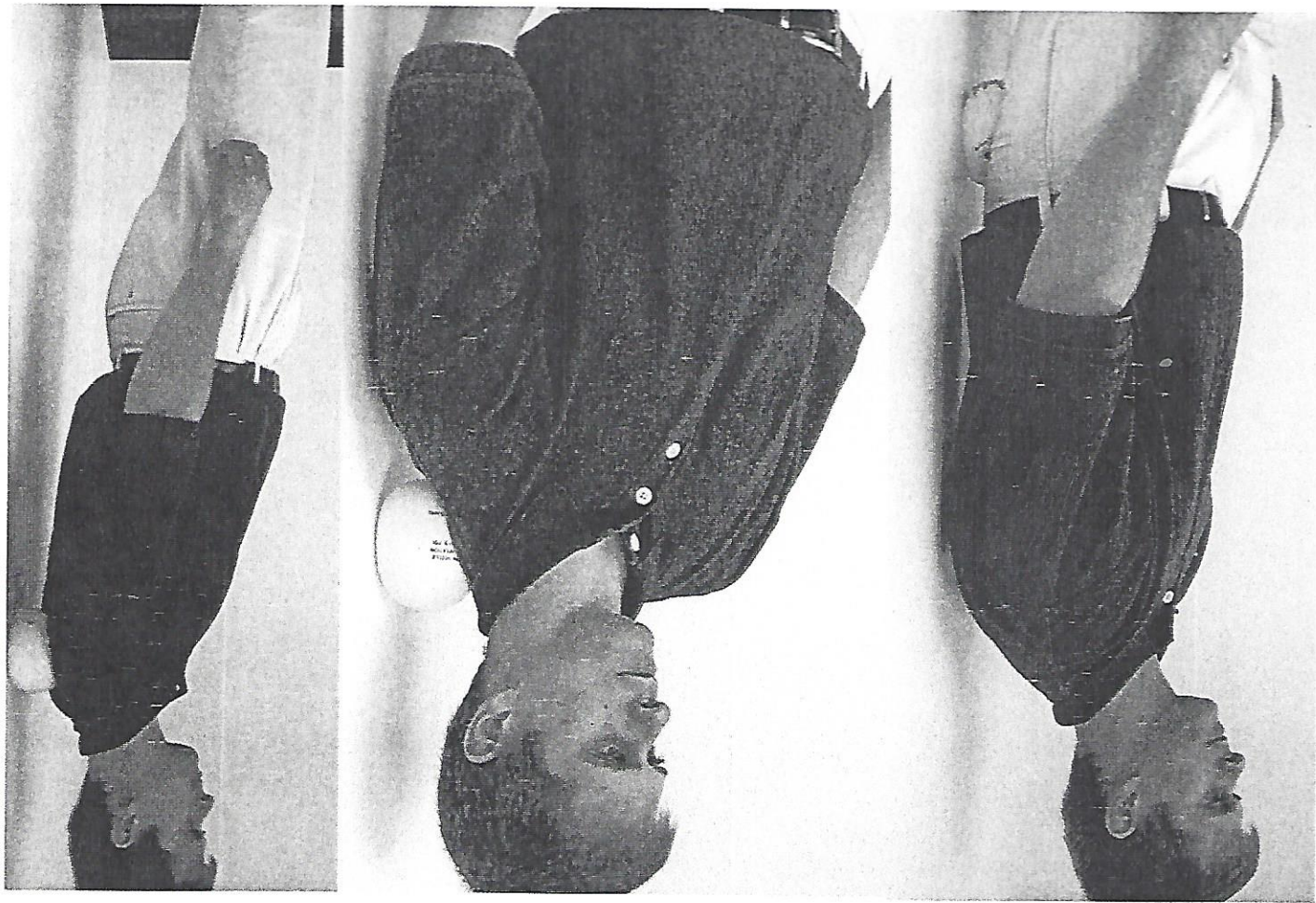


Lindy Physical Therapy Specializing in Myofascial

Therapeutic Ball Exercise in Standing

You will be using the ball to apply pressure to tight/tender areas in your neck, back, buttocks, and hips (and more!) until they soften. The ball should be used on **all** areas noted above, unless you are instructed to do otherwise by your therapist. In general, you should stand in a comfortable position while **leaning** on the ball. Allow your body to relax and the tissue to soften. **Breathe!** Use your hips to shift from side to side or up and down to find the tight/tender areas. Focus the pressure on the tight/tender area until the tenderness decreases. Allow 2-5 minutes on each area for several releases. You may need to turn your body diagonally to the wall to work on your hips, buttocks, and neck.



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