

MIRACLE BALL METHOD

HEAD & NECK

Lie on Back: Place Ball under Occiput (Grove where spine meets skull)

- 1) Lay Still 2-3 Minutes
- 2) Slowly Twist Head Right and Left
- 3) Nod Head Up & Down
- 4) Circle Head (Small Circles then Big Circles, Circling both Directions)

Move Ball Lower onto Neck, Resting still 2-3 min.

Sit Upright

Twist Head Right & Left

Fingers Interlocked behind Head; First bring Elbows together with Chin Down to Chest, Second Look Up, Open Elbows, Arch Back Up and Back

BACK

Lie on Back: Place 1 Ball under Tail Bone or 2 Balls on Either Side.

- 1) Single Knee to Chest as Hands pull Knees in, Right then Left (2-3X)
- 2) Pelvic Tilts
- 3) Single Knee to Chest with No Hands, Right then Left (2-3 min.)
- 4) Thigh Release- Double Knees to Chest with No Hands
 - A) Static Spread Knees Hold (2 min.)
 - B) Dynamic Knees slowly together and Apart
- 5) Double Knee to Chest
- 6) Single Knee to Chest Hands pull Knees to Chest. Flex & Extend Feet (Toes to Knees/ Point Toes Down) Hold 15 seconds each position. Both Legs 3 X each

7) Legs Up Invisible Wall

A) Dynamic- Slide Feet Up & Down Invisible Wall (may hold an extra ball between thighs)

B) Static- Hold Legs Straight Up

C) Advanced- Hold a Ball Between Thighs: Legs Rotate In & Out

D) 11 & 1 O'Clock- Shift Legs slightly to Right & Left

8) Happy Baby-Remove Ball, Lie Supine, Bend Knees, Grab Arches of Feet and Pull Knees down to Floor. OR Sit in Chair Spread Knees and Lean Forward

SHOULDERS

Lie on Back: Place 1 Ball under each Shoulder Blade

(Do 3 Sets with Balls Under: Lower, Middle & Upper part of Shoulder Blades)

- 1) Arms extended out to Sides like a Cross, Rest Here 2-3 Min.
- 2) Arms Remain Extended, Shrug Shoulders To Ears Up & Down
- 3) Lift Arms Straight Up and Cross Arms Tightly as if Grabbing Shoulder blade with opposite Hand. Hold 2-3 min.
- 4) Uncross and Extend Arms as if taking off a T shirt Rest Arms on Floor Above Head 30 Seconds
- 5) Return Arms to Starting Position in Cross position and Repeat the entire sequence with the opposite Arm Crossed on Top.
- 6) Extend Arms Upward in Air, Flex & Extend Wrists (Hold each position 15 seconds)
- 7) Extend Arms Upward in Air, Pump Arms Up & Down (Piston like) lifting from Shoulders

- 8) Kneeling Spider Walk Come off of ball onto Hands & Knees. Hands walk forward then sit down onto heels to stretch Arms, Shoulders and Upper Back (Up & Down several Reps.)

RIBS

- 1) Lie on Side with Knees slightly Bent and Back Straight (Not Fetal Position) Place ball under Ribs (anywhere between waist to Arm Pit) Relax and Breath, Remove Ball and Relax, Repeat 2-3X.
- 2) Lie on Back with Knees Bent Place ball between Shoulder Blades, extend Arms out to sides with body like a cross. Legs may now be straight or bent. If Head or Neck are uncomfortable a ball may be placed under the Head or Neck. Relax and Breath
- 3) Seated Crosslegged
 - A. Keep both Hips Flat on Floor with Hands and Arms Down by your Sides Lean to Right side stretching Ribcage, Hold for several breaths, Return to Center, Repeat 3X. (Repeat on Other Side)
 - B. If the previous stretch was comfortable for a deeper stretch raise Left Arm Overhead while leaning to Right side. (Repeat on Other Side)
 - C. Rib Cage Walk- Bend Forward from Waist placing elbows on Floor in front of Knees and Face in Palms Relax and Breath. One may “walk” elbows forward to lengthen ribcage. Relax and Breath. “Walk” elbows back to Return to Upright position. Repeat 3X.
 - D. Side Bend- Bring Hands to either side of head. Lean to Right side dropping Right Elbow to floor in front of Right Knee, Return to upright, and Repeat to Left Side. Repeat 3X

HIPS

Lie on Back

- 1) Bend Knees, place a ball under each buttock directly under the Hip joint. Rest here 2-3 min. Remove the balls and extend legs straight (ankles may be flexed) Rest here 1 min. Repeat the process with balls in slightly different locations under the hips and buttocks.
- 2) Bend Knees, place a ball under each buttock directly under the Hip joint. Slowly extend one leg straight with foot sliding along floor, then slide foot back. Alternating one leg then the other. Then extend both legs and rest 2-3 mins.
- 3) Straighten Legs. Place a ball under the back of each leg (under Hamstring) Slowly rotate legs inward and outward. Movement starts with hips not knees.

KNEES & FEET

Seated with Legs Straight

- 1) Place Ball Under Hips (Buttocks), Rest, Then Rotate Leg In and Out
- 2) Place Ball under Hamstring, Rest, Then Rotate Leg In and Out
- 3) Place Ball Under Knee, Rest, Then Rotate Leg In and Out
- 4) Place Ball Under Calf, Rest, Then Rotate Leg In and Out
- 5) Place Ball Under Calf, Bend Leg as Ball rolls under Calf to Heel to Sole of Foot and back again to Calf.
- 6) Standing Forward Bend with Legs spread, slowly roll down 1 vertebrae at a time , pause slowly roll up 1 vertebrae at a time 2-3X

CALVES ON A STOOL

(Good for Back, Hip and Knees)

Lie on Back with Calves resting on a Chair so that Calves are parallel to floor and Feet are not Higher than Knees.

- 1) Curl the Lower Pelvis Upward then Release back Down to floor
- 2) Place 2 Balls under lower Back (on either side of spine, position can be lower or higher depending on your comfort) Curl the Lower Pelvis Upward then Release back Down to floor.
- 3) Single Knee to Chest as Hands grab Knee, (Both Sides)
- 4) Slide Soles of Feet together and let Knees drop outward into a Full Butterfly and Relax
- 5) Remove Balls, Roll onto side and Sit up.
- 6) Sit on Floor with Legs Crossed and Hips elevated by a bolster or a couple of pillows. Sit with Spine Erect
- 7) Still sitting on Pillows so that Hips are elevated, Hands Grab Knees Slouch/Sit Up/ Slouch... Back and Forth

ELBOWS

Lie on Back with Arms extended out to sides, Bend Elbow 90 Degrees with forearm pointing to wall behind you

- 1) Place Ball Under Elbow, let arm rest as back of Hand Falls towards floor
- 2) Remove Ball. Extend Arms straight out to sides, Rotate Arms (Palms up/ Palms down/Palms up, Back and Forth)

WHOLE BODY TWIST

Lie on Left side with both Legs Bent and Right Knee on Floor just in front of Left Knee. Extend both Arms forward on Floor with 2 Palms together.

- 1) Circle Right Arm, Forward then Overhead then Behind you
- 2) Relax in this position as gravity pulls the Right Arm and Shoulder Down
- 3) Slowly Roll back onto Left Side as the Right Arm returns to the Original starting position
- 4) Repeat 1-4 Times
- 5) Repeat the Process on the Other side of the Body