

MASSAGE BALLS

(aka Yoga Tune-Up Balls)

Users Guide



There are many uses for the massage balls in the netting, as well as out of the netting. This user guide utilizes both with **very slow movements, following by passive, fascial stretching.** Alternate ball use – tie 2 tennis balls in a sock!

These techniques release the following body parts and conditions – as well as possibly other areas that are connected to your restrictions!

BODY PARTS/CONDITIONS:

- Mid-back pain & discomfort
- Upper back pain & discomfort
- Kyphosis (rounded shoulders)
- Neck & shoulder pain
- Headaches
- Tight chest
- Difficulty breathing
- Poor posture from device use

Recommended DAILY – Twice a day, if possible!

PREPARATON

1. Set aside TIME for yourself with no distractions, normally at least 30 minutes, working up to 45-60 minutes.
2. On a hard floor, use a yoga mat to provide you with a comfortable place on the floor.
3. Place a **small pillow** under your head.
4. Keep your **knees bent**.
5. Place the **massage balls in the netting, centered, under your mid-back**.
6. Starting position is your arms out to the side.



1st release - CLAP

STARTING POSITION: Arms out to side
SLOW MOVEMENT: Gently clap hands over your chest
REPEAT: 4 times to start; up to 6 times after first week, 8 times after 2nd week



2nd release - TOUCHDOWN

STARTING POSITION: Arms down by your side
SLOW MOVEMENT: Raise to above your head – like “touchdown”
REPEAT: 4 times to start; up to 6 times after first week, 8 times after 2nd week



3rd release – WINDSHIELD WIPERS

STARTING POSITION: Bent elbows out to side
SLOW MOVEMENT: “Windshield wipers” bringing your palms down by your hips, then up parallel to your head
REPEAT: 4 times to start; up to 6 times after first week, 8 times after 2nd week



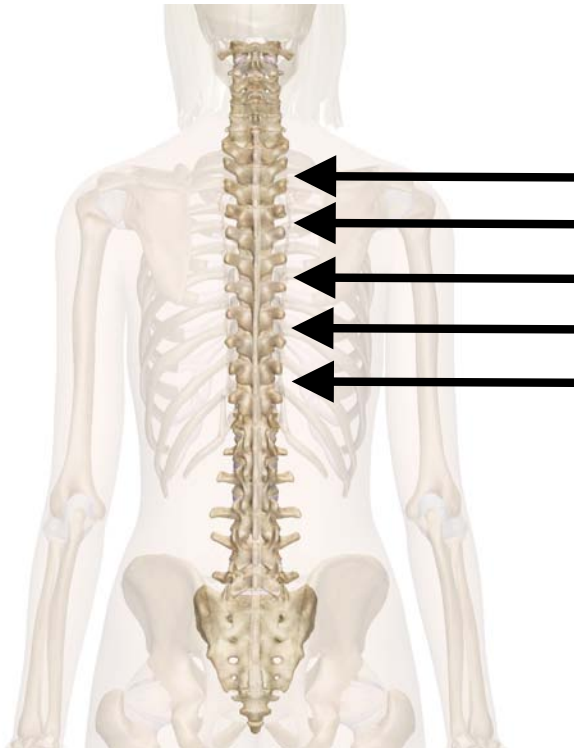
4th release – SNOW ANGELS

STARTING POSITION: Arms down by your side
SLOW MOVEMENT: Slide your arms on the ground toward you head, creating a snow angel
REPEAT: 4 times to start; up to 6 times after first week, 8 times after 2nd week



5th release – “V” “W”

STARTING POSITION: Arms up in a “V”
SLOW MOVEMENT: Slide your elbows down to create a “W”
REPEAT: 4 times to start; up to 6 times after first week, 8 times after 2nd week



Move the balls slightly up your back, 1 inch at a time and **repeat** the entire series.

Continue to repeat the process up the spine, the slower the better.

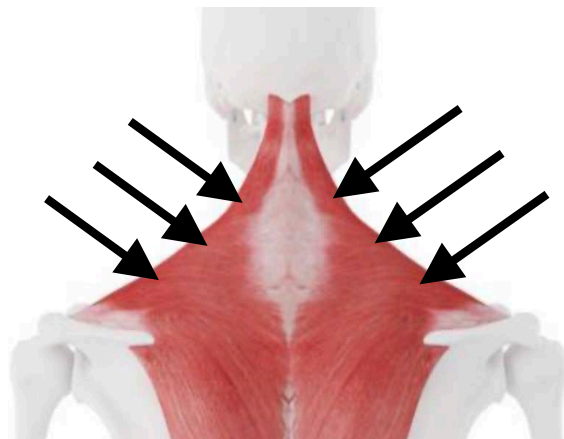
Neck & Shoulder Release



When you get close to the neck, remove them from the netting, **separate the balls** so they are under the top part of your shoulders.



Lift (and keep) your hips in **bridge** and repeat the **5 release sequence**.



You can change the placement of the balls closer to your neck or move further out towards your shoulder and repeat.

Final Spine Release

This technique fascially releases any part of the spine that you noticed was more restricted than other areas.



Lie on the balls so they rest under both sides of your spine, with your hands supporting your head. Roll the balls along your spine to find the most restricted area.

Allow your arms to spread wide.

Breathe into whatever you are experiencing and continue to allow your body to SOFTEN and relax around the ball. It is often easier to soften your body on your EXHALES.



Remain in the area for 3-5 minutes, longer if you choose. You will want to stay still in that area, softening until the sensation you are experiencing diminishes or disappears. This allows you to access multiple layers of the fascial system.

Once this area feels complete, move onto another area and repeat.