

The Massager

WHAT IS IT?

The Massager is the simplest and most subtle self-treatment tool from the Physio Tool-Kit Company. The Massager helps to safely release trigger points and muscle spasms thereby increasing circulation to the area. Increased circulation brings much needed oxygen and nutrients to the muscle and flushes away toxins, which promotes healing.

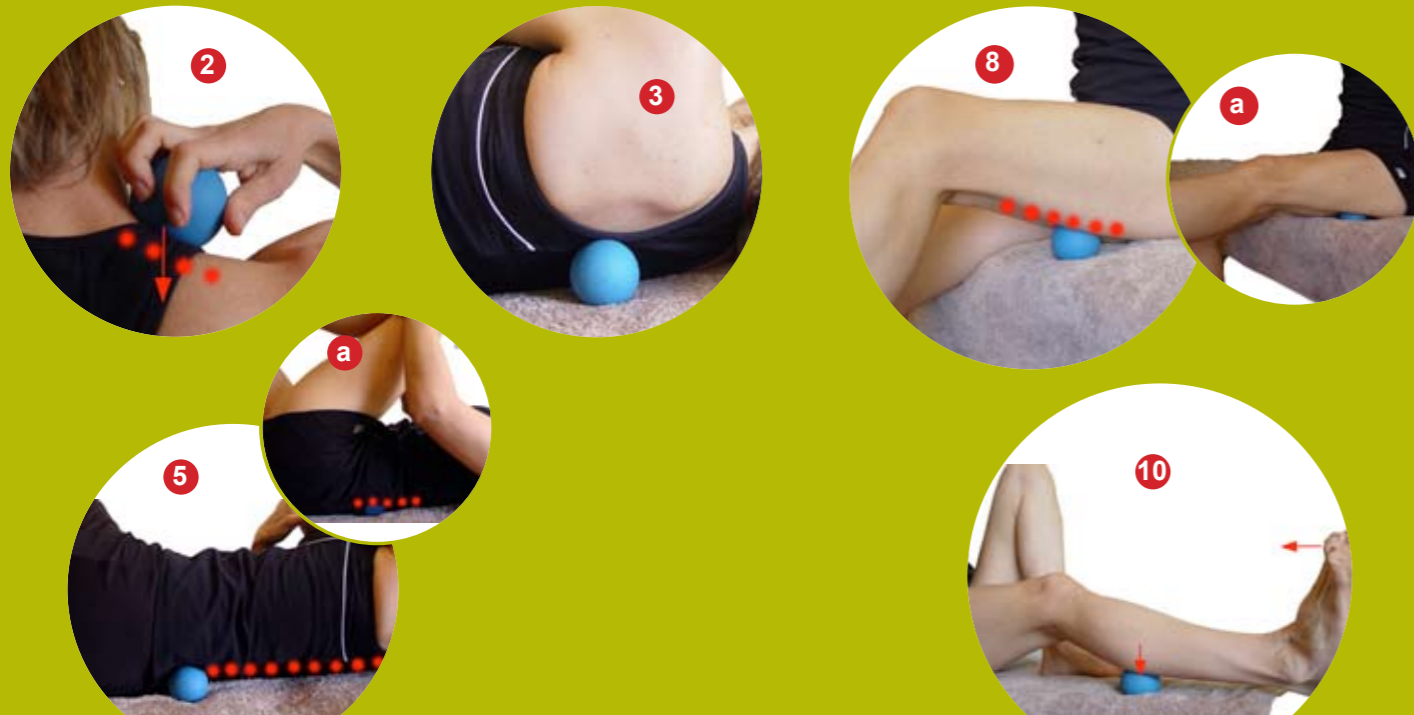
Tight muscles and trigger points have been found to be the primary cause of pain when people are in discomfort. Research has shown that when treating pain, massage is one of the safest and most effective forms of therapy. The Massager is a self-treatment tool that allows to do just that.

How do I use the Massager?

