

Routine based on

Ailments

Designed for pain relief at-home
percussive therapy.

 **RECOVAPRO**

Ailments

Designed for pain relief at-home
percussive therapy.

Tech neck

Muscle cramps

Sciatica

Knots

Carpal tunnel

Plantar fasciitis

Shins splints

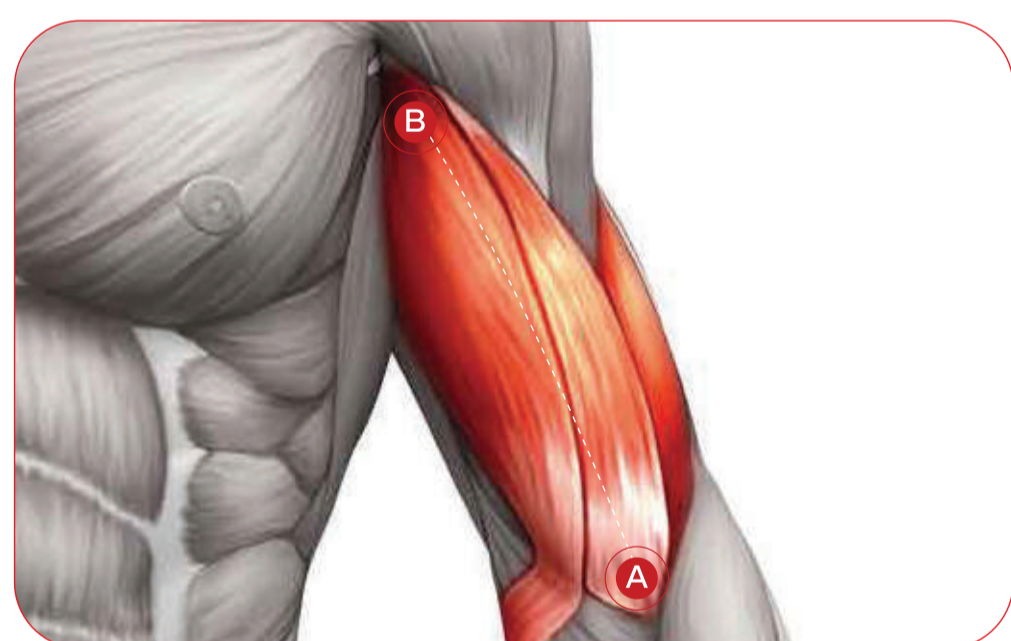


TECH NECK

Relieve stress on parts of your body
you didn't know could hurt.

