

Trigger Point Ball Guide

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Feet Heel



Feet Arches



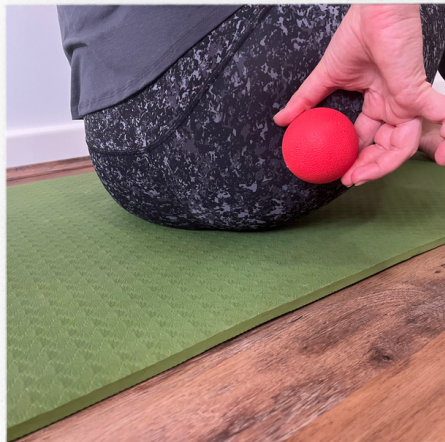
Forefoot



Shins



Calf



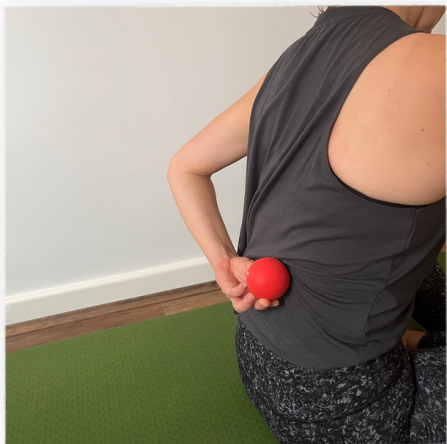
Glute 1



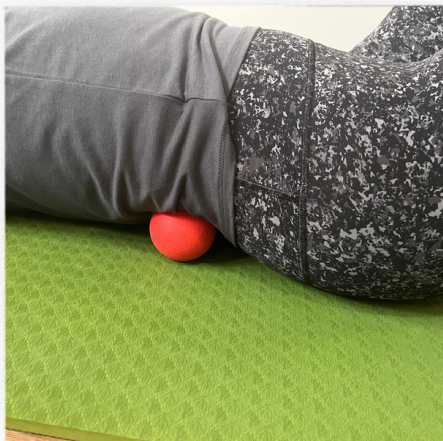
Glute 2



TFL



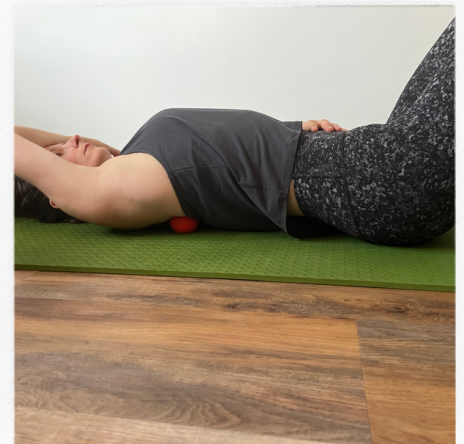
Lower back 1



Lower back 2



Upper back 1



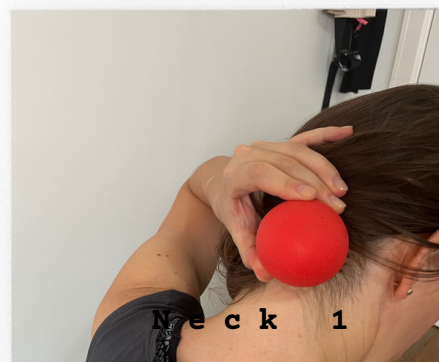
Upper back 2



Upper Trap 1



Upper Trap 2



Neck 1



Neck 2