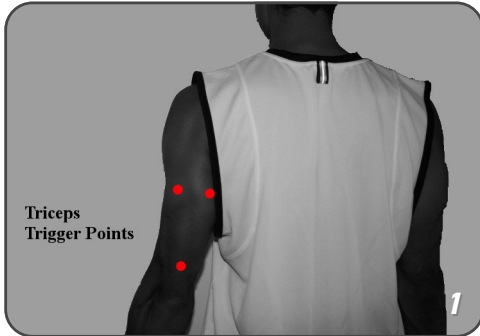
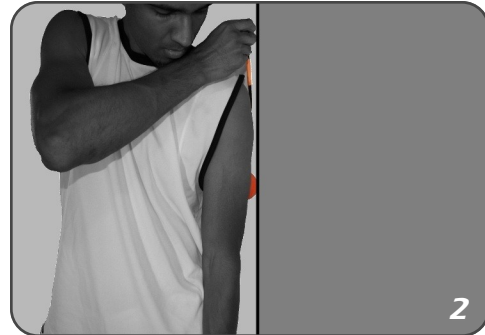


THE TRICEPS TRIGGER POINTS

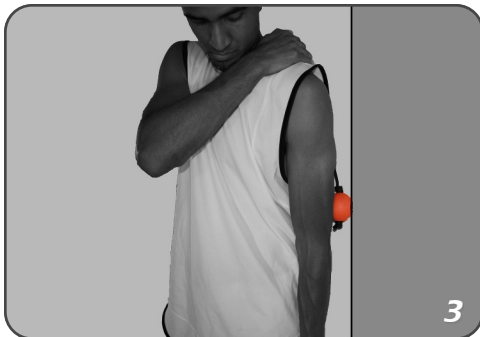
Featuring "The Ball"



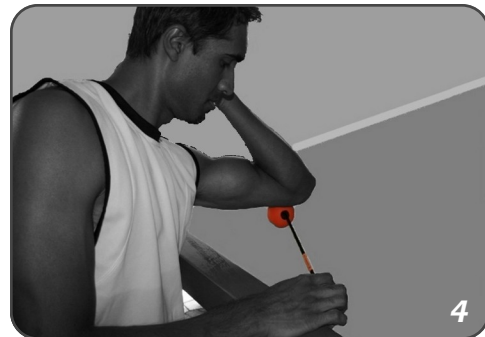
1. LOCATE— Look at the Trigger Point Chart that came with your Sciaticare Ball. Find the piriformis trigger point. Place the Ball under this area.



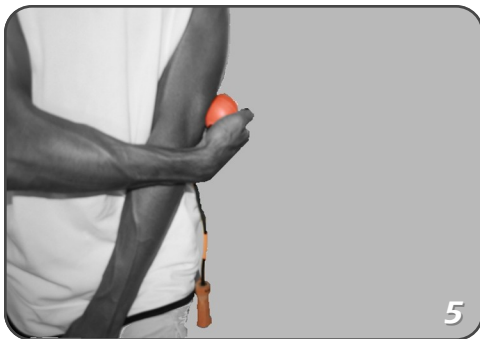
2. HOLD—Drop the Ball down between your triceps trigger point and the wall. Lean your triceps muscle against the Ball to deactivate the trigger point. Hold for 20-30 seconds.



3. ROCK — You can rock your arm over the trigger point to deactivate stubborn triceps trigger points.



4. ALT1—This position allows you to use the weight of your arm to work the trigger points in the triceps. This can be done at your desk or table.



5. ALT2— This is an alternate method to deactivating the triceps trigger points. Using the Ball, press into the triceps muscle with the opposite hand.

BENEFITS

- ⊕ Relieve arm pain
- ⊕ Treat back of shoulder pain
- ⊕ Treat stubborn tennis elbow
- ⊕ Treat stubborn golfer elbow
- ⊕ Minimize tendinitis flare-ups
- ⊕ Prevent injury