

Release

PIRIFORMIS WITH TENNIS BALL ACUPRESSURE START, FINISH



5 A



5 B

- Purpose:** Decreases the tightness in the muscles of your hip and buttock.
- Benefit:** Improves hip rotation during the swing to allow a stable lower body during the swing.
- Instruction:** Lay on the floor, place a tennis ball or baseball just behind the hip bone. Bend opposite knee, leg roll, onto the ball until desired pressure is felt on ball.
- Quantity:** Hold _____ minutes or until a release occurs, (no significant pressure is felt from the ball).

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