TECH NECK

3:00 MIN

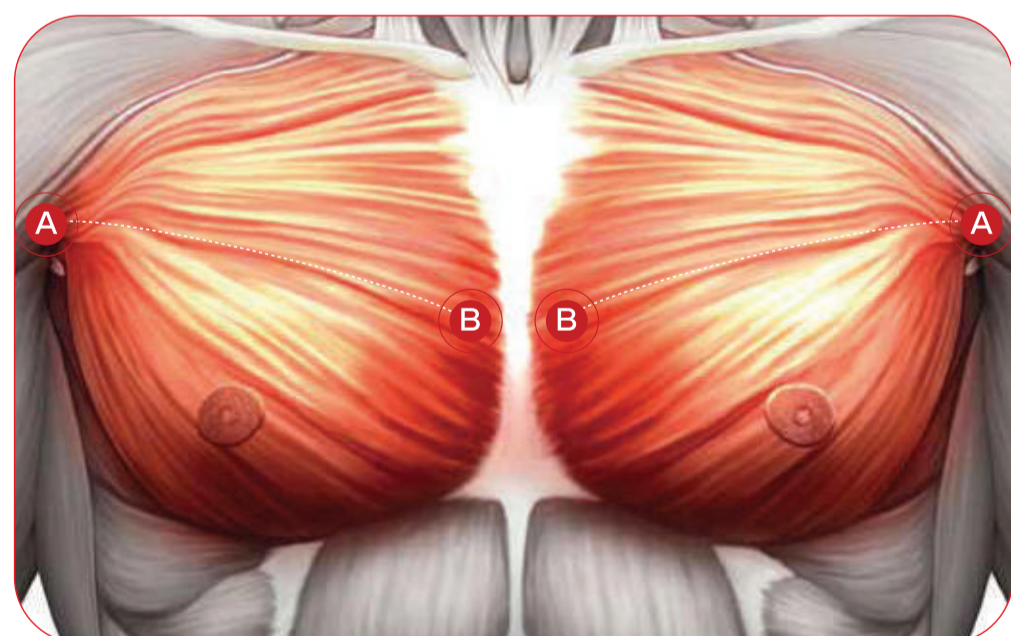


ATTACHMENT: **FLAT** 

MUSCLES: **Biceps**

PROTOCOL: **Sweep from A to B on each side
for 30 seconds**

DURATION: **60 seconds**

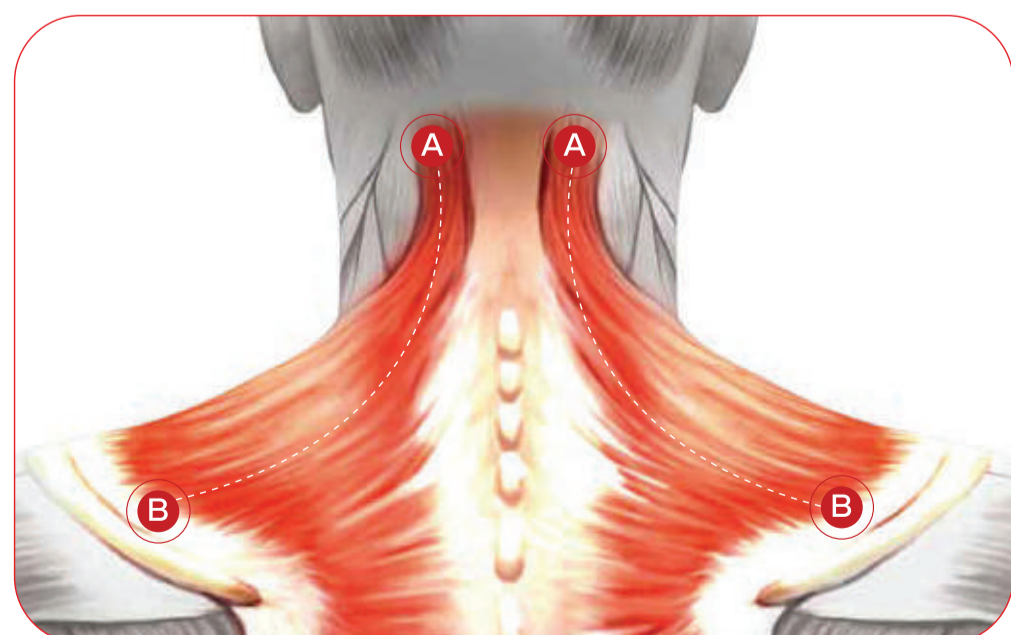


ATTACHMENT: **FLAT** 

MUSCLES: **Chest**

PROTOCOL: **Sweep from A to B on each side
for 30 seconds**

DURATION: **60 seconds**



ATTACHMENT: **BALL** 

MUSCLES: **Neck**

PROTOCOL: **Sweep from B to A on each side
for 30 seconds**

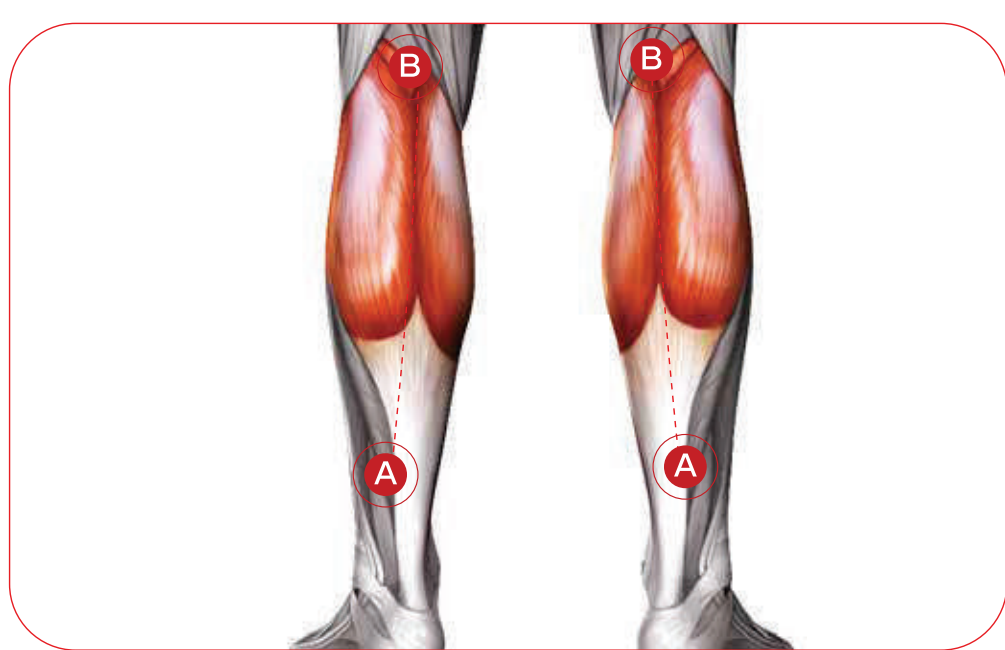
DURATION: **60 seconds**

MUSCLE CRAMPS

Applying percussive therapy to your muscles can help relieve pain and reduce cramping. Treat the entire muscle that is cramping for 1 minute.

