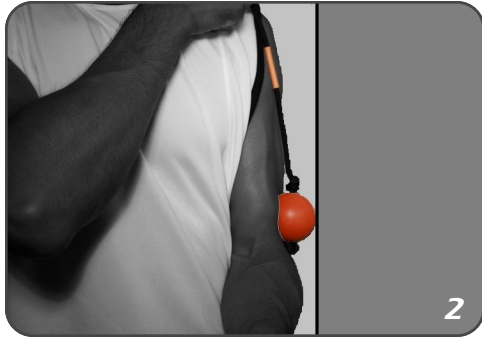


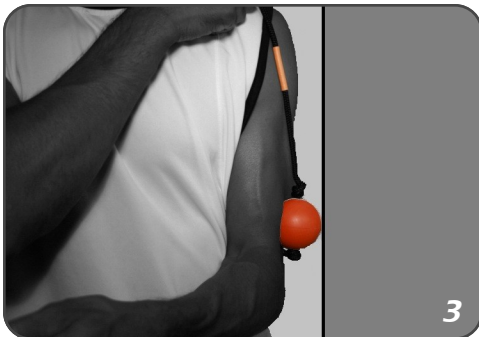
BRACHIALIS TRIGGER POINTS
Featuring "The Ball"



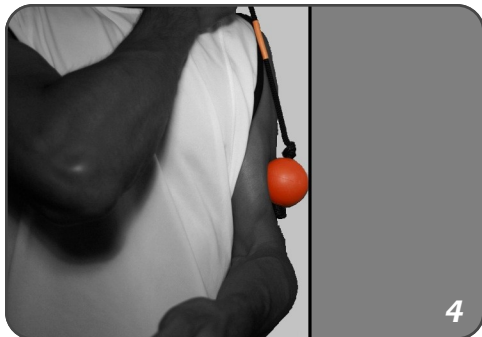
1. LOCATE— The brachialis muscle can be found in the lower half of the humerus. It is in a slightly anterolateral position between the lateral heads of the triceps and biceps.



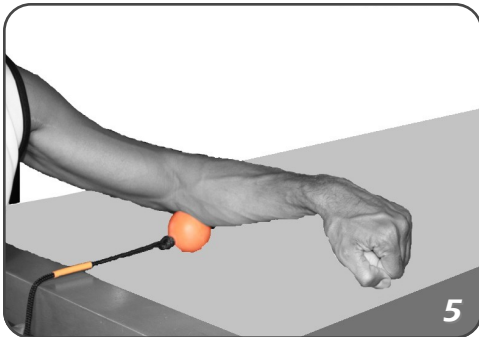
2. HOLD—Drop the Ball down between your brachialis and the wall. Flex the elbow. Lean your brachialis muscle against the Ball to deactivate the trigger point. Hold for 20-30 seconds.



3. ROCK— Rock your arm over the width of trigger point to deactivate stubborn triceps trigger points. Note: You may feel some tingling in the thumb during exercise. This is normal.



4. MOVE—Work the entire brachialis area on the outer portion of the arm as shown in Figure 1. It is important to release the multiple trigger points within this muscle.



5. ALT— The last trigger point is approximately one inch from the center of the elbow crease towards the inside of the arm. The trigger point is just on the inside of the medial epicondyle. Use the weight of your forearm to release the trigger point as shown in the picture.

BENEFITS

- ⊕ Relieve arm pain
- ⊕ Ease elbow pain (golfer's elbow)
- ⊕ Alleviate anterior shoulder (deltoid) pain
- ⊕ Treat thumb numbness, tingling, and pain
- ⊕ Regain strength during arm flexion
- ⊕ Minimize tendinitis flare-ups
- ⊕ Prevent injury