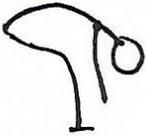
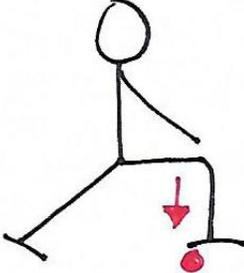
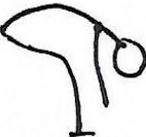


# Tennis Ball Therapy

## FOOT THERAPY

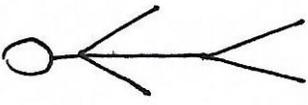
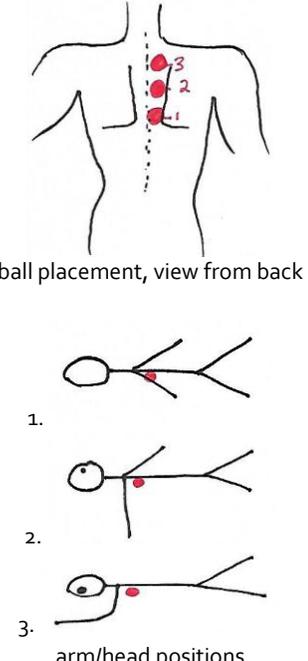
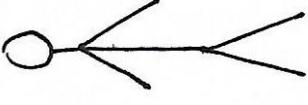
Working with the connective tissue on the soles of the feet will help to release tension and tightness along the entire back body.

	<p><b>Assessment of Forward Fold</b></p> <p>Stand with feet hips width apart. Bend forward from hip hinge and place hands on knees for support. Notice tightness in the hamstrings and along the back body.</p>
	<p><b>Roll Ball Along Sole of Foot</b></p> <p>Stand with tennis ball under right foot, left foot stepped back in a stable position. Use a chair for greater balance if needed. Roll ball from ball of foot to heel, moving from the inside edge of the foot towards the outside edge of the foot. Make sure you access all parts of the sole of the foot.</p>
	<p><b>Acupressure Points of Foot</b></p> <p>Stand with tennis ball under right foot, left foot back in a stable position. Use a chair for greater balance if needed. Press into ball in the following areas:</p> <ol style="list-style-type: none"> <li>1. Center of heel</li> <li>2. In front of heel, back of arch</li> <li>3. Center of arch</li> <li>4. Front of arch</li> <li>5. Ball of big toe</li> <li>6. Between ball of second &amp; third toes</li> <li>7. Between ball of third and fourth toes</li> <li>8. Between ball of fourth and fifth toes</li> <li>9. Between big and second toes with rest of the foot on the floor</li> <li>10. Between second and third toes</li> <li>11. Between third and fourth toes</li> <li>12. Between fourth and fifth toes</li> <li>13. At the tarsal sinus, to the outside of the front heel</li> </ol>
	<p><b>Re-Assess Forward Fold</b></p> <p>Stand with feet hips width apart. Bend forward from hip hinge and place hands on knees for support. Notice tightness in the hamstrings and along the back body. Is there less tightness on the right side now?</p>

# Tennis Ball Therapy

## UPPER BACK THERAPY

Working with the connective tissue in between the shoulder blades along the rhomboids and lower trapezius will help to relieve tension in the upper back and neck.

	<p><b>Assessment of Relaxation</b></p> <p>Lay on back with knees bent and feet on the floor.</p> <p>Notice the placement of the shoulder blades, now much of them are touching the floor.</p> <p>Notice the placement of the head and neck, does the head tilt very far backwards?</p>
 <p>ball placement, view from back</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>arm/head positions</p>	<p><b>Rhomboid Acupressure Points</b></p> <p>Lay on back with knees bent and feet on the floor.</p> <p>Starting with the ball between the spine and the right shoulder blade near the middle back, be sure that the ball is not pressing into the spine or the shoulder blade itself.</p> <p>With the ball in this location, make the following head and arm movements:</p> <ol style="list-style-type: none"> <li>1. Rest the arm by the side, palm up and turn the head to the center</li> <li>2. Drag the arm out from the shoulder and roll the head away from the arm (DO NOT LIFT ARM OR HEAD!)</li> <li>3. Drag the arm above the head and roll the head toward the arm</li> </ol> <p>Then move the ball a few inches up the back to find another place that feels like it needs attention and repeat 1-3 above.</p> <p>Move the ball one or two more times up the back until you come to the top of the trapezius.</p> <p>Repeat to the left side.</p>
	<p><b>Re-Assess Forward Fold</b></p> <p>Lay on back with knees bent and feet on the floor.</p> <p>Notice the placement of the shoulder blades, do they sit flatter on the floor now?</p> <p>Notice the placement of the head and neck, does the head tilt back less now?</p>