



... the “ Other ” foot balls... One a T-ball (training ball), the other a regular hard ball both of the 9” baseball variety. WHY use them on ones feet? Because!! They can help to improve circulation and mobility of the foot. This in turn will help you sustain improvement in stability, sensation, and whole body function!! Yea. *Please read all the way through the instructional material before beginning the exercise:

Begin exercise here and continue reading counter-clockwise to follow the routine:

Step 1: Find a comfortable stable something to hold on to in order to help you maintain your balance.

Start with the softer of the two balls, the T-ball, follow the suggested sequence of points...

Begin at point #1 by placing the T-ball at the approximate center of the arch of your foot...

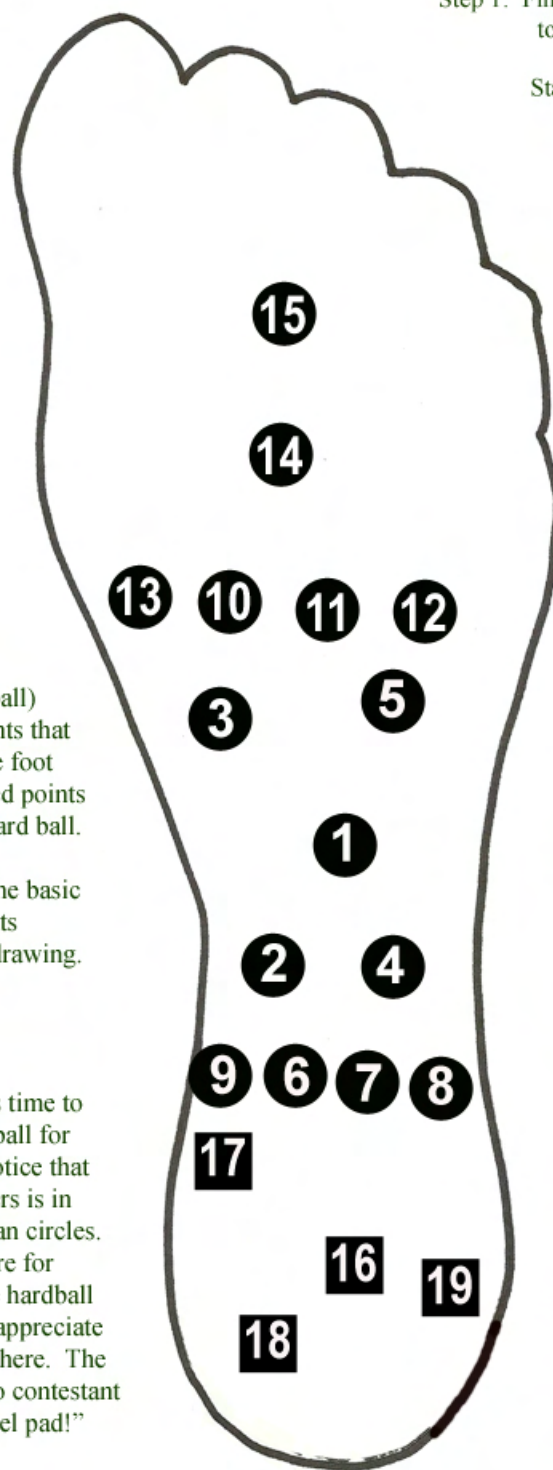
Lower as much of your body’s weight onto the “suspension bridge” of tendons under your foot as you can bear. When you have found the deepest pressure you can tolerate, pause and take a full and expansive breath. As you exhale, extend the length of the exhale of your breath... Feel the tendonous bridge becoming more supple. Enjoy this feeling of a refreshing Resilience in your tissue.

When satisfied at Point #1, move on to the second point in the sequence and so forth until you reach points 6-9.

Points 6-9 should be worked with the intention of compressing against the forward-facing ridge of the heel bone or *calcaneus*; your foot / ankle joint will be in a position called “plantar flexion” -- exaggerate this position.

Points 10 through 13 are for compressing against the head of the metatarsal ridge and pressing forward towards the toes. This position creates “dorsiflection” of the foot ankle complex; exaggerate your range in this position.

When you reach point #14, adjust the point of contact with the ball per the diagram. lower you weight onto the ball and wait for the foot to spread breadth-wise. This is a lovely stretch for the foot freeing stagnant energy and enhancing lymphatic drainage. Pause here until you see the contours (knuckles?) of the metatarsal joints appearing through the top of the foot



Suggestions:

Use the softer T-ball (training ball) for all of the points that are circled on the foot diagram. Squared points indicate use of hard ball.

Initially follow the basic sequence of points depicted on the drawing.

Now, finally, it is time to shift to the hard ball for points 16-19. Notice that this set of numbers is in squares rather than circles. Squared points are for working with the hardball -- you will soon appreciate what is intended here. The softer T-ball is no contestant for the tough “heel pad!”

At point 15, press weight onto the ball and press back strongly into the ball with the tips of your toes-- Monkey-style!!

