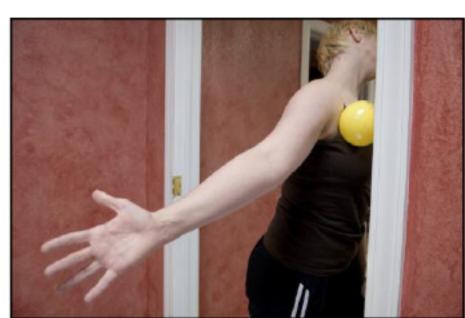
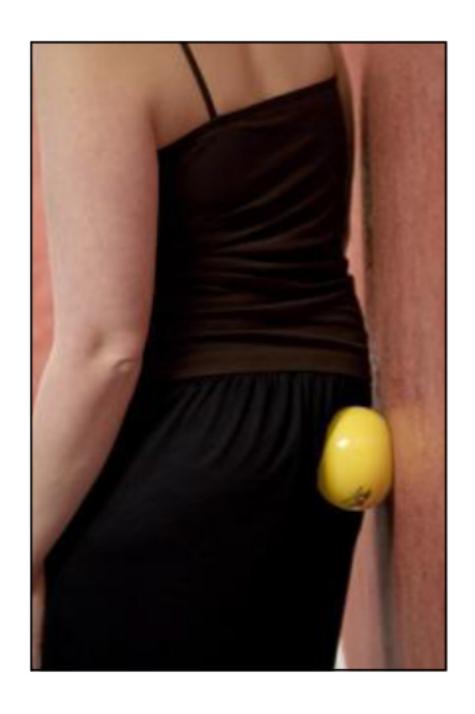
## Therapeutic Exercise

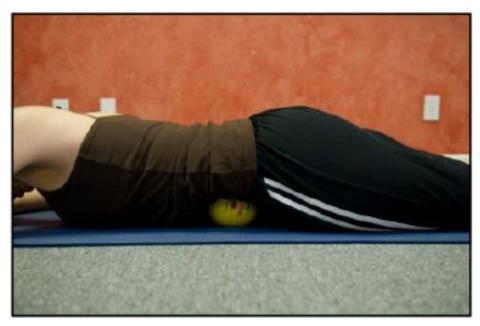
## **Yellow Ball Stretches**













Jody Hendryx, PT

Yellow Ball Stretches: The yellow ball can used for tight or tender areas throughout the body. The trick is to find a tender spot and engage it GENTLY. Do not exert too much pressure or you could further irritate an already inflamed area. Breathe and soften over the ball.

Slowly let the ball sink into the spot you choose. It may take a minimum of 4-5 minutes to feel a release, but there is no maximum amount of time to stay in a spot.

www.sedonaphysicaltherapy.com jody@sedonaphysicaltherapy.com