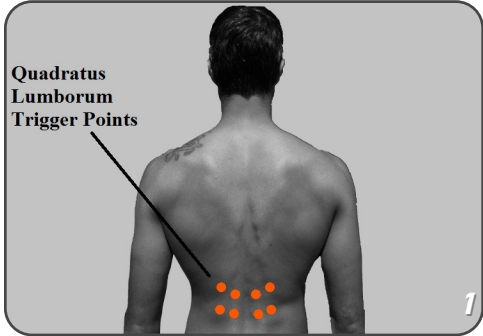
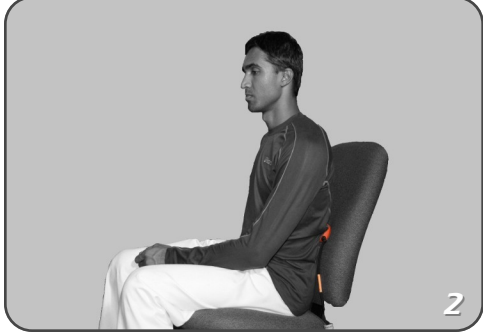


THE LOW BACK RELEASE
Featuring "The Ball"



1. LOCATE— Look at the Trigger Point Chart that came with your Sciaticare Ball. Find the quadratus lumborum trigger points. Place the Ball under this area.



2. SIT—Support your body in a seated position as shown in the picture. Place Ball between the point you wish to work and the seat back.



3. ROCK —Rock gently back and forth over the point you wish to work. More pressure may be used as the muscle begins to relax. Do this for 30 seconds to one minute per point.



4. ALT1—Lie down with knees bent as shown in picture. Ball should be placed between point you wish to work and floor. Rock back and forth over the point using your body weight to assist.



5. ALT2— Grab the knee on the same side you are working and pull towards your chest. If done correctly, trigger point pressure will increase for deeper stimulation.

BENEFITS

- ☺ Relieve low back pain
- ☺ Release nerve impingement due to low back muscular spasm
- ☺ Reduce hip and buttocks strain from over-work
- ☺ Alleviate sciatic pain due to muscle tightness
- ☺ Realign lumbosacral vertebrae with ease
- ☺ Minimize chances of back “going out”