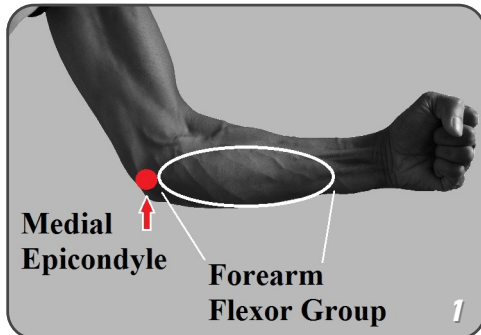
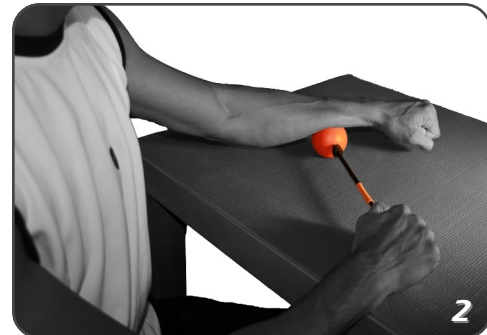


THE GOLFER ELBOW TECHNIQUE

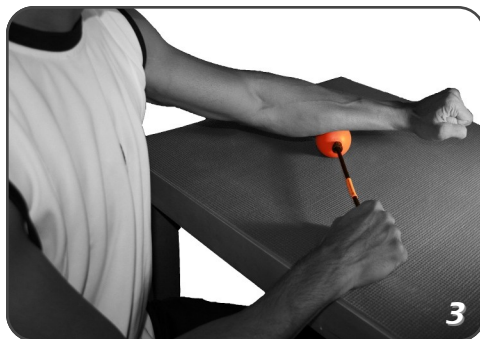
Featuring "The Ball"



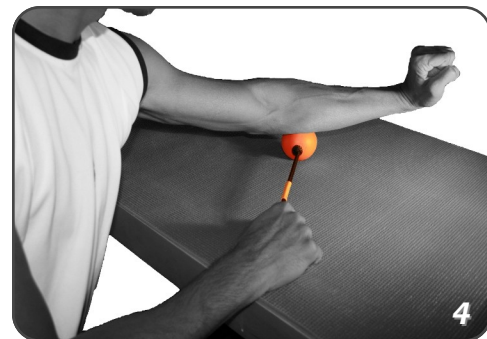
1. LOCATE— Find the muscles just below the medial epicondyle. Note the shape and direction of the muscles. This is the area that will be massaged using the Ball.



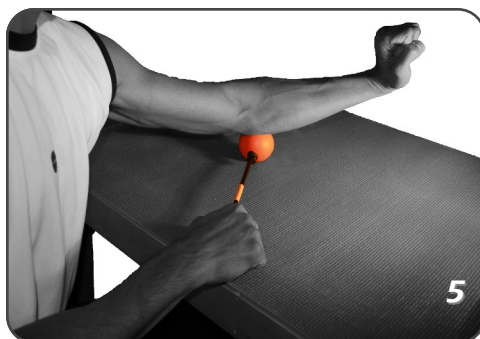
2. PIN—Sit at a table and use your forearm to pin the ball against the table as in the picture. Palm should be facing down toward table. Ball should be placed about halfway up forearm.



3. ROLL—Apply a slight tension to the cord to keep Ball in place. Roll forearm over Ball from wrist to elbow, while extending wrist at the same time.



4. SMOOTH—The motion should be smooth throughout this exercise. Maintain downward pressure on ball to target trigger points effectively.



5. REPEAT— Massage all the way to the medial epicondyle. Hold position here for 20-30 seconds. Shift positions and massage the other forearm flexor muscles. Work both arms.

BENEFITS

- ☺ Relieve golfer's elbow the proper way
- ☺ Prevent microtears of tendons
- ☺ Reduce wrist and elbow strain
- ☺ Keep forearm extensors limber
- ☺ Treat wrist pain
- ☺ Recover grasping strength
- ☺ Prevent injury
- ☺ Provide relief from overuse or repetitive stress