

Mini Hand Balls

Users Guide

Body Parts

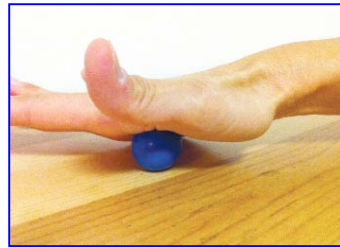
- Arms
- Hands

Body Positions

- Seated
- Seated with table nearby

These one-inch hard bouncing balls are perfect for releasing hands and arms from all the daily computer and device use. You can usually find them at a dollar store – great gifts for friends.

For your hands, just roll it between both of your hands, holding still for the most painful areas until they release. If you have a table or desk nearby, you can also release one hand at a time rolling it between your hand and the table/desk, holding still for the most painful areas until they release.



For your arms, roll it on one arm with your other hand, holding still for the most painful areas until they release.