- The Massager is to be used on muscles and connective tissue, but is not ideal for treating the spine itself.
- Use the Massager to do just that, give yourself a more general massage.
- Please referred to the Self-Treatment Chart and corresponding photos to find your most effective options.
- You can use the Massager lying on your back, side, seated or in a standing position against a wall.
- Place the Massager on an area that feels tight, then simply begin rolling the Massager around until you find a spot that is tense and painful. Continue rolling or moving around on the Massager until the tension fades.
- Gentle movements, such as a rocking motion, will encourage muscle tension to decrease and help you to relax.

HOW OFTEN AND HOW LONG SHOULD I USE THE MASSAGER?

Using the Massager once a day or every other day for a maximum of 15 to 20 minutes is recommended. If you are using the Massager in conjunction with the Mobiliser or the Extender, then limit your total session to a maximum of 30 minutes (eg. 10 minutes on the Extender, 10 minutes using the Mobiliser and 10 minutes using the Massager).



SAFE SIMPLE EFFECTIVE AFFORDABLE

is one of the safest and most effective forms of therapy.

MASSAGE

Research has shown that when dealing with trigger points,



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The Massager
Do you suffer from pain, discomfort or muscle tightness?

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Regaining flexibility in your muscles is vital for eliminating and preventing pain

WHAT IS A TRIGGER POINT?

A trigger point can be thought of as a knot in a muscle that has been overworked or strained. These knots or muscle spasms are a very common source of pain. Although trigger points are not thought to be sinister, they can be debilitating and greatly affect your quality of life.

WHY SHOULD I BUY THE MASSAGER?

The Massager is the simplest and most subtle self-treatment tool from the Physio Tool-Kit Company. The Massager helps to safely release trigger points and muscle spasms thereby increasing circulation to the area. Increased circulation brings much needed oxygen to the muscle and flushes away toxins.

95% of the population suffer from muscle or joint pain at some stage in their lives

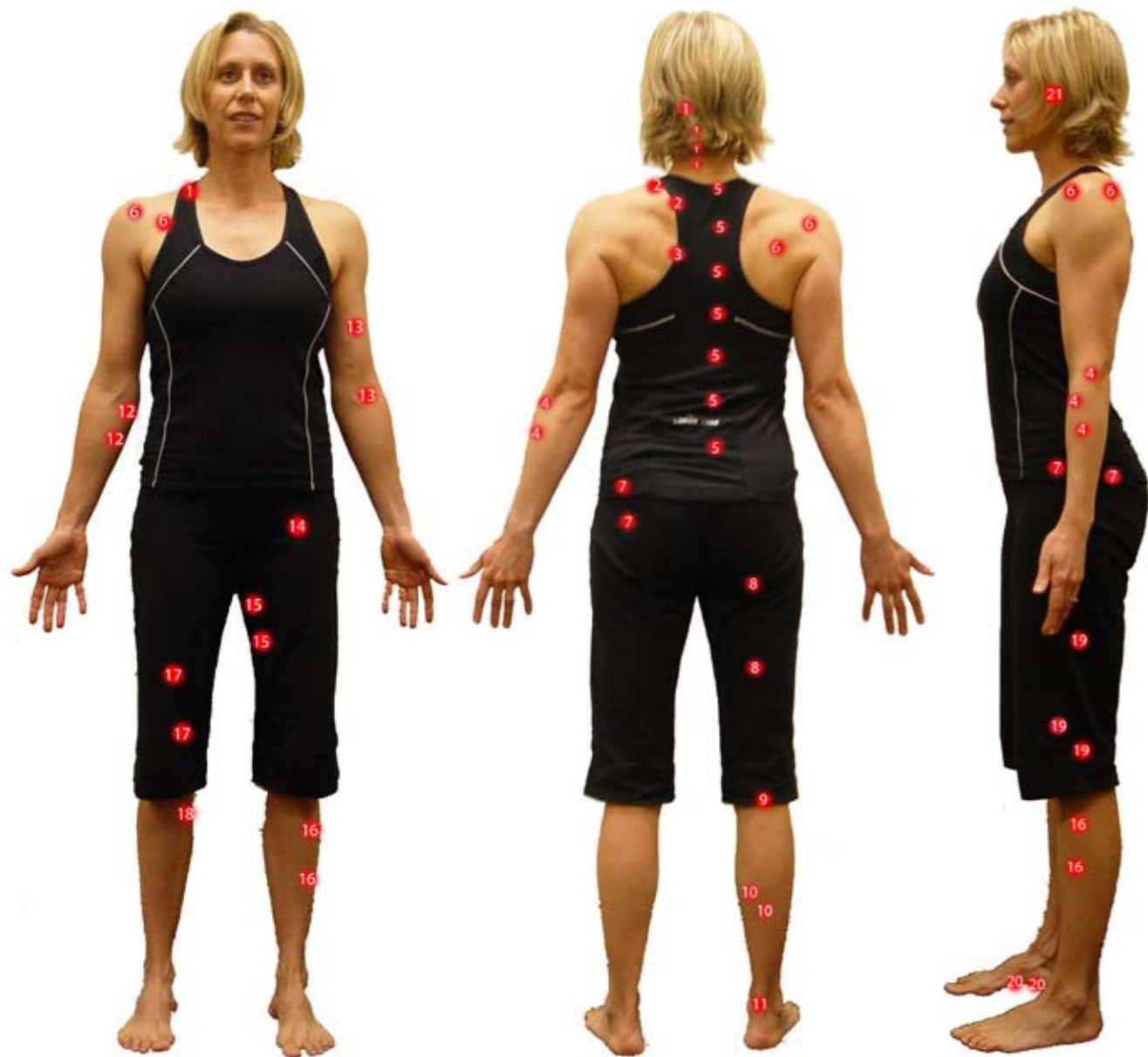
Trigger points have been found to be the primary cause of pain in 75% of cases and are usually an element of every pain problem or injury. Research has shown that when dealing with trigger points, massage is one of the safest and most effective forms of therapy.





