**ACTIVE THERAPY**

**EXERCISE INSTRUCTION**

- As a warm up before each exercise session, perform each selected exercise 3–5 times without the bands.
- 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.
- Perform an equal number of exercise repetitions with each 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 select a band which provides a lesser amount of resistance.
- 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 or select a band which provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each band exercise session.

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**MUSCLE RELIEF**

**MASSAGE BALL**

**EXERCISE GUIDE**

**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.

**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.

**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 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.

**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.

**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.

**MID 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.