

# Back Stretch with a Thera-Ball.

## Step One



Ball Size: 75 CM

- Roll back on the ball while maintaining your arms across your chest.
- Tuck your chin in and then let it relax to prevent hyper-extension of your neck.
- If your head is not touching the ball comfortably then place a small pillow or fold up towel underneath your head
- You should feel a slight stretch along your back.

## Step Two



- From step one position, extend both arms out to the side in a Y position and allow gravity to stretch your chest muscles.
- You may experience some tingling in one or both hands. This is common. If tingling becomes uncomfortable place your arms across your chest until the tingling goes away.

Choose the most comfortable position while experiencing a slight stretch initially hold that stretch position for one minute once a day. Progression of the stretch should be done by adding an addition minute for a maximum of ten minutes. You should never feel pain with any stretch. Either reduce the stretch to the prior stretch position or stop the stretch all together.