

ROLL FOR CONTROL PROTOCOLS

1. Place band around knees and ball between knees as shown
2. Lay on your back with knees straight or on a slight pillow
3. Gently roll the knees out against the band for 10 seconds
4. Gently roll the knees inward against the ball for 10 seconds
5. Rest for 10 seconds
6. Repeat above sequence ten times and do 3 times per day for a total of 30 - but not all at once. Remember to roll in and out gently.