MUSCLE CRAMPS

2:00 MIN

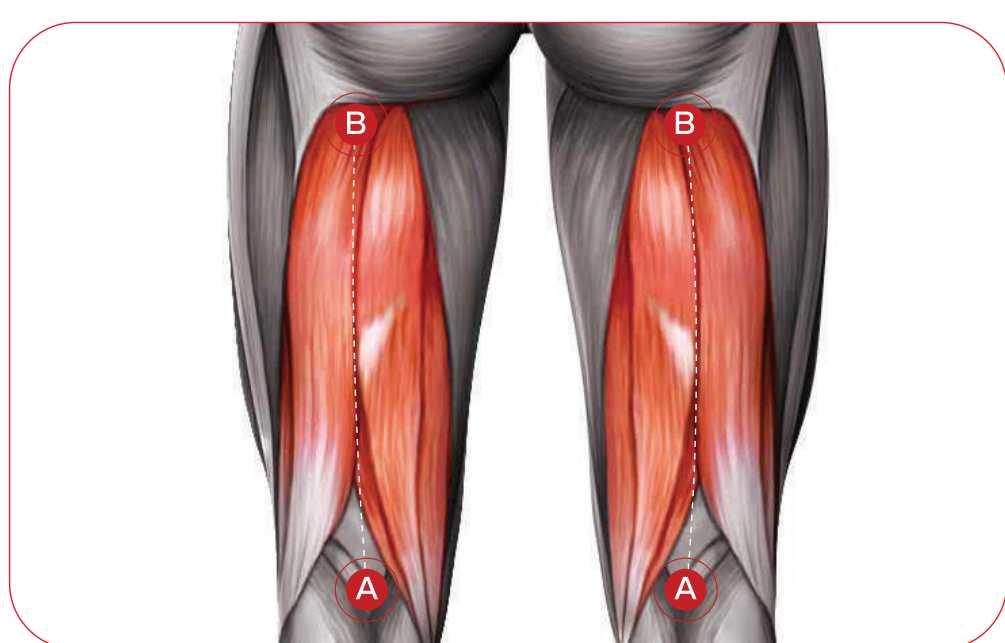


ATTACHMENT: **FLAT** 

MUSCLE: **Calves**

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **60 seconds**



ATTACHMENT: **FLAT** 

MUSCLE: **Hamstrings**

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

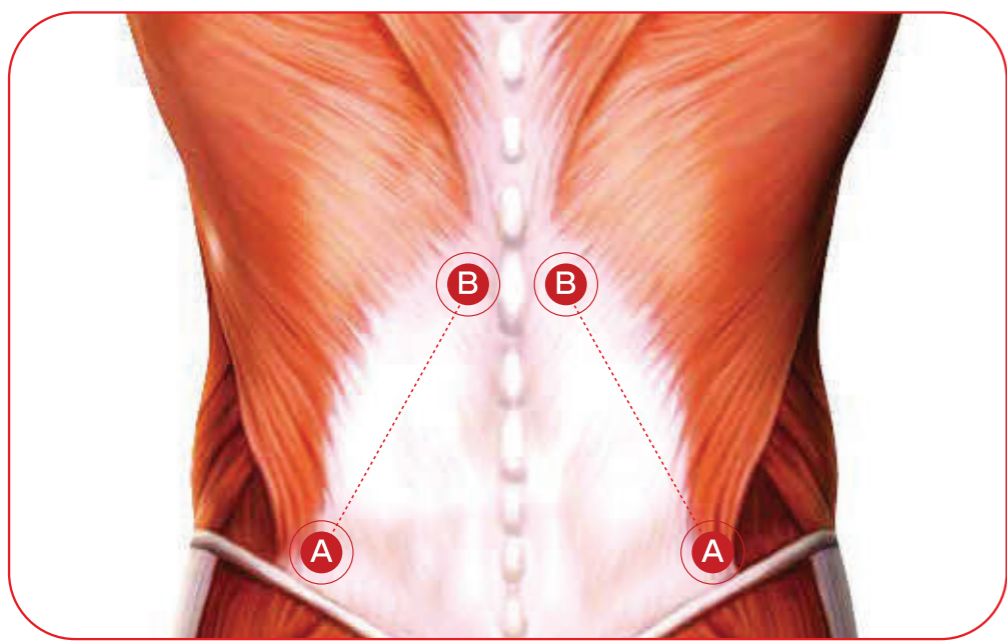
DURATION: **60 seconds**

SCIATICA

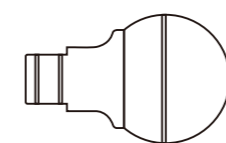
Heat and increased blood flow can help to reduce inflammation and discomfort. Treat only your affected side.

