

# Tennis Ball Therapy

While a tennis ball is the ball used in these exercises, a golf ball or lacrosse ball could also be used depending on what your needs are.

## Foot Reflexology

Roll tennis ball under foot while standing. Apply full weight of your body to the tennis ball. Slowly work the ball all over the bottom of the foot, slowly, working out the sore spots. Repeat on the other foot.

## Forearms

1) Stand, facing the wall. Bend arm at the elbow, with forearm across stomach. Place tennis ball between top side of forearm and the wall. Slowly roll ball between arm and wall the entire length of the forearm.

2) Stand with back against the wall. Bend arm at the elbow, with forearm across lower back. Place tennis ball between underside of arm and the wall. Slowly roll ball between arm and wall the entire length of the forearm.

\*Lean into the ball with the weight of your body, to keep the muscles in the arm relaxed.

## Shoulders

Place tennis ball between backside of shoulder and a wall. Keep knees slightly bent to make moving around easier. Slowly move up, down, side to side using the ball to apply pressure to tightened muscles. On really tight muscles apply the pressure of the ball for 60-90 seconds, remembering to breathe slow deep breaths. Be sure to keep the ball OFF the spine.

## Wall Pressure

Pressure can be used to release most sore, tight muscles in the body by placing the ball between the tight muscle and a wall. Slowly moving around to get the pressure of the ball in just the right spot. Hold that spot for up to 90 seconds. If there is no release try something different.

## Floor pressure

This is done using the same technique only lying on the floor so that the weight of the body is applying the pressure. Lie down on the floor, placing the ball under the tight muscle. Lie there and relax. Several balls can be used at the same time using this method.

Compliments of:

*Elemental Body Therapies of NH, LLC*

*High Street, Candia, NH 03034*

*ElementalBodyTherapies.com*

*603-370-7162 laura@elementalbodytherapies.com*

*NH Massage License 3615M*

