



## chi ball for breast cancer

“Life is mostly froth and bubble—two things stand like stone—kindness in another’s trouble and courage in your own.” Unknown

In loving memory and celebration of Keryl and her positive energy and zest for life.

The Chi ball became her constant companion—it literally went everywhere with her, bringing her much comfort and relief.

I am also grateful to my friend ‘Fi’ (Fiona) who has recovered from breast cancer, for her input into the program. The Chi ball also became Fiona’s constant companion—out to dinner, to the movies, in the car and flying on her well deserved holiday. The ball provided much relief from the discomfort post-mastectomy and aided in lymphatic drainage.

Feel free to print or email the following pages to others. I welcome your feedback or ideas that may be added to the program and shared on this website.

Chi Balls are available from Elaine Lynford (08) 83709158 [www.chiball.com](http://www.chiball.com) or The Music and Motion Studio, Kaz or Karen 03 98866288 Cost: \$13.75/ball plus postage. Distributors of the small exercise ball can be located on this website [www.smartball.com.au](http://www.smartball.com.au) or by phoning OPC Distributors (03) 96819666

**PLEASE TAKE CARE:** Before using the ball for any purpose indicated in this program, seek advice medical clearance and supervision from a health professional or specialist.





### Sitting mobility

The Chi ball placed in this position provides comfort, relieves pressure in the armpit cavity and in doing so seemed to aid lymphatic drainage.



### Sitting mobility

Relax shoulders and slowly roll ball away from the body along the pillow within your own comfort range [keeping elbow 'soft' when arm is straightened]. This helps mobilise the shoulder joint and because the ball creates the movement (does the 'work') muscles can remain relaxed. The movement also seemed to aid lymphatic drainage.

### Shoulder mobility

Stand nice and tall facing the wall; place palm of hand on the ball; relax shoulders and arms; slowly roll the ball up and down the wall within a range that is comfortable and pain free. This exercise is for mobility, gentle stretching, gradually increasing range of movement, and seemed to aid lymphatic drainage.



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### Legs on the move

A small ball can be used to maintain lower body strength and mobility. Place feet on ball, slowly roll ball away until legs are straight (maintaining soft knees), then roll ball back towards you. This mobilises the knee and hip joints. NB: A low cost beach ball can be substituted for the small exercise ball.



### Sleeping

Place the Chi ball in the above position to keep the pressure and weight of the arm off the rib cage which may lesson the restriction on lymphatic drainage and offers some comfort for sleeping.

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