

Ball Protocol

Lie on your stomach with a tennis or softball directly under any areas of restrictions between the ribs and pelvis. Move the ball one inch at a time to soften each restricted area of the abdomen. Allow the tissues to soften around the ball. Be sure to breathe and relax. You may press up on your elbows to increase the pressure.

It is best to use the ball to address any and all areas that seem hot, hard, or tender, at a time when you are NOT OBSTRUCTING. Stay in one area for a period of minimum 90 seconds to NO MORE than 10 minutes in any one area – ideally 2 to 5 minutes. If you are in an area that is not getting better, or is getting worse as you lie on the ball, move the ball to a nearby area and see if that different spot will let go. Use the ball to further or maintain your progress regarding restrictions in your abdomen.

DO NOT use the ball in the center of your abdomen above your belly button.

IF YOU THINK YOU ARE OBSTRUCTING-DO NOT USE THE BALL. If you think you are obstructing – do the compression exercise around the painful area to help decrease the spasm and calm the system. Go on a liquid diet until you feel things have settled down. Once you feel things have settled down, you can use the self treatment techniques you learned to address the restrictions that you find – you can use your fingers, the massage tools, or have someone help you to stretch in and around the area of greatest discomfort, as well as the other areas of restriction that you feel in your abdomen.



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