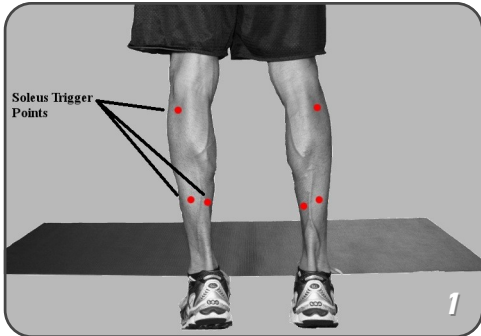
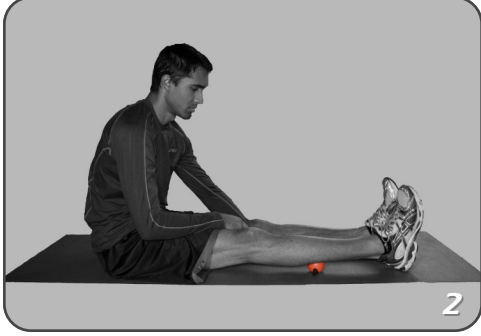


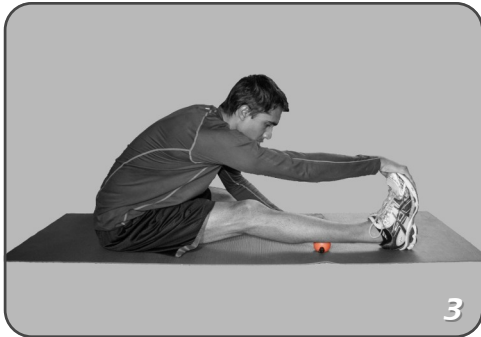
**THE SOLEUS STRETCH**  
Featuring "The Ball"



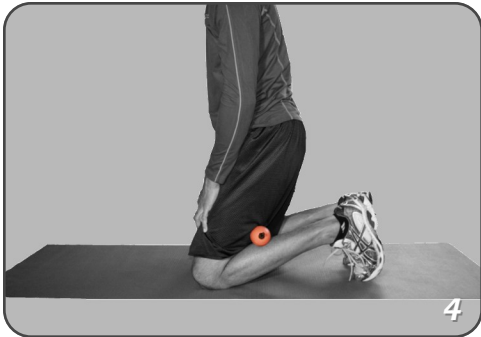
1. LOCATE— There are three soleus trigger points on the lower leg that can be addressed with the Sciaticare Ball. Place Ball underneath one of these points. Treat both legs.



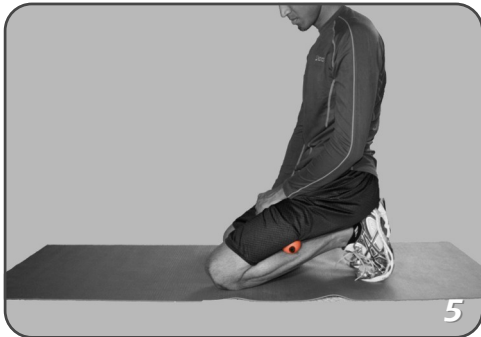
2. POSITION 1— Sit upright on a level surface with the Ball located under trigger point. Rotate leg inward and outward over the Ball.



3. STRETCH—For deeper pressure, grab your toes and pull them toward you. If you cannot reach your toes, you can use a towel around the foot for further reach. Dorsiflex the toes to reciprocally inhibit the soleus. Hold for 20-30 seconds.



4. POSITION 2—Place the Ball over one of the trigger points as shown in step 1.



5. SQUEEZE—Compress Ball between hamstrings and soleus. Rock gently side to side over Ball to deactivate trigger point. Don't forget the other leg!

**BENEFITS**

- ⊕ Reduce heel pain
- ⊕ Lessen Achilles tendonitis inflammation
- ⊕ Improve blood circulation back to heart
- ⊕ Lower chance of heel spurs
- ⊕ Moderate edema and water retention
- ⊕ Reduce stress and pain in lower back
- ⊕ Soothe aching, tired calves