



Tennis ball against wall

Start by standing with your legs your hip width apart. Your back should be a few inches from the wall. Drop the ball over your shoulder, catching the ball against the wall in area (or near area) you want to massage. In the beginning you might want to have your bottom a bit closer to the wall so if the ball drops lower than you want it, your low back or bottom will catch it.

Begin by slowly lowering yourself into a squat position. As you are lowering yourself the ball is pressing against the wall and your back, giving you a massage. Gently go up and down, for a minute or two.

Once you find the pressure you feel is appropriate, **use a little less pressure for the first few days/weeks.** Then after you experience how you feel, making sure to not feel sore or painful results, you may then decide to use a bit more pressure. The further your feet are away from the wall the more pressure that is applied.

LESS IS MORE. It is better to do a little now and a little in a few hours or the next day rather than doing too much at one time. A little is helpful, more is not better. Never do if it causes pain. Comfortable pressure is good. Pain is not helpful, use less pressure. Supersizing (as in going overboard) is **not a good idea.** The old adage of “no pain no gain” **is counterproductive!** STOP if Pain occurs.

Less more often is FANTASTIC!

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