

STATIC BACK WITH TENNIS BALL ACCUPRESSURE



- Purpose:** Decreases the tightness in the muscles of your chest, shoulders and spine.
- Benefit:** Able to achieve ideal standing posture and then to address the ball with a neutral spine. Promotes improved shoulder turn in back swing and follow through.
- Instruction:** After achieving goal in static back position, place 2 tennis balls in position #1 of the lower back.
- Quantity:** _____ minutes or until a full release occurs, (you no longer feel significant pressure from the tennis balls), then repeat the process in each of the remaining ball positions moving up the spine.