



Static Back with Tennis Ball Accupressure

Purpose:

Decreases the tightness in the IT band which runs along the outside of your leg from hip to knee.

Benefit:

Improves lower body stability in backswing (follow through)

Instructions:

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.

