

10 Ways to MOVE BETTER & FEEL BETTER with a tennis ball.

Back Pain is the leading cause of disability in America.



Over 600 million lives altered worldwide.

- For **most people**, back pain is a **reaction** to **problems elsewhere** in the body.
- **1st step:** look at how your ankles, knees, hips, & shoulders move.

Squeezing something between your knees repositions your pelvis, which can instantly relieve low back pain.



CAUTION: Do not place the balls directly on the spine or any bones.



Self spinal adjustment: Place 2 balls, one on either side of the spine. Look: up, down, side to side, and ear towards shoulder. Repeat along the entire spine.

PLANTAR FASCIITIS

can be corrected by retraining your ankle & hip function & activating your arch spring.

Get started with these:



Roll



Press

Take turns grabbing with:



1. All toes
2. Big toe
3. Small toes
4. Middle toes



Point



Flex

Heels up & down



Carpal Tunnel

is caused by poor shoulder girdle position.



First step: Release tight muscles

Improving the **Glide & Slide** of your tissue & muscle layers makes it **easier** for you to **move**, releases tension, and **reduces** general aches & pains.




Roll & Press with any muscle



How our body moves matters & there is **something you can do** about it.

Our goal at Smithing Wellness, is to help you **easily** change how your body moves and **empower you** so you can **Move Better & Feel Better.**

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*Any advice given by Lara Beckstrand and/or Smithing Wellness is not intended to substitute professional medical advice. If you try any of the exercises given by Lara Beckstrand and/or Smithing Wellness you do so at your own risk. Lara Beckstrand and/or Smithing Wellness are not responsible for any alterations made to these exercises by other parties. You are responsible for yourself and will not hold Lara Beckstrand and/or Smithing Wellness liable for any illness, injury, and/or neglect.

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