



Piriformis With Tennis Ball Acupressure

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.

Instructions:

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).

