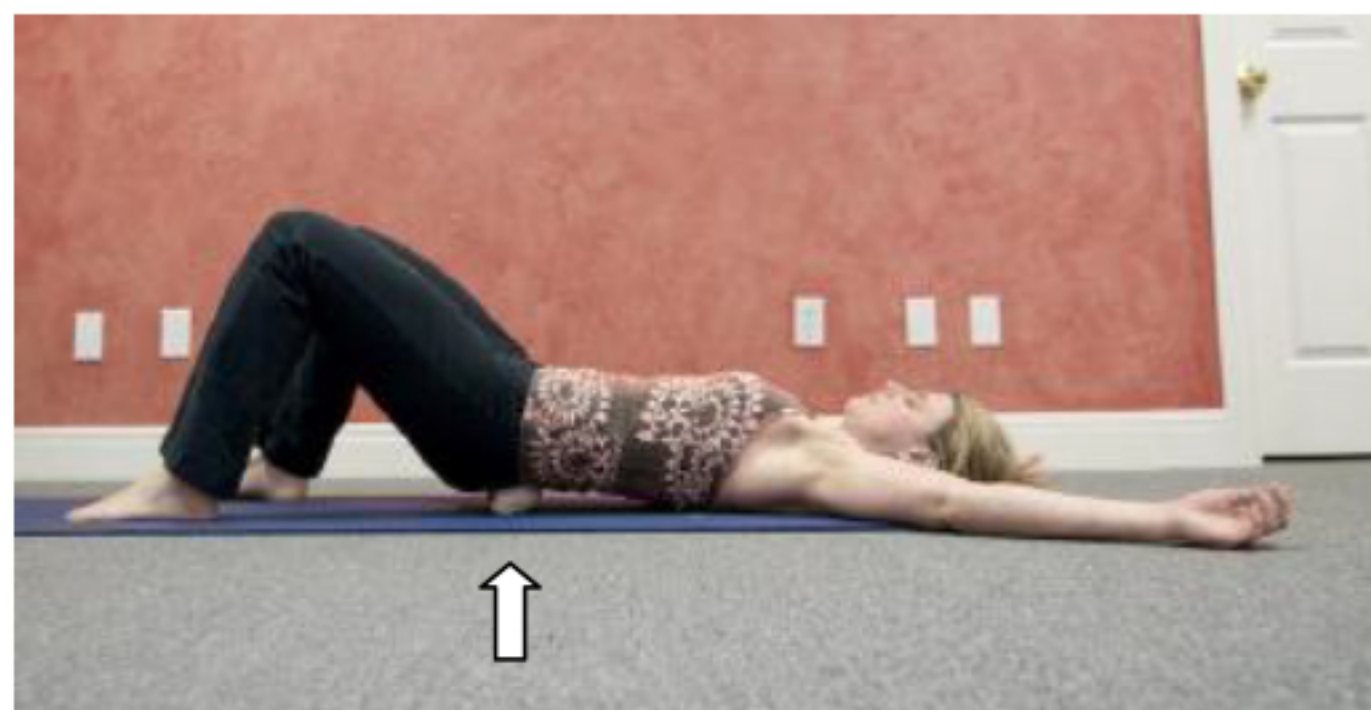
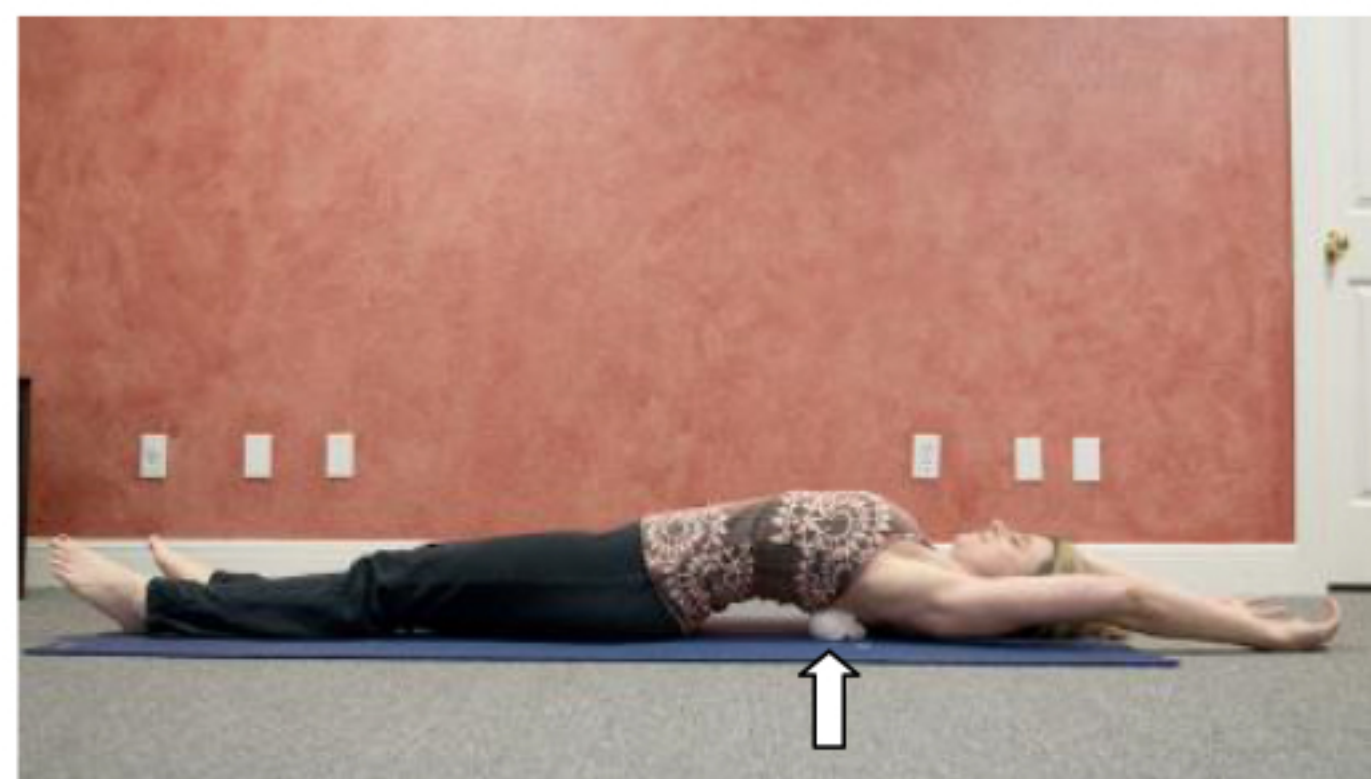


