

THE Y ROLLER™

INSTRUCTION MANUAL



- MASSAGE ROLLER TO PROMOTE FLEXIBILITY AND MYOFASCIAL RELEASE (MUSCLE RELAXATION)
- 6" DIAMETER X 15 1/2" LENGTH
- MADE FROM ELASTOMER – A HIGH DENSITY, DURABLE FOAM



www.injurybegone.com

WHY **Y**?

1. **Dual** or **single ridge** offers aggressive deep tissue massage.
2. Roll in between ridges for a less aggressive, moderate massage.



Using both hands for balance, lie on side with roller beneath hip. Align IT Band between the **dual ridges**. Slowly roll onto the **single ridge**, emphasizing area of tightness on IT Band from hip to just above outside of knee.

[ADDITIONAL EXERCISES ON REVERSE SIDE]



Quadriceps

While propped on elbows, position upper thighs between **dual ridges**. Roll along **single** or **dual ridges**, emphasizing areas of tightness.



Calf

Place heel in between **dual ridges**. Roll up and down calf along **single** or **dual ridges**, emphasizing areas of tightness. Cross ankles to increase compression.



Scan for Video



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Upper and Lower Back

Align any set of **dual ridges** on either side of spine and slowly roll from lower to upper back, emphasizing areas of tightness. Use **dual ridges** only on either side of spine to avoid direct pressure of single ridge on spine.



Adductors

Place roller underneath inner area of upper thigh. Slowly roll along **single** or **dual ridge** from upper, inside knee to inner thigh, shifting weight to increase pressure when necessary.

While using a foam roller for Myofascia release, direct pressure on connective tissues (fascia) relaxes muscles and soft tissue resulting in greater overall flexibility and body wellness.



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Arch

Align heel between **dual ridges**. Roll arch along **single ridge**, applying added pressure to targeted locations.



Hamstring

Balance back of upper leg(s) on roller and slowly roll along **single** or **dual ridges**. Roll up and down hamstring, emphasizing areas of tightness.

Washing Directions

Use sanitizing wipe to remove dirt, bacteria and germs.

Disclaimer

Pro-Tec Athletics assumes no responsibility or liability for any injury which occurs while using this product.