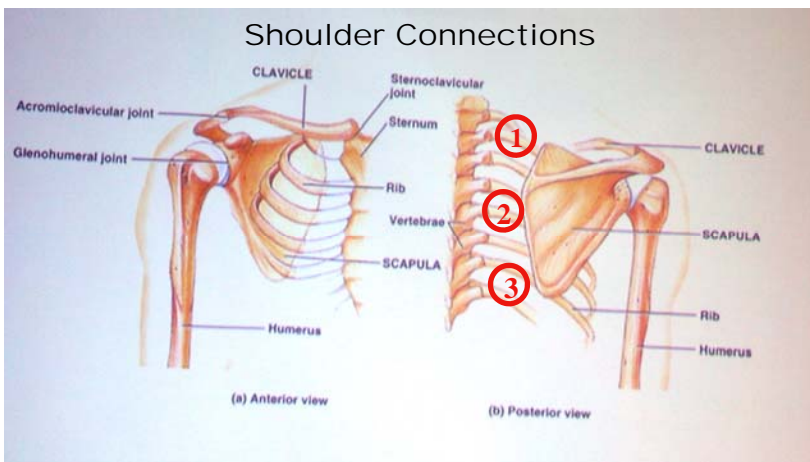


BALL THERAPY FOR THE SHOULDERS

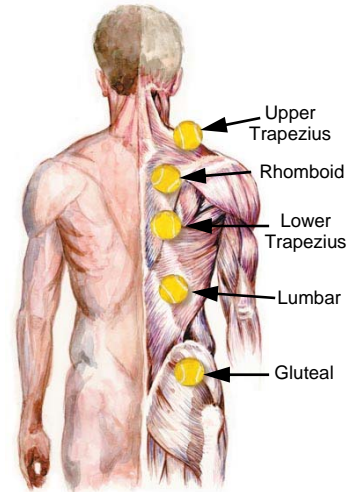
Ball therapy brings a fresh flow of prana to the shoulders, neck and entire upper torso, revitalizing and regenerating the cells. It can promote circulation and flexibility in those hard-working extremities. There are over 70,000 nerve endings in the bottom of our feet and lots of pressure points connecting to every organ in our bodies. Let your feet enjoy the attention as well!

To practice the ball therapy, lie on your mat with both knees bent and the soles of the feet comfortably on the floor. Support your head with the palm of your left hand. Use the figure below to determine where the three positions of the ball should be.



Get help for these five areas →

These are just five of the common problem areas that can benefit from tennis-ball trigger-point therapy. Pressure can be applied while lying down on the balls in these five areas using deep three-part breathing.



The Upper Edge of the Shoulder Blade, Position 1

- Take the ball in your right hand and place it in the #1 position as shown above. Make sure you place the ball between the shoulder blade and the spine in the fleshy part. Take a deep breath, and let the jaw and shoulders relax. Bring the arm onto the mat next to the body with the palm on the floor. Take three deep breaths and as you exhale, allow the weight of the right shoulder to drop into the earth around the ball, going deep into the connective tissue.
- Mindfully, bring the arm straight out from the shoulders in a "T" with the palm facing up and take three more deep breaths. Turn the palm toward the earth and breathe three more deep breaths.
- Moving cautiously, bring the arm above the head, creating your own modification if need be (½ cactus arm). Breathe three deep breaths.

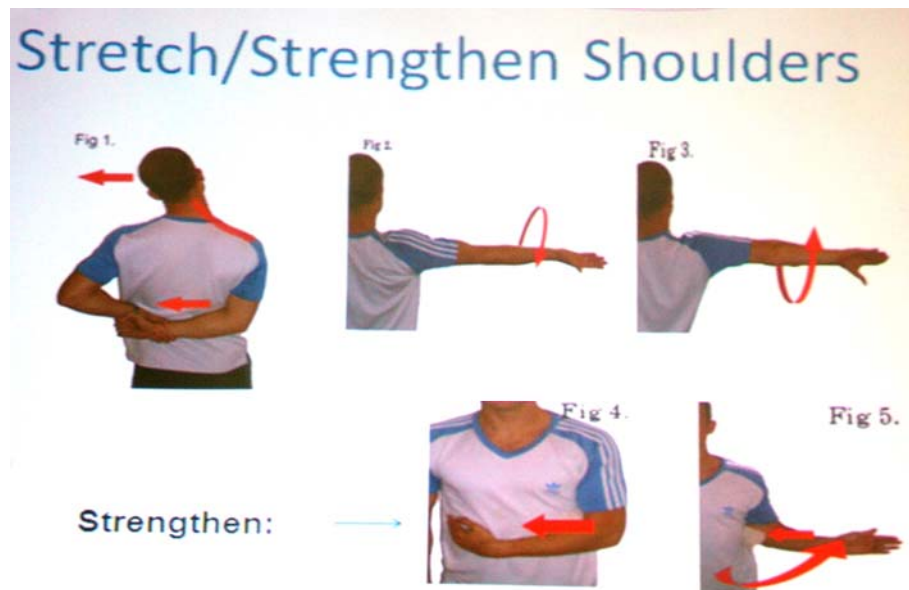
The Middle Edge of the Shoulder Blade, Position 2

- Bring the arm to your side, palm down and scoot the body up so the ball rolls down so it repositions the ball to the well between the middle edge of your shoulder blade and the spine as shown on the #2 position on the figure above.
- Take three deep breaths in each of the four to five arm positions as described in Position 1 above.

The Lower Edge of the Shoulder Blade, Position 3

- Move the ball to that juicy well between the lower edge of the shoulder blade and the spine, Position #3, and breathe three deep breaths.
- Take three deep breaths in each of the four to five arm positions as described above.
- Once again, if you find a spot that needs special attention, stay in that area and breathe even deeper.

Scoot the body down so the ball rolls up the same path to the top of shoulder. Remove it and repeat on the opposite side.



The following movements are suggested to stretch and strengthen the shoulders: