Mini Soft Ball Hand Treatment

BALL: LARGE SOFT

Note: Do each technique on both hands before moving to the next technique.

**GRIP ASSESS**
Place a large soft ball in one hand and squeeze it three or four times as firmly as you can. Then place the ball in the other hand and notice whether your grip feels equal in strength or if you have a stronger grip in one hand than in the other.

**GLIDE**
Place the large soft ball in between your hands at the base of your palms or Glide on one hand at a time. Glide the ball from point 3 across the base of the palm to point 5 and return to point 3 with equal pressure. Keep the tip of your middle finger on the table or floor as you create the Glide. Continue back and forth as you take three or four focused breaths.

**DIRECT SHEAR**
Place the large soft ball under point 3, the thumb pad, on your right hand and create small circles as you take three or four focused breaths. Move slowly and take your time as the thumb pad often has a lot of stuck stress. Hold the compression and take focused breaths as you allow the tissue to adapt. Repeat on the left hand.

**FINGER RINSE**
Place one hand flat on the floor or a table. Use the other hand to rub the large soft ball over the top of and in between each finger of the bottom hand in one direction, from the knuckle to the nail, as shown. (This also stimulates point 4 on the top hand.) Repeat on the other hand.
**FRICION**
Place the large soft ball in between your hands and rub lightly in a scribble-like motion. Be sure to include your fingers and wrists.

**GRIP REASSESS**
Remember what your grip strength felt like when you began and repeat the Grip Assessment by squeezing the soft ball as firmly as you can three or four times in each hand. Can you create a more powerful grip with less effort? Does your grip feel more equal from left to right?
Note: Do each technique on one foot then repeat all the techniques on the other foot.

**BODY SCAN ASSESS**
Stand with your feet side by side, hip-width apart. Close your eyes and use your Body Sense to notice your feet. Use your Body Sense and scan up your legs. Notice the joints of your ankles, knees, and hips. Notice if you have any tension in your legs.

**POSITION POINT PRESSING**
Stand up straight with your feet hip-width apart. With the large soft ball, step onto position point 1. Put your feet side by side and gently shift some of your body weight onto the ball to create tolerable pressure. Then shift your weight off the ball. Repeat this shifting two or three times to ease into tolerable compression while you take focused breaths.

Place the ball under position point 5, in front of the heel bone. Apply tolerable compression to that point as you take a focused breath.

**GLIDE**
Keeping the front of your foot on the floor, slowly move the large soft ball from side to side in front of the heel, as shown. Continue to Glide the ball from side to side as you work your way to the back of the heel and then back to point 5.
**DIRECT SHEAR**

With the large soft ball on point 5, use a slightly heavier compression to wiggle your foot left to right. The ball should barely move. Hold the compression and take focused breaths as you allow the tissue to adapt.

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**FOOT RINSE (DOWN)**

Place the large soft ball on point 2, directly under the big toe knuckle. Apply tolerable compression to that point, then press the ball toward your heel in a continuous motion with tolerable, consistent pressure.

For the greatest result, begin your Rinse with your foot slightly behind you, so you can create a smoother toe-to-heel Rinse. Lift your foot to move to the next knuckle. Repeat from each one, as shown.

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**FRICTION**

Using light, quick, random movements, rub your foot and toes over the large soft ball in a scribble-like motion.

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**BODY SCAN REASSESS**

When you finish this self-treatment on one foot, close your eyes and use your Body Sense to notice the side of the body you just treated.

Notice your foot. Notice the joints of your leg. You may find that you don’t sense the leg as separate parts and instead your leg feels more cohesive. Notice if you feel more grounded.

Repeat all the techniques on the other foot.

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**FINAL BODY SCAN REASSESS**

Now that you’ve self-treated both sides of your body, close your eyes and use your Body Sense to feel your feet on the floor. Notice your joints. Do your legs feel more cohesive on both sides now? Do you feel more evenly grounded?