




PSO-RITE

POSITIONS

 Move your body around and find the area that's tight or sore.

 Press peak into area with medium pressure. Don't overdo it.

 Go slow, focus on taking deep breaths, staying for 30-60 secs.

 Relax and repeat until you feel great. If something doesn't feel right, back off and move to a different area.

Visit www.pso-rite.com or [@pso_rite](https://www.instagram.com/pso_rite) on Instagram for more videos and information about how to use the PSO-RITE.

PSOAS



SHOULDER



CHEST



CALF



LOWER BACK



HIPS



UPPER BACK



ROTATOR CUFF



INNER THIGH



SHIN

