

## EQUIPMENT LIST

OrthoStone  
OrthoBall  
Cushion

## SELF TESTING & RE-CONNECTING



**SELF TESTING KEY:** 1 – Mild    2 – Moderate    3 – Sensitive

(Palpate zone areas marked below and asses these locations with the above grading criteria and use markings on the diagrams to record any tension's/pain)

### BACK VIEW

LEFT SIDE

RIGHT SIDE

