



## **TENNIS BALLS IN A SOCK** **STILL POINT SELF-HELP TECHNIQUE**

### **THE DEVICE**

Place two tennis or racquetballs in a sock and tie a knot in the end to keep the two balls tightly together. To assure they stay together you may place the first sock in a second sock which is also tightly tied.

### **INSTRUCTIONS**

Lie on your back, in bed, on a recliner, on a sofa, or on the floor. Place the balls **UNDER YOUR HEAD** about 1/3 of the way up or at the level of your ears. The entire weight of your head should rest comfortably on the balls for 15 minutes. You may shift position slightly in order to maintain symmetry and comfort, but do so gently and gradually. Repeat as often as you wish, at least daily. If you cannot find a comfortable position, set the balls aside and try later. Your head sensitivities change from time to time.

### **INDICATIONS**

This is a good "shotgun" technique for enhancing tissue and fluid motion, especially relaxing connective tissues throughout the body. It is beneficial for acute and chronic *muscle problems, degenerative arthritis, headache, neck or back pain, sinus trouble, can reduce fever as much as 4 degrees Fahrenheit, can reduce cerebral or pulmonary congestion and dependent edema (swelling)*. It has also been used to *improve auto-immune disease, autistic behavior in children and anxiety*.