



www.thebackhealer.com
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The Backhealer ball

Designed by Master Backhealer Steve Butler after many years of personal trial as a tool to release the soft tissue of your body. The Backhealer ball is hard on the inside and soft on the outside. The hardness is to create enough stimuli to release the tissue and rewire the brain's response. The softness is for comfort and decreasing inflammation.



- **LARGE BALL FIRST**

The large Backhealer ball is to be used first on the belly, front of hips, low back, neck, and fronts and backs of legs. The small Backhealer ball is to be used for mid and upper back and for increasing pressure to the other areas of your body once they have been partially released by the larger ball.

- **BACKHEALER BREATHING SYSTEM MUST BE USED WITH THE BALL**

The Backhealer breathing system must be used when on the ball to involve the brain and nervous system in the process of unwinding your body. The breath works simultaneously to rewire the tone and function of the muscles and tendons.

- **USE THE BALL ON A HARD SURFACE**

The ball is best used on carpet or on a yoga mat on hardwood floors. Many people do use it on a softer surface such as their bed until their body can manage the increased stimulus of the harder surface.

- **KEEP YOUR WEIGHT ON THE BALL WHEN MOVING**

When moving from position to position on the ball it is best to keep the weight on the ball using your hands and feet to slowly move to the new position. You should move only 1-2 inches at first until you become more aware of the most sensitive areas of your body. As you become more accustomed to the method and the pain on your body place the ball onto the positions that are most sensitive first then to the less sensitive areas.

- **ONE SIDE THEN THE OTHER**

To maintain balance in the body it is best to use the ball on one side and then the other side of your body.

- **THE BELLY AND THE FRONT OF HIPS FIRST**

It is best to release the belly and fronts of hips first before moving to the bum and back as the front of the body controls the back. The back is a follower of the front.

The key to using the Backhealer ball effectively is to stimulate the sensitive area only as much as you can handle and not more. If your brain is screaming, "Ouch, ouch, this is too much" then your body will not relax and the brain will not be able to reset the muscle tone. You know what they say "too much of a good thing..."



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The Backhealer ball cont'd

- **DO ONLY AS MUCH AS YOU CAN HANDLE**

When releasing chronically contracted tissue you may experience some pain, tightness, nausea, or light-headedness. These sensations will pass as your breathing increases. The body is trying to rid itself of the lactic acid that has been stored in your chronically contracted body.

- **GO SLOW**

Go slow at first spending only 1-2 minutes on each position and using only a percentage of your body weight on top of the ball. As the sensitivity decreases you will be able to pressurize the body more without pain.

- **REST AFTERWARD**

Immediately after doing the breathing and the ball it is essential that you lay still on the floor for at least a minute. This gives the body the opportunity to reset itself and take full advantage of the wonderful work you just did on your body.

- **MOVEMENT AFTER THE REST**

Follow with the Backhealer progressive movement series when the muscles begin to remain subtle. Usually within 2 weeks depending on type and duration of chronic contraction.

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For more detailed information on the Breathing, massage, and movement please see www.thebackhealer.com.