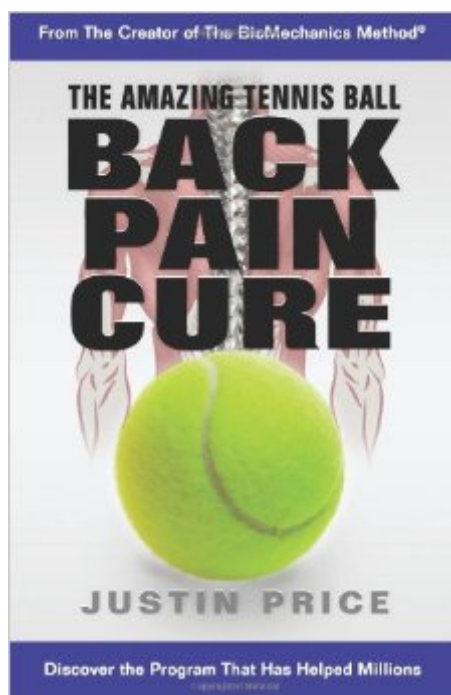


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The Amazing Tennis Ball Back Pain Cure



Synopsis

This easy-to-follow book from Justin Price, creator of The BioMechanics Method® and one of the world's top back pain experts, is the ultimate guide to helping you overcome back pain. Unlike other books on back pain relief that require you to do dynamic stretching or strengthening exercises that can make the problem worse, The Amazing Tennis Ball Back Pain Cure provides you with simple techniques and soothing exercises that address the underlying cause of your pain so you can move without the constant discomfort that has become an unwanted part of your life. If you want to get rid of your back pain naturally and for good, you must address the two most prevalent causes of musculoskeletal pain (overworked muscles and irritated joints). Justin has spent more than 20 years helping people put an end to chronic pain with his easy, insightful, and intuitive tennis ball program and he has taught his remarkable techniques to other health professionals around the world who use them to successfully eliminate their patients' muscle, joint, and back pain. Now his methods are available to you in this truly amazing book. The way The Amazing Tennis Ball Back Pain Cure works is simple. You use a tennis ball as a tool for self-massage in strategic areas around the body. Knowing exactly where to place the ball and how to perform the easy techniques in this book can bring about incredible relief from: Lower back pain Upper back pain Sciatica Disc issues Muscle tension and joint pain Pain in the feet, ankles, knees, hips, shoulders, neck, and head It really is possible to cure your back pain with a tennis ball. So stop living with pain and get back to enjoying the things in life you love. Buy The Amazing Tennis Ball Back Pain Cure today.

Book Information

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Customer Reviews

Maybe better. And definitely less expensive. Not being into tennis, I didn't have any tennis balls on hand, so I ordered a can of three from when I ordered this book. I had been having some success using a soccer or volleyball-sized ball, but sometimes it got a little scary, because I really couldn't target any particular spot, and I worried that I might get too rambunctious, and maybe screw my back up even worse. But I can tell you that more than 75 visits to the chiropractor over two-plus years have not helped at all, and the volleyball was at least one source of relief, even if it wasn't perfect. From reading the reviews, (before I got my book) I couldn't tell exactly how you were supposed to use the ball - some said up against the wall, but I figured that on the floor was probably the way it would actually work the best. And that's what he says to do in the instructions. But I have found that keeping a ball on my bedside stand is a godsend, because when my back is really giving me grief, I can reach out and grab the ball and place it under my back, on exactly the right spot, on top of the mattress. And being on the mattress means that it doesn't roll around, but stays right on that spot until you move it to a different location. Plus, since the mattress is softer than the floor, it sinks in a little, and gives you a more "gentle" massage on the sore spot. Just lay on the bed on your back, with your right leg hanging off the side of the bed from the knee down, and place the ball in the small of your back, which you can move around from spot to spot. Instant adjustment - and it will rejuvenate you virtually immediately.

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The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton
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