

TRIGGER POINT MASSAGE BALL EXERCISE GUIDE

LOWER LEG



Position ball under lower leg, straighten leg and point toes. Press hands into floor, slightly raise buttocks and shift body forward and backward while rolling ball along lower leg.

UPPER LEG (SIDE)



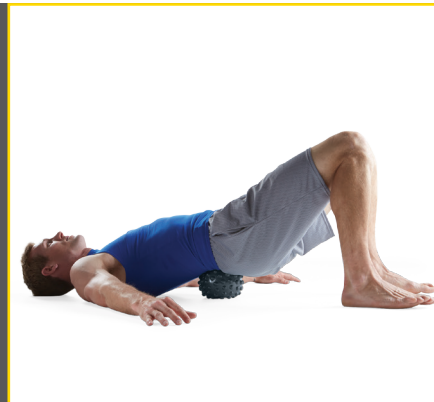
Position ball under outside of upper leg, straighten leg and point toes. Press hands into floor, and shift body forward and backward while rolling ball along side of upper leg.

MID BACK



Position ball under mid back, bend legs and arms. Press feet and elbows into floor, raise buttocks and shift upper body side to side while rolling ball across middle of back.

LOW BACK



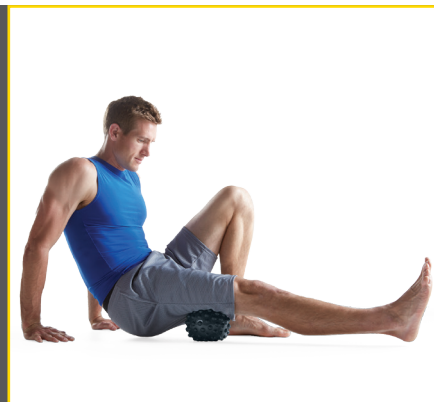
Position ball under low back, bend legs and straighten arms. Press feet and hands into floor, raise buttocks and shift body side to side while rolling ball across low back.

UPPER LEG (FRONT)



Position ball under front of upper leg, straighten leg with toes on floor. Press hands into floor, and shift body forward and backward while rolling ball along front of upper leg.

UPPER LEG (BACK)



Position ball under back of upper leg, straighten leg with heel off floor. Press hands into floor, slightly raise buttocks and shift body forward and backward while rolling ball along back of upper leg.