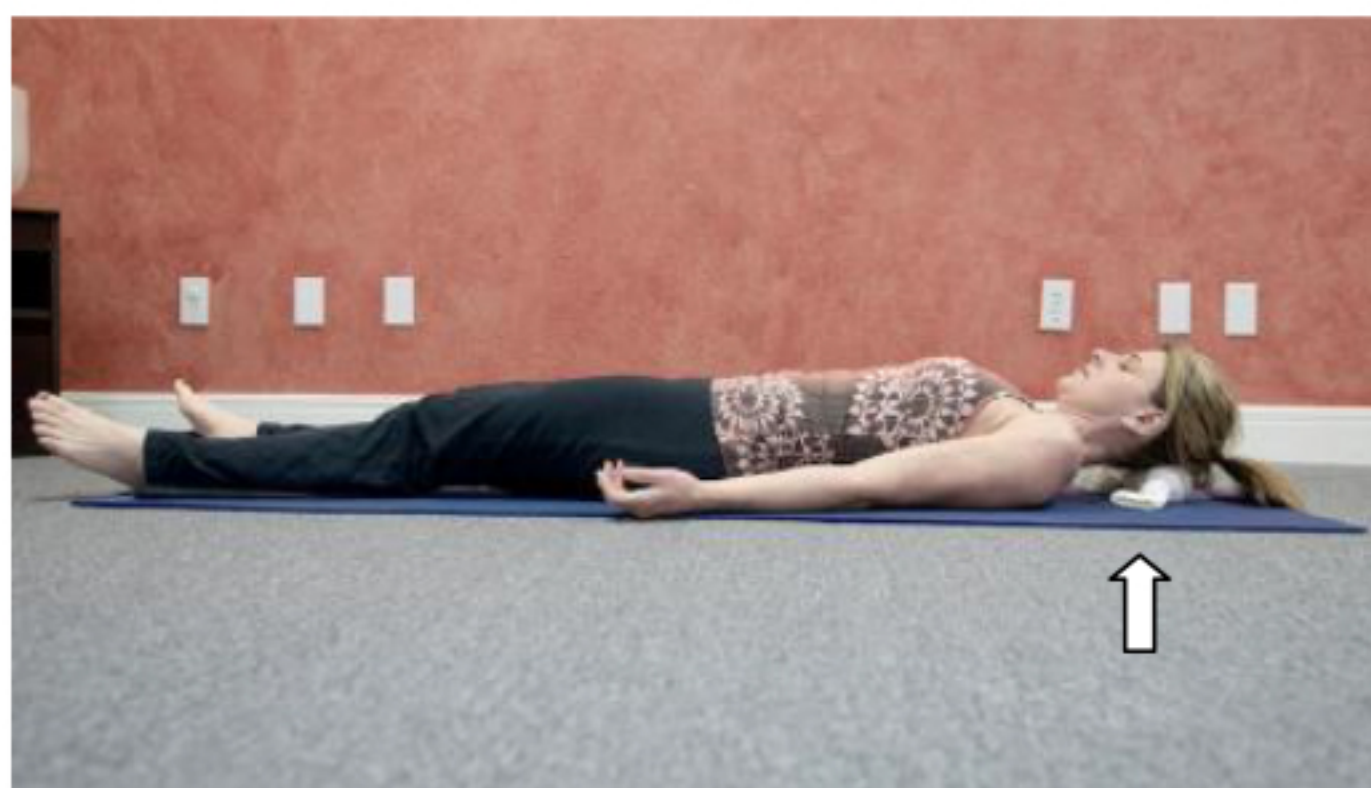
**Starting Position:** Laying down flat on back



1. Tennis balls placed in the lumbar spine, knees are bent, feet on floor. After holding the initial position for 2min. Slowly rock knees to both sides, stopping and holding in any tender or tight spots.



2. Tennis balls placed in the thoracic spine, legs are straight. Use your arms (raising over head) to add resistance into the balls.



3. Tennis balls placed at the base of the skull. Lie in a comfortable position.

## Tennis Ball Stretches:

2 tennis balls in a sock is the cheap and effective way to increase spinal mobility.

**FYI:** You can use them anywhere along the spine. They should stay in each place at least 2 minutes for maximum benefit