

## Do-it-yourself Tennis Ball Back Massage

It's tough to reach your own back for a massage, so try using tennis balls to do the job. Here's how:

- Slide two tennis balls into a sock, tying off the open end of the sock so that the balls are touching each other.
- Now lie on your back on the floor. Have the socks at hand and place them under the small of your back, one ball on each side of your spine.
- Take a deep breath and let your body relax into the balls.
- Rock your hips gently from side to side. Then adjust your body slightly so that the balls move up your back a few inches. Hold that position briefly, then take a deep breath. Wait until you feel a sense of softening or melting into the balls before you move them farther up your back.
- Take about 10 to 15 minutes to work the balls up and down your back. If you have a particularly sore area on your back, you can spend extra time with the balls touching that spot.