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The Miracle Ball Method by Elaine Petrone

The Miracle Ball Method relieves this excess muscle tension and you will find you have more freedom of movement and improved circulation. Your muscles become more supple, you will feel more parts of your body, breathing improves and your body's innate sense of balance to realign is realized.

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Review of the Miracle Ball Method ThoughtCo

The Miracle Ball Method is a method of stretching and realigning your spine using a couple of softly inflated, four inch vinyl balls. By laying down on these balls and adjusting their positions you can alleviate stress, improve your alignment, and stretch hard to stretch areas.

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Miracle Balls ballreviews com

Must be getting close to League Season. Everybody trying to sell last years "Miracle Balls". If they were that good last season, why not keep 'em. Lane conditions are the same, stand left, throw right. Must be a macho thing. My ball is "prettier" than yours.

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Miracle Ball Method Paperback Walmart com

The Miracle Balls are an excellent means to help back problems, and shoulder and arm problems. A booklet comes with them explaining how to use the balls. They are well constructed, easily cleaned and are small enough to be able to store in a drawer.

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Miracle Balls Scoliosis

Miracle Balls for the Back Elaine Petrone is a dancer who, at 19 experienced an injury that led to chronic back pain. Standard therapies didn't help and she feared she would never dance again. Her search for effective relief led her to develop a technique, called the Miracle Ball Method.

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Miracle Ball Method Relieve Your Pain Reshape Target

Miracle Ball 2 years ago The item arrived in a timely manner and was put to use immediately. We were given a set several years ago and needed another for a person to join us in using the balls in our exercise routine.

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Miracle Ball Exercises SportsRec

Hips on the Balls. Hips on the balls exercise is effective for lower back and sciatica pain relief. Lie on the floor on your back, bend your legs and rest your feet on the floor. Place one miracle ball under your hips, or if you feel unstable, use two balls -- one on either side of your tailbone.

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