

Gluteal/ Piriformis Release



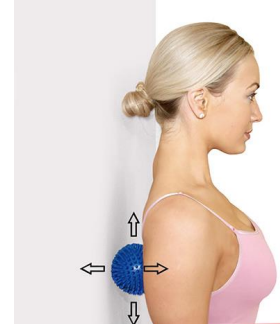
Sit down on a chair, and place a spikey ball under your buttock. Pull the same leg towards your opposite shoulder. Hold on to the chair for support. Gently move your buttock up and down over the ball. You will feel the ball massaging deep into your gluteal (buttock) muscles.

QL Release



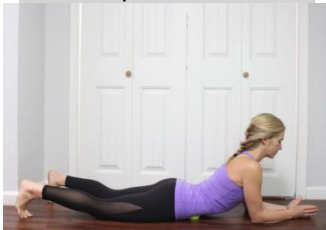
Place a ball in your low back to the side of your spine. Then pull your knee up towards your chest so that it flattens the muscles into the ball and rock from side to side and up and down, really grinding the ball into the muscle. You can adjust the pressure you put into the ball with your knee. Do this for 1-2 minutes each side.

Thoracic Release



Stand up straight, with good posture, and place a spikey ball under your upper back. Gently move the ball in circles to create a massage to your back and shoulder blades.

Prone Hip Flexor Release



Kneel on the floor. Place the ball out in front of you, then lower yourself down onto the ball, belly down, so that it rests between your belly button and the inside of the pointy part of your right hip bone. Prop yourself up with your forearms and let your weight rest on the ball. It should feel as though the ball is pressing up and into your abdomen. Take some small, slow rolls forward and back. When you find a tender spot, stop and hold for 20 seconds.