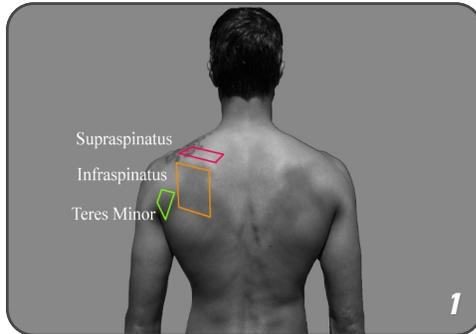


THE ROTATOR CUFF RELEASE

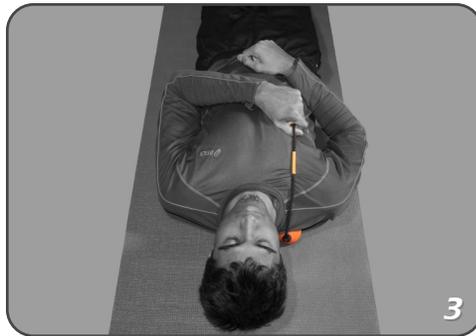
Featuring "The Ball"



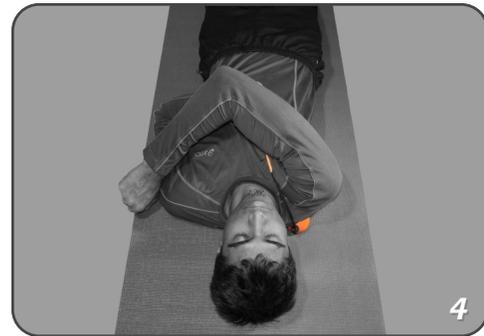
1. LOCATE— Find the spine of the scapula. Above is supraspinatus. Below is infraspinatus. Note the location of teres minor in relation to the armpit. These are 3 of the 4 rotator cuff muscles.



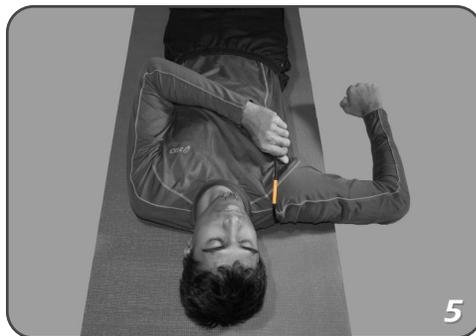
2. SUPRA— Lie down on floor and place Sciaticare Ball in the supraspinatus area. This area is just above the spine of the scapula.



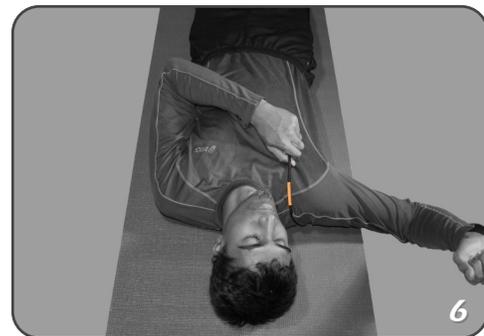
3. SECURE— With opposite hand, hold handle and secure Ball in place. Find tender points along the supraspinatus.



4. CROSS— Cross the intended arm over to the other side of the body and rock the body from side to side over the Ball. This works the entire length of the supraspinatus muscle.



5. INFRA1— Locate the infraspinatus area and place the Ball underneath. Place arm in position as shown above. This is the stretched position of the infraspinatus muscle.



6. INFRA2— Slowly externally rotate the upper arm as shown in the image above. This is the contracted position of the infraspinatus muscle.

THE ROTATOR CUFF RELEASE

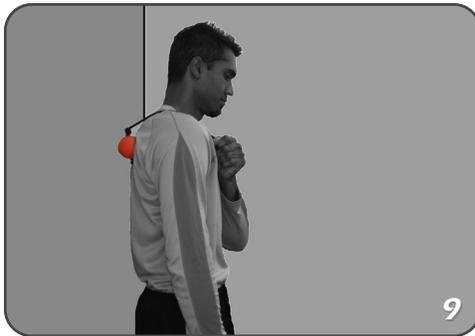
Featuring "The Ball"



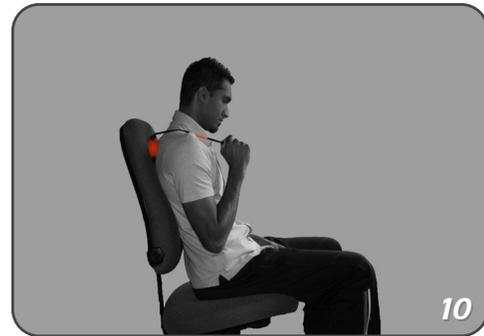
7. TERES1— Find the teres minor trigger point area as shown in the first diagram. Hold the handle with the opposite hand to secure the Ball.



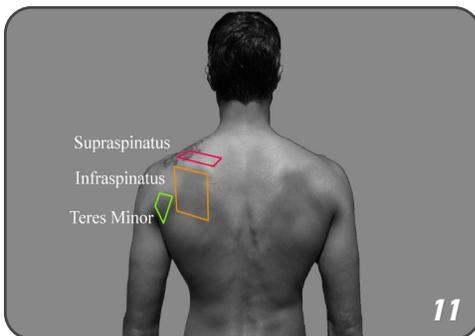
8. TERES2—Roll back and forth over the Sciaticare Ball slowly.



9. ALT1— These exercises can be effectively performed while standing against a wall.



10. ALT2—These exercises can also be effectively performed while sitting in an office chair.



11. REPEAT— Work the three trigger point areas of the rotator cuff muscles twice a day, spending 5 minutes on each area. Note the subscapularis is the only rotator cuff muscle not treated. This muscle can be treated using other tools.

BENEFITS

- ☺ Can release "frozen shoulder" pain
- ☺ Treats "tennis elbow" pain
- ☺ Reduce posterior upper arm pain
- ☺ Treats tingling and numbness in fingers
- ☺ Lessen clicking and popping in shoulder
- ☺ Prevent weakness and stiffness in shoulder and arm
- ☺ Provide relief from overuse or repetitive stress