

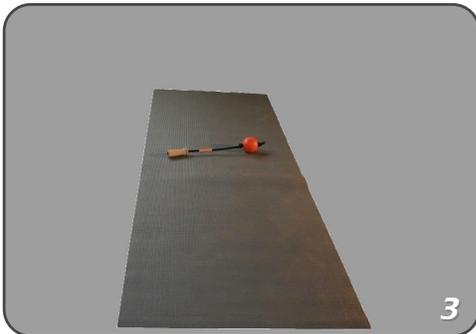
SCIATICA - THE SCIATICARE WAY
Featuring "The Ball"



1. LOCATION—Find the piriformis trigger point using the chart that came with your Sciaticare Ball. Place the Ball underneath this point.



2. ROTATION—Rotate your hip and knee slowly outward while keeping pressure on the Ball. Hold for 1 second at bottom. Return to starting position. Repeat 5-10 times.



3. SECURE BALL—To secure the Sciaticare Ball in place, orient the handle and cord to the opposite side of the body as shown in picture. This may be necessary if you are working on a slippery or smooth surface.



4. SECURE BALL—Lay on Ball and grasp handle with hand opposite that of target hip. Continue as in steps 1 and 2. The Sciaticare Ball should now be secure and less apt to slide around underneath your body.



5. ALT POSITION 1a—This position is an advanced position that allows for deeper penetration of the Sciaticare Ball into trigger points.



6. ALT POSITION 1a— Top view of position 1a. This position further stretches the piriformis and other external rotator muscles in hip.

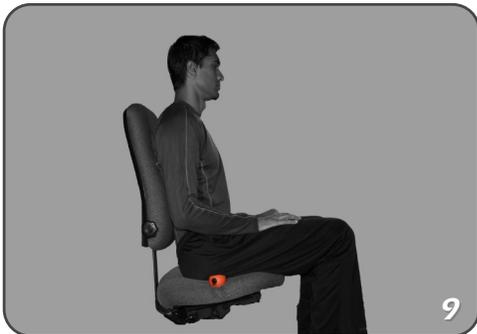
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7. ALT POSITION 1b—Rotate target hip outward while keeping pressure on the Ball. Hold for 1 second at bottom. Return to starting position. Repeat 5-10 times.



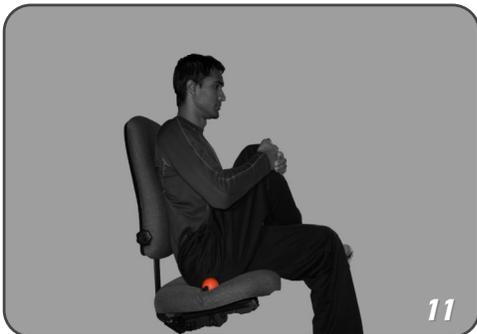
8. ALT POSITION 1b— You can work trigger points in the entire gluteal region from this position. Please refer to trigger point chart that was included with your Sciaticare Ball.



9. ALT POSITION 2—Treat most of the trigger points causing sciatica while in a seated position. Sit directly on the trigger point and rock side to side over point until released.



10. ALT POSITION 3a—Cross the target leg over the opposite knee for working stubborn, deep trigger points while seated.



11. ALT POSITION 3b—To stretch the piriformis muscle while providing a stronger trigger point massage, pull knee up towards the opposite shoulder.

BENEFITS

- ⊕ Reduce Sciatic Pain
- ⊕ Treat Piriformis Syndrome
- ⊕ Alleviate sciatica symptoms of numbness, tingling and shooting pain
- ⊕ Increase flexibility in hips
- ⊕ Improve blood flow to legs
- ⊕ Use trigger point chart to completely treat your sciatic pain the Sciaticare Way!