**EXERCISE INSTRUCTION**

- Complete 1-3 sets per exercise, 15-60 seconds per set.
- Perform each exercise with a comfortable amount of muscle pressure.
- When applicable, perform selected exercise for an equal amount of time on each side of body.
- Roll the ball along the entire area of the tight and (or) sore muscles.
- If desired, stop and apply pressure with the ball directly over the knotted muscle area(s) for 3-5 seconds.
- Ball exercises may be performed daily, or as needed.
- IMPORTANT! Remember to always roll the ball over the muscles and soft tissue areas, while avoiding prominent bony areas.

**FOOT**

- Sit or stand and position ball under arch of foot. Roll ball forward and backward along underside of foot. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

**LOWER LEG**

- Sit and position ball under back of lower leg. Roll ball forward and backward along underside of lower leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

**UPPER BACK**

- Lie on back and position ball along the side of the spine just above the shoulder blade. Roll ball up and down the upper back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

**LOWER BACK**

- Lie on back and position ball along the side of the spine between the shoulder blades. Roll ball up and down the mid back along length of spine. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

**SHOULDER**

- Lie on side and position ball under back of shoulder. Roll ball in a small circular motion along back of shoulder. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

**HIP**

- Lie on side and position ball along side of upper thigh just below hip. Roll ball up and down the side of the leg. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

**BUTTOCKS**

- Lie on back and position ball under buttock. Roll ball in a small circular motion. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.

**MID BACK**

- Lie on back and position ball along the side of the spine just above the hips. Roll ball side to side from spine to side of waist. Locate tight, knotted area(s) and apply increased ball pressure. Resume ball rolling and repeat.
EXERCISE INSTRUCTION

- As a warm-up before each session, perform each selected exercise 3–5 times without the stretch strap.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets.
- OR—
- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each stretch strap exercise session.

POSTERIOR LEG STRETCH

Start: Position middle loop around ball of one foot and hold one end loop in each hand. Lie on back, legs straight, feet on floor hip-width apart, toes and kneecaps pointed upward.

Finish: Slowly bend arms and pull end loops toward chest while lifting leg upward. With legs straight, heel pushing upward and toes pulled downward, continue to lift leg until a mild stretch is felt along back of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.

ANTERIOR LEG STRETCH

Start: Lie on stomach, legs slightly bent hip-width apart, toes pointed forward and leg straight. Position middle loop around ball of one foot and hold one end loop in each hand. Lie on stomach, legs slightly bent hip-width apart, toes pointed forward and leg straight.

Finish: Slowly straighten arm and pull end loop toward floor while bending leg. Pull heel toward buttock and continue to bend leg until a mild stretch is felt along front of upper leg. Hold stretch while keeping opposite leg straight and stationary on floor.