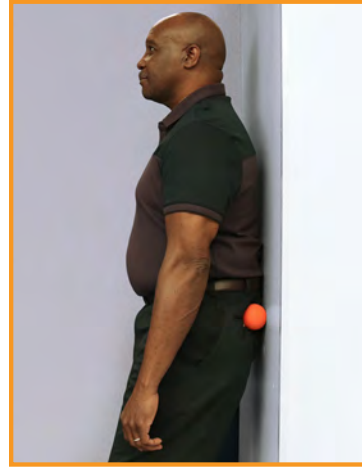


Lacrosse Ball : Lower Body

Upper Glute on Wall

- Stand up with your back to the wall. Position a lacrosse ball on your upper glute, slightly to the side of your hip.
- With the ball pinned against the wall, begin slowly moving the ball side to side, pausing on tender areas. Continue to work the entire glute.



Seated Hamstring

- Sit on a hard surface, and position a lacrosse ball underneath your hamstring.
- Sit tall, with your core engaged, and apply some downward pressure on the ball (with your leg or hands). Begin to straighten your leg as shown.
- If you find a tender spot, keep the ball in position, then bend at the knee and slowly straighten again. Repeat this motion 5 times in one spot, to move the tissue over the ball.
- Move the lacrosse ball to a new spot along the muscle chain, and repeat the leg straightening until you have scanned the entire length of the hamstring.



Calf Complex

- Sit on the floor with one leg straight and your arms behind you for support.
- Position the ball under your calf.
- Apply downward pressure from your leg onto the ball.
- Roll over the ball, scanning the calf area for tender spots.
- Hold on each tender spot for 10-20 seconds, then proceed to the next spot.



Always consult with your doctor before starting any exercise program. Stop immediately if you experience any pain, tingling, or difficulties performing this exercise.

Lacrosse Ball : Lower Body

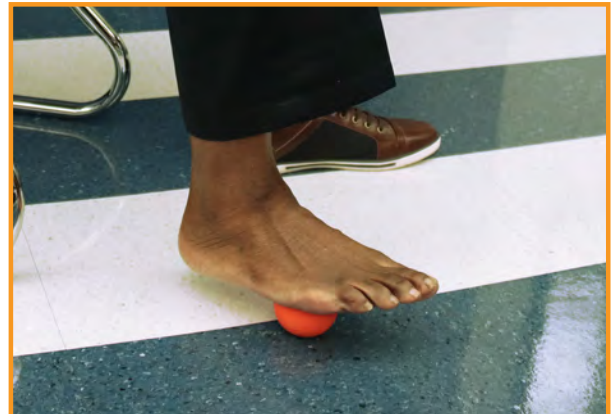
Inner Calf

- Sit down with one leg crossed over your opposite knee.
- Apply slight pressure to the lacrosse ball, and roll it over the inside of your calf muscle that is along/next to the shin bone (do not roll on the bone).
- You can hold the position on a tender spot to release the trigger point, or as recommended by your provider.
- Move the lacrosse ball to a new spot along the inside calf and repeat until you have scanned the entire length of your inner calf muscle.
- Hold on each tender spot for 10-20 seconds, then proceed to the next spot.



Plantar Fascia

- From a seated position, place the lacrosse ball under the affected foot.
- Apply downward pressure on the lacrosse ball with your affected foot.
- Slowly move the ball along the length of your foot to find tender spots.
- Once you are on a tender spot, hold the position while applying pressure. You can hold the position for as long as 30 seconds to release the trigger point.



Discontinue and notify your Airrosti Provider immediately if you experience symptoms such as numbness, tingling or radiating pain