SCIATICA

3:00 MIN



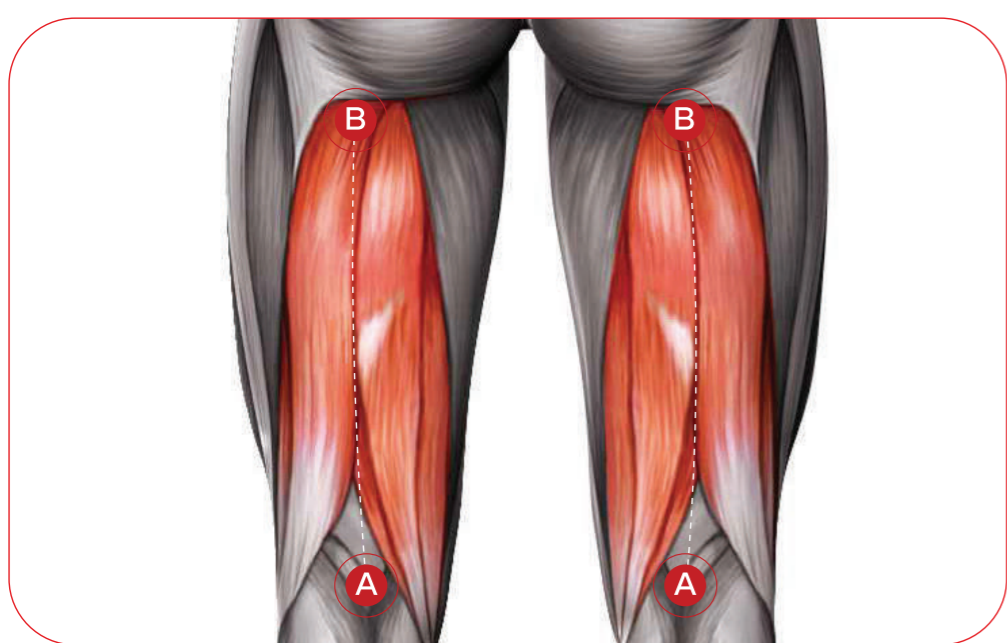
ATTACHMENT: **BALL**



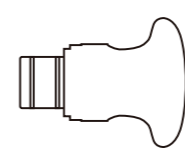
MUSCLE: **Lower back**

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **60 seconds**



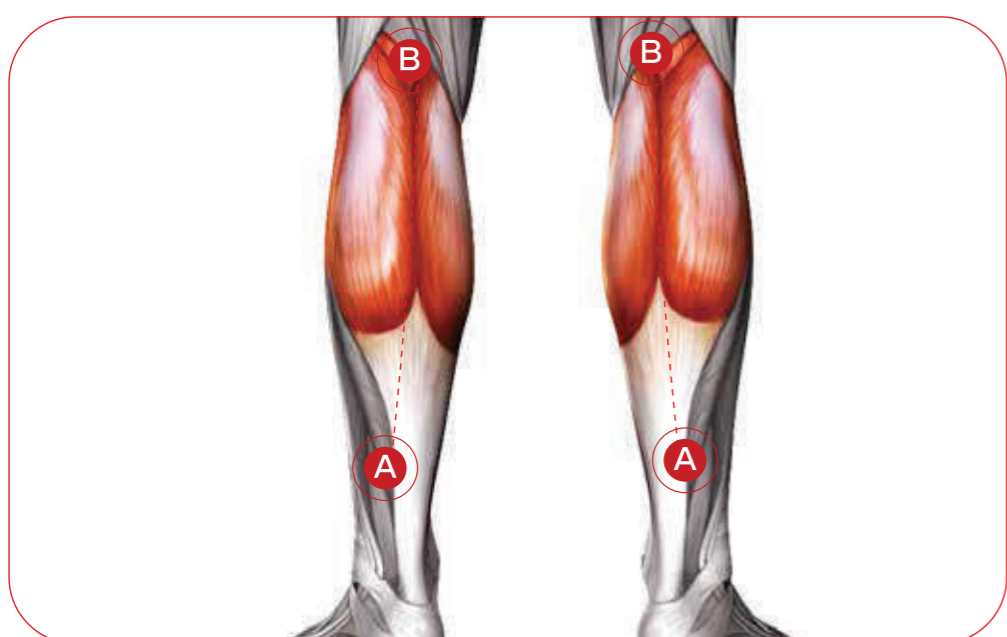
ATTACHMENT: **FLAT**



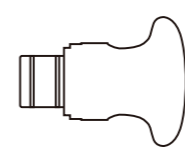
MUSCLE: **Hamstrings**

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **60 seconds**



ATTACHMENT: **FLAT**



MUSCLE: **Calves**

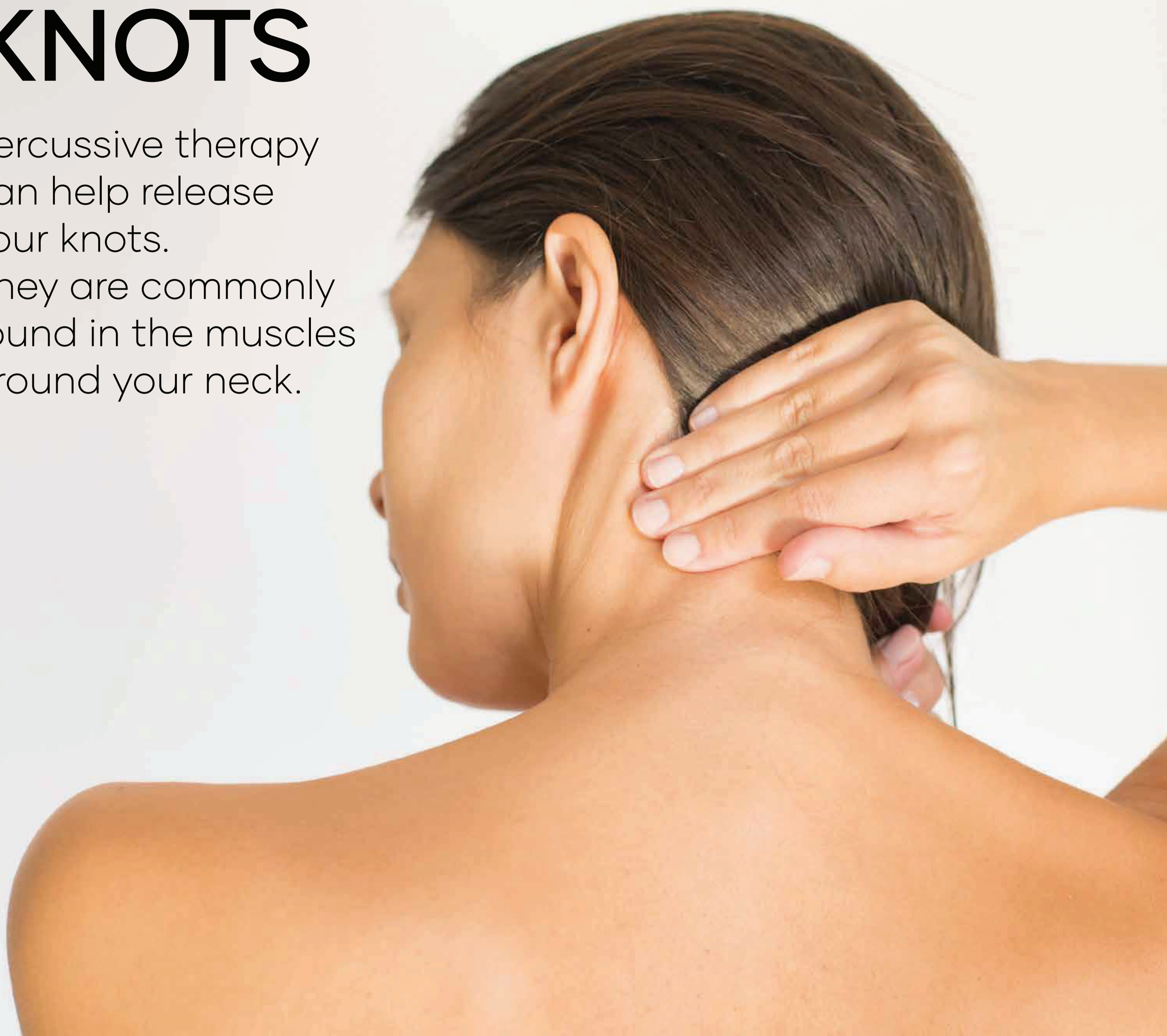
PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **60 seconds**

