

# Thera Cane Exercises

## B A C K



**Upper & Mid Back #1**  
Push L arm forward using a slight downward thrust to apply pressure, R arm remains still.



**Upper Back #1**  
Push R arm forward and towards left side of body to apply pressure. L arm remains still.



**Upper Back #6**  
Position as shown, to apply pressure lean forward slightly and/or push R arm forward and up and down.



**Mid Back #6**  
Loop R arm inside #3 ball shaft, push R arm forward to apply pressure and/or move arms side to side.



**Mid Back #1**  
Lean T.C. against a firm back chair, push L arm forward to apply pressure and then move upper-torso side to side.



**Upper Mid & Low Back #1**  
Hold at #6 ball and push up to apply a slight pressure and then move arms back and forth from head to toes.



**Low Back #6**  
Loop R arm outside the #3 ball shaft, push R arm forward at the elbow for pressure, keep L hand and arm still.



**Low Back #1**  
Push #1 ball up and into the muscle with the L hand, arch back slightly for added pressure.



**Low Back #1**  
Lean T.C. against a firm back chair, push R hand forward to apply pressure and then move upper-torso side to side.

# NECK & SHOULDERS



**Neck #3**  
Position hands as shown and place #3 ball on neck, push downward on #2 ball shaft to apply pressure, then move neck slowly across the ball.



**Neck #5**  
Position hands as shown and place #5 ball on neck, push downward with L hand to apply pressure, then move neck slowly across the ball.



**Shoulder #5**  
Push downward with L hand and move ball slowly back and forth across the shoulder.



**Shoulder #1**  
Place R hand at top of hook portion of cane, place on shoulder and press downward to apply pressure.



**Neck #5**  
Place #5 ball on back of neck and lean head back into the ball to apply pressure.



## Applications

Each ball has been assigned a number 1 to 6. Beneath each illustration lists the area being massaged and the ball used. Switch hand position from those shown in illustrations when massaging the opposite extremity or side of the body.



**Shoulder #1**  
Place #1 ball on shoulders and place L forearm on #2 ball shaft to apply pressure.

# ARMS



**Upper Arm #5**  
Sit sideways in firm backed chair and position the T.C. on top of lap as shown or loop hook portion under leg, lean upper-arm into #5 ball.



**Forearm #6**  
Position T.C. over legs as high up on lap as possible and place forearm on #6 ball, place L hand on top of forearm for added pressure.



**Upper Arm #3**  
Loop T.C. under leg and up close to chest, place L arm on ball and lean weight into #3 ball to apply pressure.

**L  
E  
G  
S**



**Upper Legs #6**  
Loop the hook portion of the T.C. around L leg and push forward with R hand to apply pressure on R leg.



**Lower Legs #5**  
Position T.C. as shown and rest calf on #5 ball to apply pressure, sit back against wall or lean R arm back for support.



**Lower Legs #6**  
Loop the T.C. around L leg as shown and push downward with R hand to apply pressure on R leg.



**Upper Legs #3**  
Position T.C. across the lap as shown, keep L arm still and move R hand back and forth to apply pressure, switch T.C. for opposite leg.



**Feet #3**  
Position T.C. as shown for stability and press downward with L foot to apply pressure.



**Upper Legs #6**  
Loop the back portion of the T.C. across the legs and press downward with R hand to apply pressure.