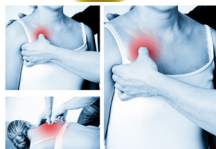


# Point of Relief

The **Point of Relief** is designed to give true deep tissue muscle tension release. With its generous height, standing at 80mm tall and sturdy base, 80mm square, it gets deep into all the difficult to reach areas throughout your body.



The *Point of Relief* works in a similar way to the Spiky Ball but the difference is the lasting effect that the *Point of Relief* can give you. The Spiky Ball provides what is considered to be 'superficial' release of tension that is temporary in nature. However, with the *Point of Relief*, you can change the tension in the muscle over time, which has a long term effect on soreness, stiffness and body aches.



The *Point of Relief* is also very versatile and can be used anywhere, including small cramped spaces like on a plane to reduce back ache, or while driving the car to improve posture.

The *Point of Relief* was designed by Luke Campbell (2004 Olympic Volleyballer) after consultation with many international athletes and practitioners including Olympians, World Champions and internationally respected physiotherapists.

**Whether you have a sore or tight back, shoulders, hips, legs, feet or knees, the *Point of Relief* may assist.** The *Point of Relief* also benefits those suffering from sciatica, plantar fasciitis, frozen shoulder and general soreness and stiffness. An added bonus is that the *Point of Relief* helps to decrease your reliance on practitioners and enables you to successfully treat yourself at home between appointments.

The *Point of Relief* is made from high grade rubber and silicone that comes together to form a highly durable product with a comfortable feel to give the best results for self treatment.

Refer to the *Point of Relief* website at

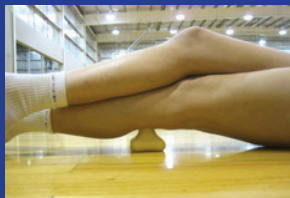
<http://www.pointofrelief.com.au>

to obtain detailed guidance on how to use your *Point of Relief*, with both video and pictorial support

# Usage Examples



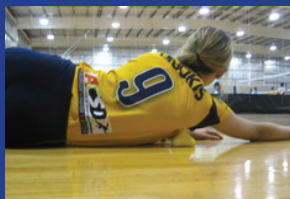
**Gluteus Maximus**



**Calf Muscle**



**Hip Flexor**



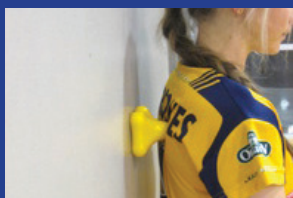
**Latissimus Dorsi**



**Pectoralis Minor**



**Plantar Fascia**



**Rhomboids**



**Trapezius**

**\$42**

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