KNOTS

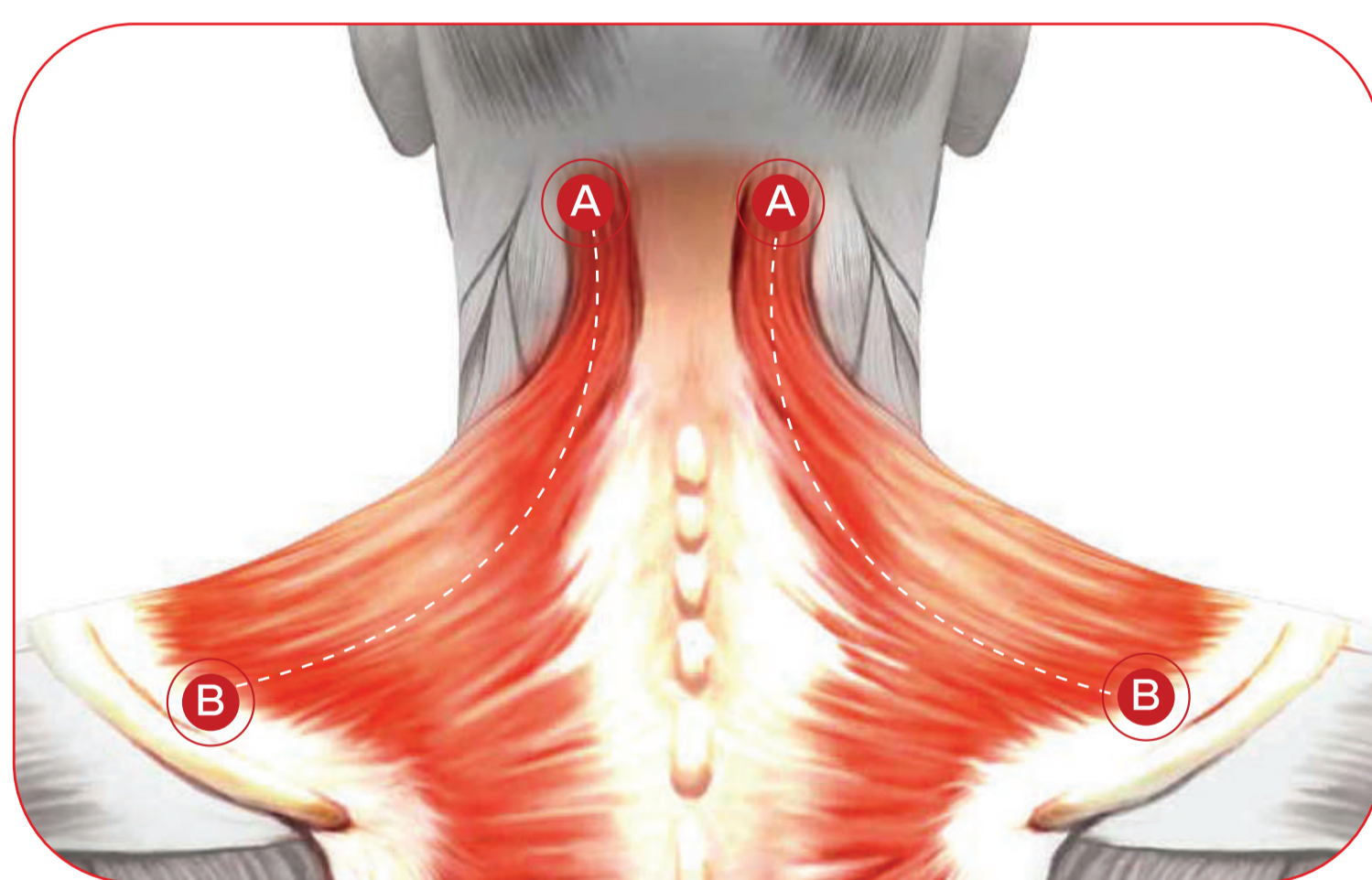
Percussive therapy can help release your knots.

