

Tennis Ball Technique.

A simple way to get or keep your body On the Ball.

You may have heard an old quote “**when you need a cop they are never around**” well for me I found the same thing applied to getting good remedial therapy for my sore muscles. “**when you really need a good massage therapist, they are always all booked up.**”

So I developed TBT for my own aches and pains and now you can use it too!

I tried lots of other options, looking for the ‘Goldilocks’ answer. I wanted them to be soft enough to not do damage, and hard enough to get into those hard to release old injuries. After months of trying things like those big expensive rollers you see in gyms, golf balls, even cricket balls, and eventually I found that High Pressure Competition Grade [tennis balls](#) when used the right way are ‘just right’ to get in and loosen up those tight muscles, without doing damage to the surrounding tissue and nerves.

Next time you find you need a hand getting those sore shoulders undone you can try **TBT**® (Tennis Ball Technique) – it’s a simple and effective way to self-massage the whole body, and undo all that day to day build up of muscle tension.

Wellness at Work has published **TBT**® internationally since 2003. It’s been taught to therapists, athletes and people recovering from serious injury and today is used in by airline cabin and flight crew on long haul flights and busy executives wishing to download some stress. **TBT**® works for mums with sore shoulders from carrying young ones, builders with [frozen shoulder](#), office workers athletes, a wide range of people with muscle tension.

As with most things some explanation and guidance so we have clear easy to read manuals for you to download for only **\$1.95** each. These simple affordable and easy to perform exercises will let you access all those hard-to-reach muscles, almost all over the body. All you need is somewhere where there is some quiet floor space. And with these clear and easy to follow exercises you can get some immediate and truly helpful muscles releases.

If you want to do your whole body, with a small amount of practice, you can get all these exercises down to a simple 20-minute self-help routine, a routine that will leave you relaxed, smiling, and ready for action, no matter how hard you have been pushing your body.



Because we've taught this for so long now each technique comes with easy to follow pictures, and clear instructions, to make it easy for you to get back in control of your body's aches and pains.

Download one for free right now and see for yourself. In no time at all you really will be rolling around the floor laughing as your pain gets rapidly rubbed out!

