

Still Point / Dural Tube SELF-HELP

How to Make Still Point Inducer

First get two tennis balls and put them in a sock (all the way into the toe end). Next tie a knot behind the balls so they stay close together.

1. Lay on the floor. Place the balls under the middle of the base of your head/occiput. Feel where the bump sticks out and place the balls to the side of it (they will not roll if they are on the right spot). Rest on the balls for one minute. It might be tender to start. Work your way up to ten minutes (that's the max time). This helps to balance your nervous system, by allowing your body to get back into "rest and repose" and out of the "fight or flight" response. If your neck gets sore in this position, get a hand towel, roll it up and fit it under your neck to just barely support your neck while your head is on the balls.

To Release the Dural Tube

To Make the Sacral pad fold wash cloth up to about 3x4-inches. Place on sacrum just below the dimples and above the crack. Relax for a few breaths then extend your spine up towards your head, from your shoulders. Then place the tennis ball as described above.

1. Start with a sacral pad and then add the still point inducer
2. Start with 1 minute a day first week-every day.
2nd week-every other day for 2 minutes.
3rd week-3 minutes, every 3rd day.
After that 10 min 1x a week.
3. End with removing the tennis ball first and then rest for a few breaths and then remove the sacral pad. Rest for a few more breaths.

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