They are commonly found in the muscles around your neck.



KNOTS

1:00 MIN



ATTACHMENT: **BALL** 

MUSCLE: **Neck**

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

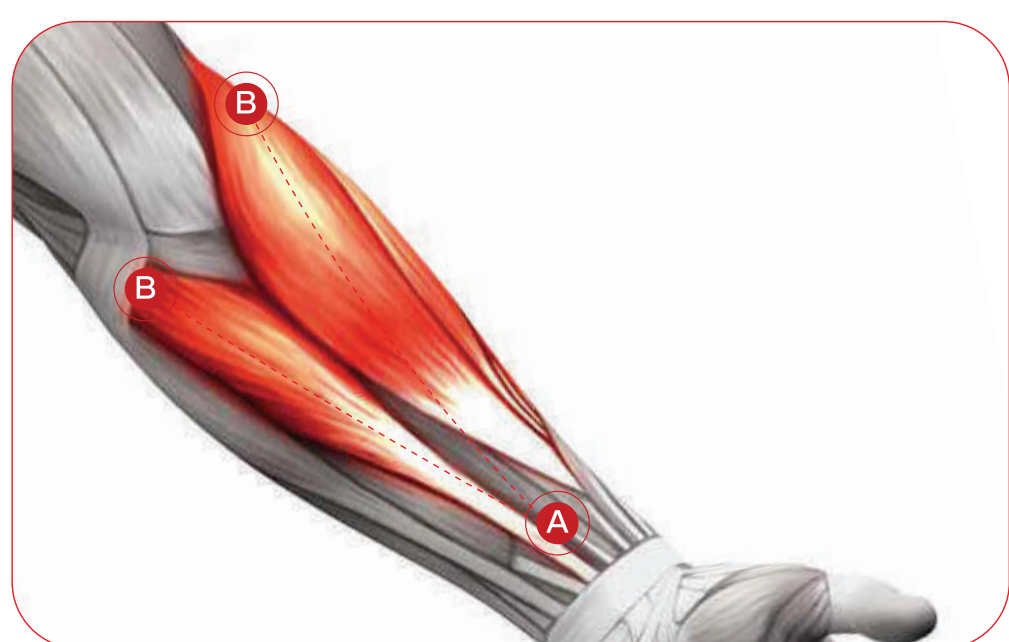
DURATION: **60 seconds**

CARPAL TUNNEL

Treat your forearm and hands to help reduce discomfort.

