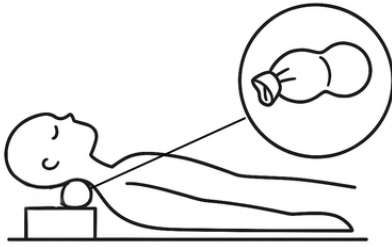


Self Myofascial Release

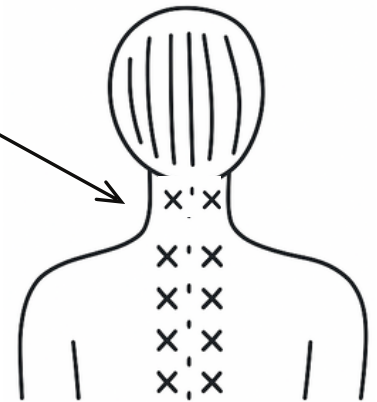
Goal: Explore areas of tension, restore mobility and flexibility, reduce pain.
Things that move good, feel good.

Procedure:



- Place a yoga block, book or solid flat object (2–3" tall) under your head.
- Place two tennis balls in a sock (as shown) on either side of the spine, starting just below the skull.

- Starting at the top X's (neck just below the skull), move the balls down every 1–3 minutes, hitting on each x-marked spot.
- Once you move the balls to your shoulders, you can either remove the yoga block or continue using it for head support.
- At each level, assess the degree of pressure. It should feel therapeutic. You must be able to breathe and relax into the pressure with an intensity of no more than 4/10.
- Be unhurried with the process, giving yourself 1–3 minutes at each level.
- Breathe slowly in through your nose and out through your mouth, allowing your body to sink into the pressure of the balls.
- Scan your body continuously and relax tense areas. Your body will give you lots of information if you listen
- Move down a level and repeat after 1–3 minutes, allowing time to feel the tension release. Once done, be sure to gently move the treated area and hydrate.

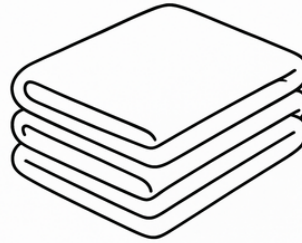


Repeat every 1–3 days as needed to manage pain.

Self Myofascial Release

Goal: Explore areas of tension, restore mobility and flexibility, reduce pain.
Things that move good, feel good.

Tips to Adjust for a Therapeutic Stretch



Too much pressure?

If there is too much pressure, add a towel on top of the balls to spread out the tension and lessen pressure. The towel can be layered 1–8 times as needed for therapeutic pressure.

Not enough pressure?

Slowly nod your head if in the upper neck space. In the lower cervical or upper back levels, hug yourself, shift your body side to side, or adjust leg position.