

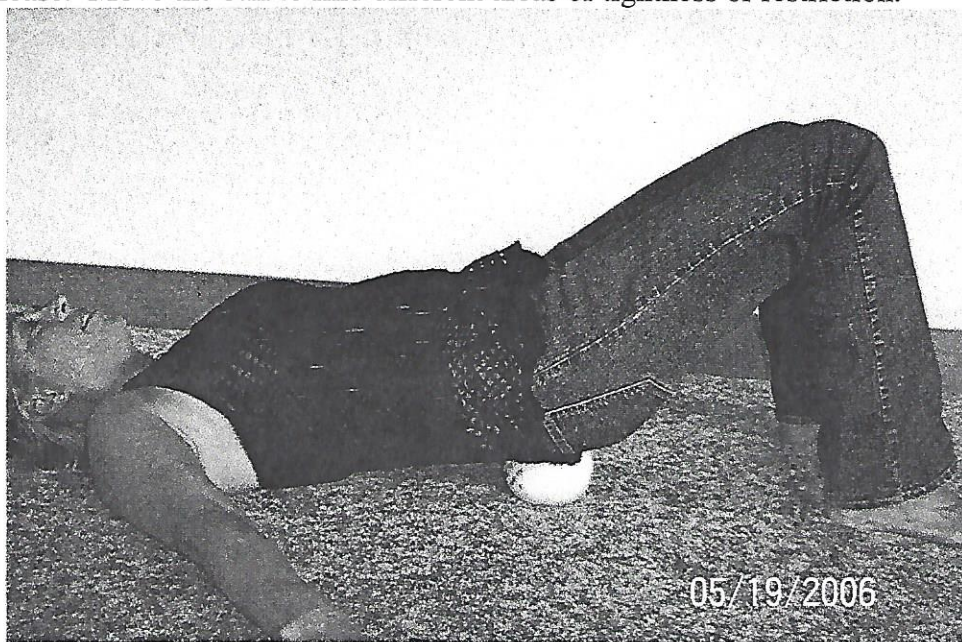
# Lindy Physical Therapy

## Specializing in Myofascial

### Therapeutic Ball Exercise for Back, Buttocks, and Hips on the Floor.

You will be using a ball to apply pressure to tight and tender areas in your back, buttocks, and hips to loosen these areas and decrease pain.

Lay on your back with the ball positioned to the right or left of your spine in the low back area. Allow yourself to melt over the ball. It may hurt at first; that's a fascial restriction and what you want to release. **BREATHE!!!!** Soften for a minimum of 90-120 seconds to allow the fascia to begin to release. Move the ball to find different areas of tightness or restriction.



It's often helpful to imagine yourself inside of the pain, feeling it fully. It also helps to imagine the tight, hard tissue melting and opening to the surface. Keep breathing and softening...After a while you'll feel the tightness soften. As your tissue releases, allow yourself to sink further into the ball.



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