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## **Tennis Ball Self Help**

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.

### **Still point/ cranial induction**

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 will be sore to start for most. Work your way up to ten minutes (that=s the max time). This helps to balance the central nervous system, by allowing your body to get back into Arest and repose@ and out of the fight or fight@ 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.

### **Upper back and shoulders**

Use any flat empty wall and put the balls between you and the wall. Roll against the ball finding the sore spots and hold lightly (you should start to feel some relief shortly. If you don=t feel relief, go lighter or move to another spot). This can also be done lying on the floor. It requires more mobility in the body and goes deeper because of the weight on the balls.

### **Low back and hips**

Lay on the floor. Bring your knees up/bent and place your feet on the floor. Using your hands or a strap, place your hands/strap behind your knee. Place the tennis balls under the opposite hip in the soft tissue and pick that leg up and rotate it out to the side so that the pressure is applied to the ball. Hold it for up to a ten count or 3-4 nice long breathes. (If pain is high more to another spot)Move the ball to another area of the hip and repeat. (Do both hips) If doing this on the floor is to painful stand up and use a flat wall and roll lightly against the balls (as in the shoulders). In the standing position you can also get into the side of the upper thigh and back of legs.

### **Feet**

In a seated position place the balls on the floor and with your shoes off roll the balls against the bottom of your foot (do both feet).

### **Arms**

Place balls on table-top and place forearm on top of the balls and roll your arm around on the balls.

\*Be creative • Stay on the soft tissue, not hard bone. Do all movements slowly and gently.

\*A little soreness is okay . . . great pain is not. • \*Breathe in as you apply pressure and when you breathe out try to relax into the position.

\*Call if you have any questions.

I hope these tips help you on your way towards pain-free, de-stressed health.