CARPAL TUNNEL

4:00 MIN

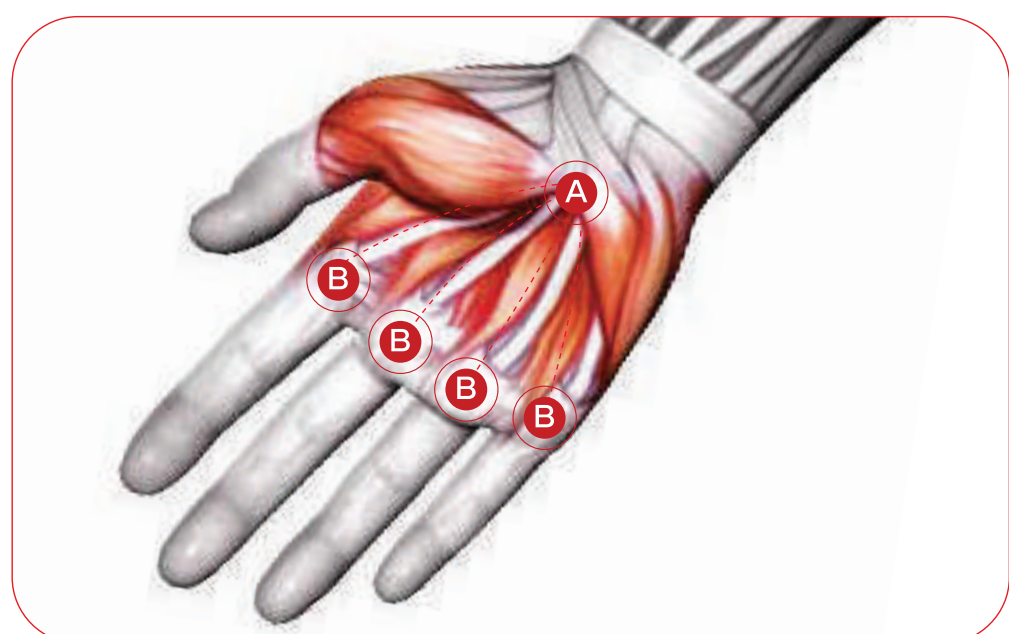


ATTACHMENT: **FORK** 

MUSCLE: **Forearms**

PROTOCOL: **Sweep from A to B on each side for 60 seconds**

DURATION: **120 seconds**



ATTACHMENT: **FLAT** 

MUSCLE: **Hands**

PROTOCOL: **Sweep from B to A on each side for 60 seconds**

DURATION: **120 seconds**

PLANTAR FASCIITIS

Percussive therapy reduced or resolved 87% of the pain in Plantar Fasciitis patients at a clinic



PLANTAR FASCIITIS

8:00 MIN

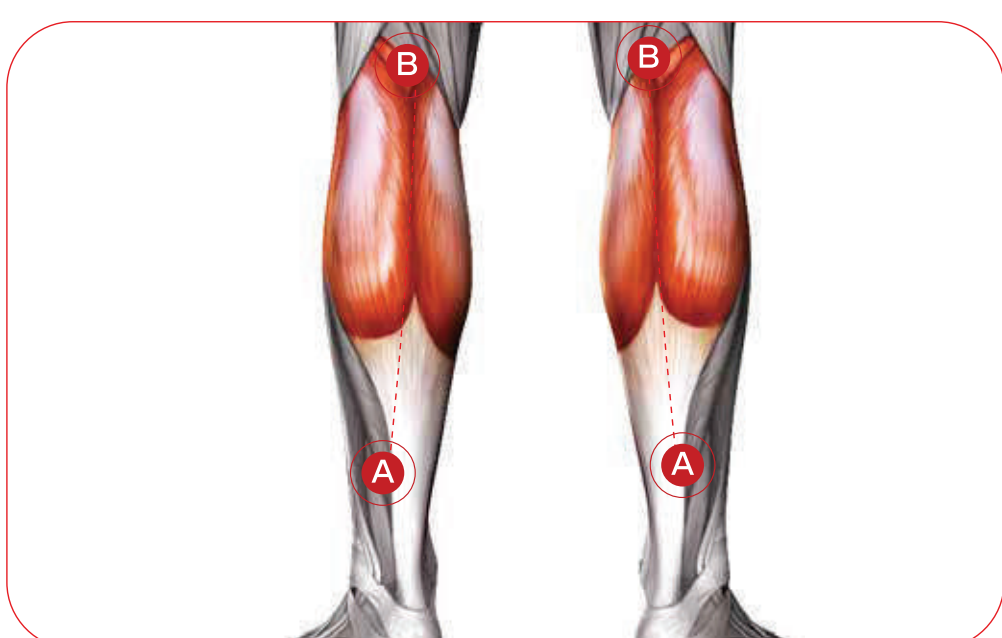


ATTACHMENT: **FORK** 

MUSCLE: **Feet**

PROTOCOL: **Sweep from A to B on each side for 2min**

DURATION: **4min**



ATTACHMENT: **FLAT** 

MUSCLE: **Calves**

PROTOCOL: **Sweep from A to B on each side for 2min**

DURATION: **4min**

SHIN SPLINTS

Rest, elevation and increased blood flow can help reduce discomfort.

SHIN SPLINTS

2:00 MIN



ATTACHMENT: **FLAT** 

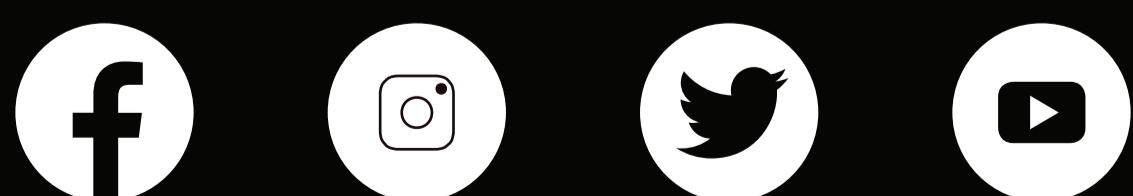
MUSCLE: **Shins**

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**

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