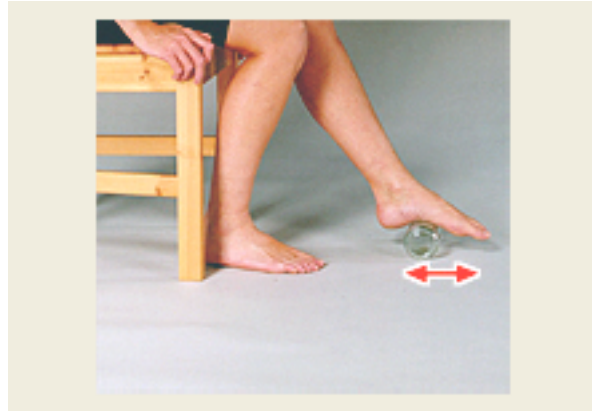


Foot Self/Ice Massage



- This should be done with both a frozen water bottle AND a golf ball.
- Before freezing the water bottle make sure to spill just a little bit out. If you don't, the ice will expand as it freezes and will push the cap off the bottle.
- Once frozen, roll the bottle back and forth under your foot with moderate pressure. It shouldn't be painful but you want enough pressure to give you a nice foot massage.
- You don't need to use the golf ball right after but it is good to use it at some point as the golf ball will get in a little deeper. Keep a golf ball at the office and do it while at your desk.
- Do one or the other 2-3 times per day.