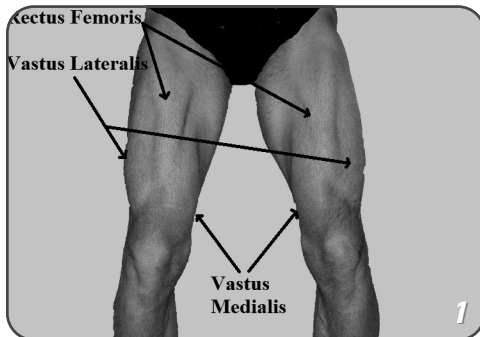
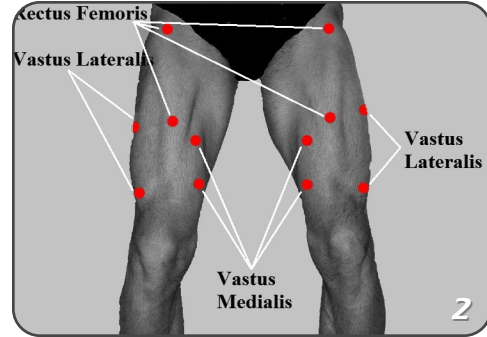


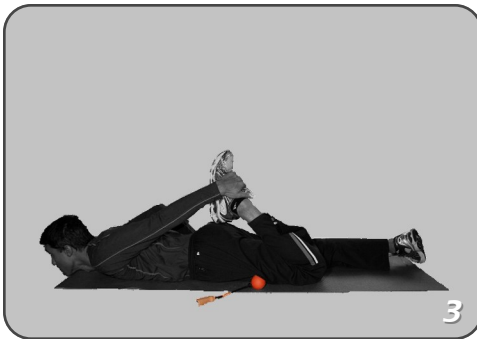
RECTUS FEMORIS RELIEF Featuring "The Ball"



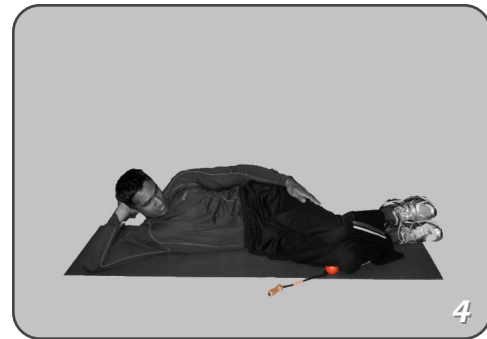
1. LOCATE— Quadriceps muscle is made up of 4 muscles (1 not shown). Rectus Femoris is the middlemost muscle and is located between the iliac spine (ASIS) and top of the patella.



2. POINTS— Depending on your flexibility and thigh size, some or all of the trigger points shown above can be treated using the Ball.



3. LYING— Lie prone with the Ball between the rectus femoris trigger point and the floor. Grab foot with hand as shown. Rock gently back and forth over the point using the weight of the leg to control pressure. Do this for 30 seconds to one minute per point.



4. ALT1— Take a side lying position with knees bent as shown in picture. Ball should be placed between the vastus lateralis point you wish to work and floor. Rock back and forth over the point using your body weight to assist.



5. ALT2— While in the side lying position, place Ball between the knees with the Ball on the lower vastus medialis point. Squeeze the knees together to increase pressure on the trigger point. Squeeze point for 15-30 seconds at a time. Repeat.

BENEFITS

- ⊕ Relieve knee pain
- ⊕ Treat arthritis-like symptoms of knee and hip
- ⊕ Alleviate feeling of knee weakness
- ⊕ Ease lateral, medial and deep knee aches
- ⊕ Realign patella and reduce clicking and popping in knee joint.
- ⊕ Minimize chances of knee "going out"