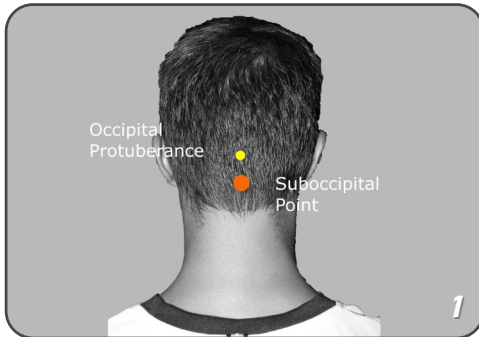
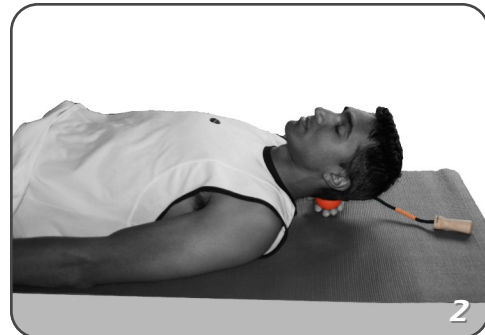


THE SUBOCCIPITAL SQUEEZE

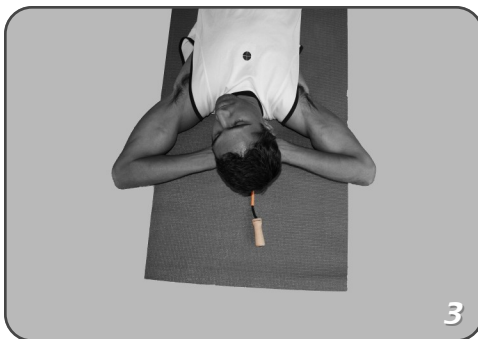
Featuring "The Ball"



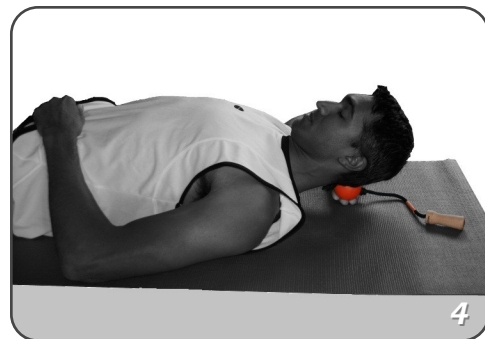
1. LOCATE— Find the suboccipital area just below the occipital protuberance. Place the Ball under this area.



2. SQUEEZE—Let gravity apply the squeeze to the suboccipital muscles. Hold for 20-30 seconds. (Note: one-handed hold)



3. ROCK—Secure the Ball in the hands. Gently shake your head "No" over the Ball. Do this for 30-60 seconds. (Note: two-handed hold)



4. STRETCH—Tuck chin towards chest and elongate the neck. Press back of the head into the Ball. Hold for 20-30 seconds. Repeat steps 2-4 five times or until muscles feel more supple.



5. VERSATILE— Keep a Sciaticare Ball at work and use it at your office chair!

BENEFITS

- ☺ Reduce upper cervical neck pain
- ☺ Reduce migraines and headaches
- ☺ Improve vision
- ☺ Increase balance
- ☺ Ease eye strain
- ☺ Boost blood flow to the brain
- ☺ Enhance cerebrospinal fluid flow through spinal cord
- ☺ Reduce symptoms of occipital neuralgia
- ☺ Provide a performance edge in sports