
Golf Ball (Trigger Point)



Why Do This Exercise?

To free up specific restrictions in your feet.

How To Do This Exercise?

1. Sit on the edge of your seat with your feet on the ground.
2. With your toes on the ground, lift the rest of your foot and place the golf ball under the inside section of your arch.
3. Move the golf ball around until you feel a particularly tender point.
4. Place as much pressure on the golf ball as you can uncomfortably bear.
After the first 8 seconds the tenderness may subside, if it does, increase the pressure again.

How Often?

Hold for secs 1 2 3 times daily



NOTE: You may experience some pain whilst doing this exercise which is perfectly normal. Pressure can be increased by leaning on the knee.