-treatment techniques without understanding the underlying biology. Miller's list of SMR sequences, trigger points and techniques, combined with pictorial demonstrations is unparalleled in its volume and detail. More importantly, these techniques work. A few minutes of self-experimentation with the sequences and a pair of Miller's specially-designed Yoga Tune Up Therapy Balls reduced discomfort and improved mobility in my most overstressed muscles and joints. Miller describes a host of other benefits, including rehabilitation from injury, stress reduction, and relief from emotional trauma; however, since I am fortunate enough to not have suffered any recent physical or emotional trauma, I cannot personally attest to the effectiveness of her method in these areas. But as an athlete who trains regularly and intensely, I was more than happy with the physical results I did achieve.

Some readers may feel that Miller has an underlying agenda to use this book to sell more of her products,

which include four sizes of Therapy Balls and a host of instructional DVDs. She repeatedly points out the benefits of the Therapy Balls in comparison to other tools, noting their pliable texture and grippy surface. The book also contains twenty-two personal testimonials, which can either be inspiring and introduce the reader to new applications for the Balls, or feel like another magic bullet sales pitch. Regarding the Balls, I have a friend who is a massage therapist and had never heard of Jill Miller, and when he picked up a Therapy Ball, he instantly remarked that it seemed like it would replicate the touch of a professional masseuse. Miller's descriptions of the Balls are accurate: they do grip your skin and allow you to twist and slide layers of tissue over one another, and they are soft enough to navigate over and around bony areas without causing any bruising pain. Yet I have also achieved similar results in terms of reduced tension and improved mobility with lacrosse balls, foam rollers and other tools. As for the testimonials, while they may seem like unabashed hero-worship for Miller and her supposed miraculous Roll Model Method, they also open up new possibilities for how to use the Therapy Balls. If you identify with one of Miller's so-called Roll Models, I suggest using her method to try to resolve the issue, as it is far cheaper and less invasive than most medical interventions.

To accuse Miller of trying to sell additional products with this book is not a slight, just an observation that she is conducting a business and trying to promote what she feels is a valuable tool. Besides, the information contained in *The Roll Model* is useful on its own, even if you never buy a DVD or attend one of her training seminars. Speaking as an athlete and an advocate of self-treatment, I believe this book is a highly worthwhile read for those seeking to learn about their bodies, reduce pain, remove dysfunction and improve physical performance.
