

## Shoulder Pain and Stiffness

### Purpose:

To release out the muscles associated with rotator cuff tendonitis and trapezius muscle, and first rib.

**Ball Type:** Place the **Red** Precision ball (firm pressure (not included in the *Release It Kit*) or **Blue** therapy ball (soft pressure) in the first loop located next to the BackStrap logo.



Place the ball directly on top of the shoulder, just lateral to the base of the neck (logo towards you) Hold The BackStrap™ with one hand in the back and pull down with the other hand in the front.

Rotate your head away, to the same side, Side bend away, and Side bend to the same side to increase the stretch.



Lie down over the ball with your elbow out in front of you (as shown).

With the right arm (as shown) **gently press up** into the opposite left hand and hold for a count of 10.

Relax the right arm and then lower it down closer to the floor and then press up once again holding for a **slow count to ten**.

Repeat 3 times or until the right arm touches the floor.

### Note to Health Care Professionals:

This is a Muscle Energy Technique to release the posterior shoulder and improve internal rotation of the shoulder.

## Plantar Fasciitis and Arch Pain

### Purpose:

To stretch the muscles and fascia on the bottom of the foot, the plantar fascia

**Ball Type:** Place the small **Green** Precision ball in the small pocket located in the exact center of The BackStrap™ between the two large loops.



Hold your foot up in the air and alternate pulling side to side to produce a massaging effect.



Next, localize placement of the green ball under the foot in two positions.

1. Where the heel meets the arch.
2. Where the arch meets the ball of the foot

In each position, curl your toes down so that both the heel of your foot and your toes are touching the floor at the same time. **Hold 2-5 minutes in each position and try and relax into the ball.**



## Exercise Guide Quick Start

[www.TheBackStrap.com](http://www.TheBackStrap.com)

Visit our website to download a free users manual with a comprehensive guide to exercises for every condition and see how you can upgrade your BackStrap Kit with thermal balls and accessories.

**877-664-BACK**

18181 Butterfield Blvd., Ste. 180,  
Morgan Hill, CA 95037

Patent Pending

## Lower Back & Hip Pain

### Purpose:

To stretch the hip joint and surrounding muscles associated with faulty posture that may cause low back pain. Specifically the iliopsoas and thigh muscles

**Ball Type:** Place the Two Large **Orange** therapy balls into the largest loops directly in the center of The BackStrap™.



Start by placing **The BackStrap™** under the buttock. Imagine localizing the balls over *the top of the pockets of your jeans*. Next hug your knees to your chest. You should feel as if the balls are supporting your lower back by holding it up.



Next, extend one leg to the ceiling while you continue to hug the opposite knee.

Once the heel of your foot touches the ground relax into the position and gently press your knee into the floor.



Next drag the heel along the floor (this supports the lower back) to return to the starting position with both knees bent.

**Repeat 3 x's each side.**



Next perform the same hip wheel movement, but this time you begin the wheel out to the side by abducting the leg approximately 25 degrees from center and finishing the wheel on the floor 25 degrees from the center.



Repeat 3 x's each side.

## Lower Back Pain

### Purpose:

To release, stretch and massage the muscles along the lumbar spine (erector spinae, lumbar dorsal fascia and quadratus).

**Ball Type:** Place Two **Blue** Therapy balls into the loops located directly next to the BackStrap Logo.

Position- Place The BackStrap™ and Blue Therapy balls across your waistline (just at the belt line of your pants). The Therapy balls should rest on each side of your spine.



**Pelvic Tilt-** Gently lift your bottom so that your lower back will press into the balls. As your lower back presses into the balls, suck in your belly button to promote contraction of the transverse abdominus muscle.

Next, Relax the buttock back down to the floor.

**Repeat 10 times.**

**Tail wags-** Pretend you have a tail between your legs and wag it side to side. Your right shoulder and R hip should come together and then your L shoulder and L hip.



**Repeat 5 times on each side for a total of 10 repetitions.**

Adjust the strap upwards in 2-inch increments by scooting down over The BackStrap all the way up the spine and between the shoulder blades for a complete lower back and neck release.

### Note to Health care practitioners:

For a lumbar spine release place the balls at L3, then TLJ, then back down to the SIJ

For Thoracic spine, cervical spine and ribs place the balls at TLJ, T10, T8, T6, and T3.

Add the next exercise once you reach the rib cage.

## Neck and Upper Back Pain

### Purpose:

To improve neck, rib, thoracic spine, and shoulder flexibility by self mobilizing the spine and paraspinals muscles.

Ball Type: **Blue** Therapy balls.

Begin this routine where you feel your ribs start (approximately 3-4 inches below the bra line)



Push your arms into the air and **hold for a count of 10**. Your shoulders should lift off the floor. This causes your body to push into the balls while the balls push back into you, Improving rib flexibility.



Next move your arms over your head reaching backward and rest them on the floor.

**Hold for a count of 10** then return your hands to the first position in the air.



Next grab one elbow and pull it across your body. (This intensifies the pressure on one side.)

**Hold for a 10 count.** Then repeat with the other arm.



Next open your arms wide and rest them on the floor.

Adjust The BackStrap **up** approximately two inches and repeat.

**At each increment do 1. Pelvic tilts, 2. Tail wags, 3. Upper back Routine.**

Scoot down on The BackStrap to move the balls upwards working between the shoulder blades.