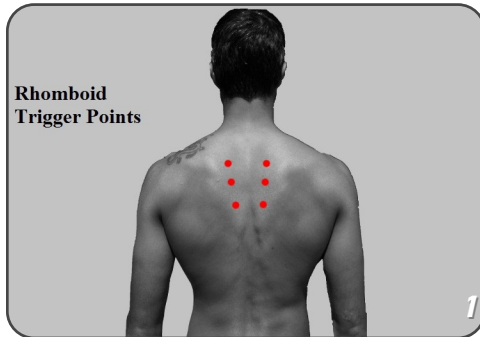
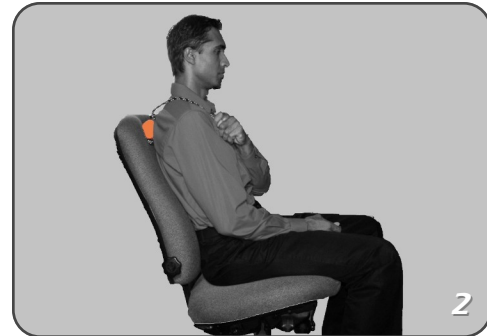


**THE RHOMBOID MAJOR&MINOR**  
*Featuring "The Ball"*



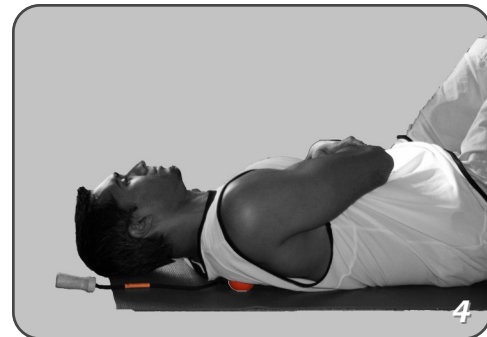
1. LOCATE— Look at the Trigger Point Chart that came with your Sciaticare Ball. Find the rhomboids trigger points. Place the Ball under one of the points in this area.



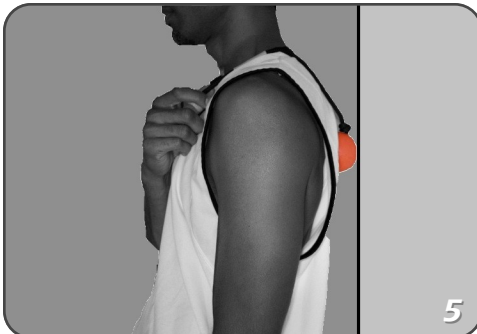
2. SIT—Support your body in a seated position as shown above. Place Ball between the rhomboid point you wish to work and the seat back. Hold the handle to secure the Ball in place.



3. ALT1 —Use the handle to locate the Ball and let go. You can keep the Ball in place with pressure from leaning back onto it. Rock back and forth for 30 seconds or longer to release stubborn trigger points.



4. ALT2—Lie down on a flat surface. Place Ball between the rhomboid point you wish to work and the floor. Rock slowly back and forth over the point using your body weight to assist.



5. ALT3— Place the Ball between you and a wall or other vertical surface. Lean into the Ball and rock back and forth for 30 seconds or longer to release stubborn trigger points.

**BENEFITS**

- ⊕ Relieve common source of pain between shoulder blades
- ⊕ Treat clicking, cracking, or crunching feeling during shoulder movement
- ⊕ Retrain muscles causing anteriorly rotated shoulders (slumped) shoulders
- ⊕ Alleviate instability in shoulder girdle