The Massager Self-Treatment Chart

Tight/Painful Area	Trigger Points	Most effective when combined with:
Neck	1, 5, 2	Neck stretches, heat and postural strengthening exercises
Lower Back	5, 7, 8	Lower back stretches, heat, abdominal strengthening and gluteal strengthening
Around Shoulder Blades	5, 2, 3, 6	Spinal stretches, postural strengthening, heat
Shoulder	6, 2, 3, 5 (around shoulder blade)	Combination ice/heat, shoulder strengthening exercises, stretches
Cramps	8, 10	Stretching, heat
Elbow/Forearm	4, 12	Combination ice/heat, strengthening, stretching
Shin	16, 10, 18	Stretching, ice, strengthening
Ankle	16, 10, 11	Stretching, ice, strengthening
Knee	19, 17, 18, 8, 9	Strengthening, stretching, heat
Hip	7, 14, 15, 5	Stretching, heat
Foot	10, 16, 20	Stretching, ice
Headache	1, 2, 5	Heat, neck stretches
TMJ/Jaw	21, 1	Heat, relaxation exercise (sometimes night splint)



What should it feel like when I use the Massager?

The Massager is ideal for releasing tight muscles and for addressing trigger points virtually anywhere in the body. When you first start self-treatment with the Massager, chances are that it will feel quite intense... it will literally feel like someone is digging their thumb into you.

When you are using the Massager, it is essential that you relax the weight of your body into the device. By tensing up against the Massager you can cause an increase in muscle spasm and worsen your symptoms.

If you find you cannot relax, place the Massager on a towel or a mat to decrease the intensity OR use it against a wall while standing. The appropriate level of intensity can be described as uncomfortably comfortable.

Once you have started to work on a tight spot, generally within the first few moments, the tension will begin to relax and release, and the intensity will significantly decrease. This will normally take approximately 1-2 minutes. If it does not, don't panic. It simply means that the point you are working on is very tight. With points that are very tight, just stay with that spot only as long as it is tolerable.

How do I know when to move the Massager?

You will know it is time to move the Massager to a new point when:

- the point you are working on feels relaxed and you are no longer feeling any discomfort
- the point you are working on has become too intense to relax into