

Rehabilitation Services, Inc.

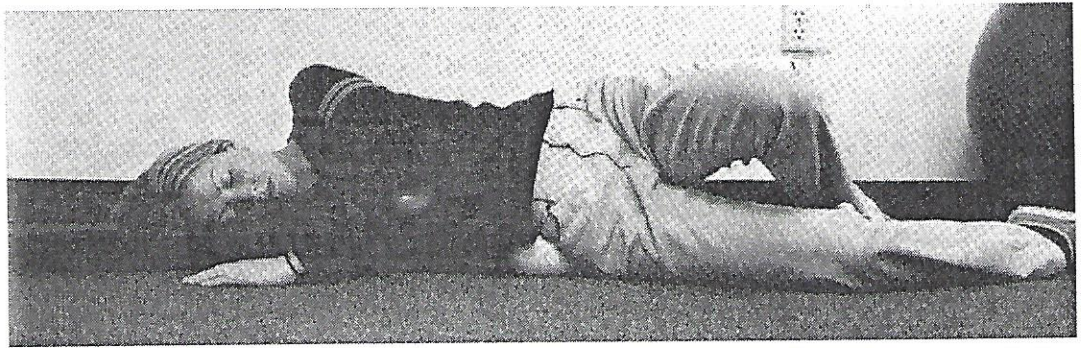
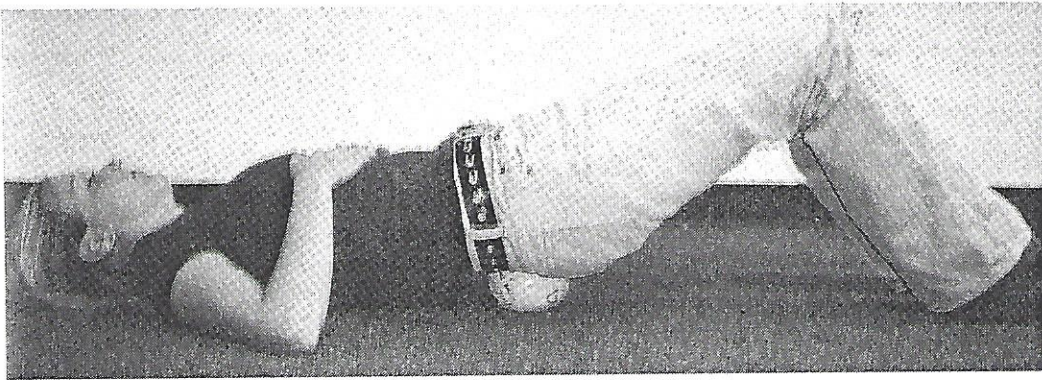
42 Lloyd Avenue, Malvern, PA 19355-3000 610.644.0136

Home Program For _____

Therapeutic Ball Exercise on the Floor

You will be using a ball to apply pressure to tight and tender areas in your back, buttocks, and hips (and more!) to loosen these areas and decrease pain.

Lay on your back with the ball positioned to the right or left of your spine in the low back area. Allow yourself to melt over the ball. It may hurt at first; that's a fascial restriction and what you want to release. **BREATHE!!!!** Soften for a minimum of two minutes to allow the fascia to begin to release. Allow 2-5 minutes in each area for several releases. Move the ball to find different areas of tightness and restriction.



It's often helpful to imagine yourself inside of the pain, feeling it fully. It also helps to imagine the tight, hard tissue melting or stretching. Keep breathing and softening...After a while you'll feel the tightness soften. As your tissue releases, allow yourself to sink further into the ball.

Therapist

Date