

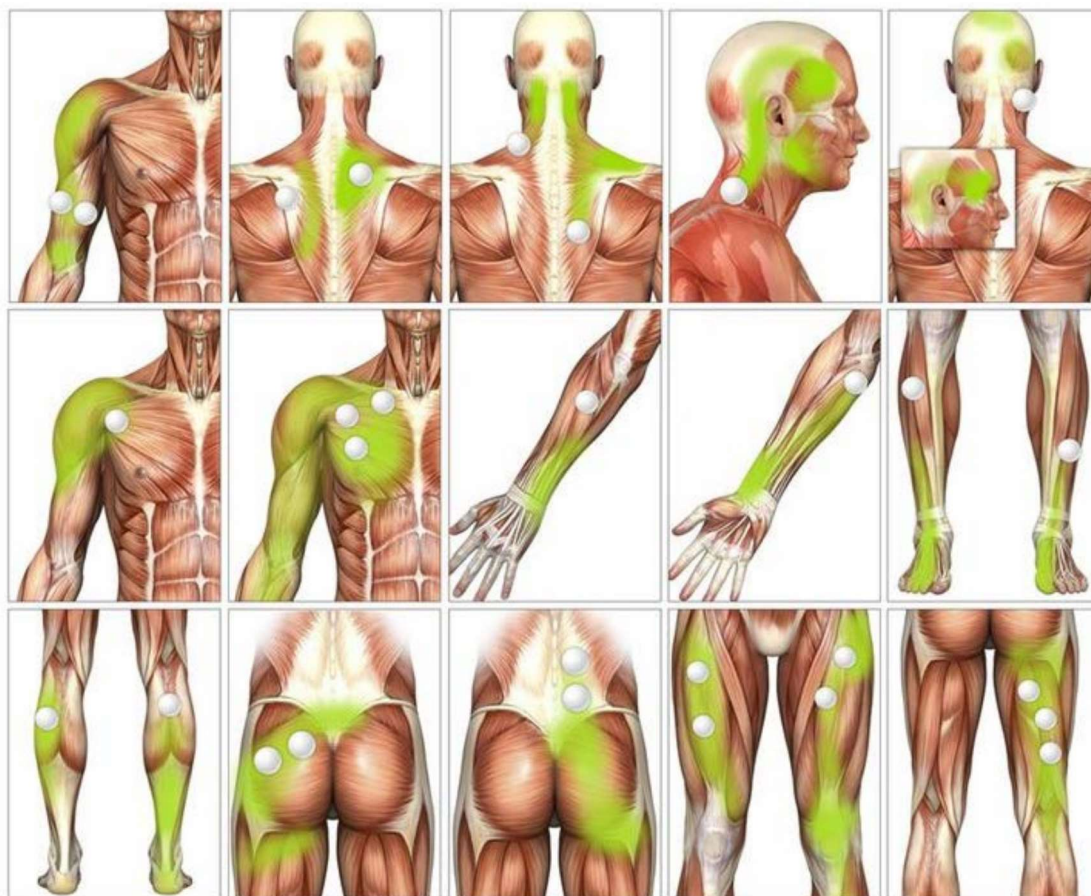
TRIGGER POINT THERAPY

Work up to a golf ball. Begin with a Tennis Ball, then a Lacrosse Ball, THEN a Golf Ball.

Use the SuperNova and Gemini for buttocks, thighs and upper spine.

The Technology Is In YOU.™

TRIGGER POINTS



ROLL against the wall or floor along the green areas and **PRESS** and hold where pain is highest (usually in the spot where the ball is on the pictures above) or where you feel knots.

See Examples Next Page...

****Roll around for no more than a minute. Never hold in one spot more than 15 seconds.****

SuperNova and TriggerPoint Ball
 For deeper pressure than foam roller, use on the floor.
 For more gentle pressure and easier use than the foam roller, use on the wall.
SuperNova is more firm and has grooves for tread and friction.
TriggerPoint MB5 Ball is less firm and smooth for lighter use.



Gemini (or peanut) for upper back (thoracic spine), neck, base of skull. TIP: You can make one of these out of two tennis or lacrosse balls and a sock, hosier or duct tape.
 Use *Gemini* on the wall for lighter pressure, ease of use. Use on the floor for deeper pressure.



Deeper Hip and IT band



Gentle Hip and Low back



Deeper hamstring



Chest variations with Lacrosse Ball.

Shoulder variations with Lacrosse Ball.

