

Golf Balls

Users Guide

Body Parts

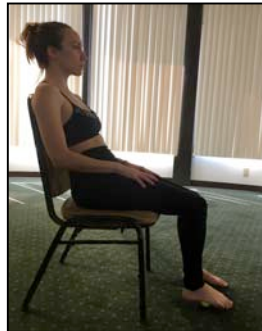
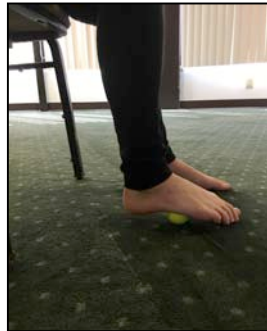
- Feet
- Calves

Body Positions

- Seated in chair (feet only)
- Sitting on floor

Golf balls are the perfect size and strength for releasing the feet and calves. If you have plantar fasciitis (pain in the bottom of your feet), ankle pain, bent toes or knee pain, using golf balls regularly, can significantly change the structure of your feet, creating relief from pain and discomfort.

Since we are on our feet most of the day, it may take consistent, daily use for long-term change. Best to sit in a chair where your feet rest firmly on the ground without force. Roll the ball under your foot until you feel the greatest sensation and just allow your foot to rest in that spot for 15-30 minutes, without pushing on the ball. The release will eventually be felt up to your knee if you hold it long enough. It's easier to hold this longer if you are reading or watching television.



You can sit on the floor with your legs straight out in front of you for calf releases.

