

PINKY BALL INSTRUCTIONS

THEORY :

Chronically tight muscles tend to have restricted blood flow causing reduced oxygen and nutrients in the muscle as well as increased levels of metabolic waste products. This leads to pain, irritability and localized areas of pathological contractions within the muscle. These irritable, painful areas of muscle are often referred to as trigger points.

Trigger point therapy uses steady pressure applied to the muscles to force stale blood out of the muscle, stretch the muscle fibers and restore normal blood flow. One useful device for treatment of trigger points in the area of the shoulder blades and upper back is a small rubber ball called a Super Pinky.

HOW TO USE THE SUPER PINKY BALL:

Stand with your back flat against a wall. Bend your head forward and drop the pinky ball behind your back so that it falls into the space between your spine and the wall. Lean forward to allow the ball to roll down to the lower end of your shoulder blade. Now step a few inches to the side so that the ball rolls to the inner edge of your shoulder blade. Lift your hips away from the wall so that your upper body weight is pressing against the ball. Slowly bend your knees so that you feel the ball roll over the muscles along the edge of your shoulder blade. When you feel that the ball is on a sensitive area of muscle hold this position for a count of ten. Then roll to the next tender area and repeat the process. Continue along the edge of the shoulder blade and then onto the upper shoulder area above the blade. Repeat the process on the other shoulder.

The entire procedure should only take two minutes to perform. Repeat daily. The area should become less sensitive each time you do it. Apply heat for fifteen minutes before and/or ice for fifteen minutes after treatment to enhance the effects. Drink three or more extra glasses of water on the days you do this procedure to move toxins out of the system.

CAUTIONS :

- *The sensation should be pleasant or "good pain". If it hurts, stop or use less pressure.
- *Do not use the pinky ball directly over the spine.
- *Do not try to "pop" your back by pressing against the pinky ball.
- *If the area becomes more sore or if it ceases to improve from one session to the next then
reduce the frequency of sessions and inform the doctor or therapist.
- *Tell your doctor or therapist if there is any unexpected reaction or sensations.

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