

Tennis Balls

Users Guide for Lower Body

Body Parts

- Hips
- Low Back

Body Positions

- Laying on floor w/knees bent

Tennis balls are the perfect size and strength for releasing the hips and low back. If you have pain or discomfort anywhere in your hips or low back, using tennis balls regularly in the manner listed below, can significantly change the structure of your core creating relief from pain and discomfort.

Since we use our core most of the day, it may take consistent daily use for long-term change. It is best to lay on a yoga mat with your knees bent. Roll the ball under your hip or low back until you feel the greatest sensation and just allow your body to rest in that spot for 10-15 minutes, without pushing on the ball. You can cross that leg over the other knee for a greater release, but be sure not to move your body on the ball for a steady, static release. It's easier to hold this longer if you are reading or watching television.

