

Therapy Ball Self Care Instructions:

I'd like to remind you all to spend some time daily or weekly with self-care between sessions. Have one wherever you spend time in place and use that stationary time to **effortlessly address your chronic issues!** Please find that 4" therapy ball and put it somewhere you will see and use it, like your desk, reading or TV chair, bed, or even in the car!

Take the ball and put it somewhere on your body where you feel discomfort. Using your own body weight to apply pressure, roll around just long enough in that area to find the spot where you experience the most "noise". Now stay there for at least five minutes. You can lie or sit on the ball, or lean against the wall. Standing use allows you to vary pressure. Lying or sitting gives deeper pressure and allows you to relax your body more. It should feel uncomfortable at first, but after the first couple of minutes it should get less colorful, and eventually you may even forget the ball is there as the restriction releases without any effort, just time!



You cannot overstretch the fascial system, so more time is better and will make the results more lasting. Now if you have more time to sit and stay, move the ball a little bit to the next ouchy spot, or try a new place altogether! Be curious... It's so simple, and it works!

You can also use the ball by rolling over areas of tightness, like a massage... but the five minute treatment in place will produce true release of fascial restrictions.

The car is a great place to treat hamstrings, glutes and low back on those longer trips. If you don't have a ball handy, try a juice, soda or water bottle (just make sure if it's full that the cap is on tightly!) Of course don't treat in a way that impedes your ability to drive safely!

If you would like another ball for a second treating location or to introduce a friend to this exercise, I have more available for \$3.00 each. If your ball has lost its oomph or needs less air, bring it along on your next appointment or swing by and I'll adjust it for you. (You can also DIY with a small, hand operated bicycle pump. Just moisten the needle before inserting in the valve).