



# Foot & Hand Massage



Roll out massage for sore feet, hands, wrists and forearms. The ergonomic roller fits the contours of your body with a soft rubber, bumpy surface to "wake up" tired muscles.



FREE Workouts at [www.gofit.net!](http://www.gofit.net!)

TRAIN. RECOVER. REPEAT.    

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# Foot & Hand Massage

Targeted Massage for Sore Feet and Hands

Training Manual



 **WARNING**

 **IMPORTANT:** Read and follow all warnings and information before use to reduce the risk of injury.

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## WARNING

The risk of injury from participating in this therapy or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or therapy including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness/therapy-related and/or exercise/therapy techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise/therapy or technique described in the Materials until and unless you consult-with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or therapy depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or therapy depicted inappropriate for you).

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# **WARNING**



Read and follow all warnings and information before use, to avoid injury.

- **USE ONLY** as shown/illustrated/intended.
- **USE CAUTION** at all times: This product can quickly roll away from you.
- **ALWAYS** ensure you have adequate clearance in massage area. It should be a clean, level surface.
- **ALWAYS** massage in a slow and controlled manner.
- This product is **NOT** a toy; it is not intended for use by children. If allowing anyone under 18 to use it for therapy, provide constant adult supervision.
- **NEVER** remove the wheels or disassemble this product.
- **NEVER** leave the Polar Foot Roller unattended, as it could pose a hazard to children and pets. **ALWAYS** store it out of the reach of children and pets.
- **ALWAYS** consult your physician before doing this, or any type of therapy, or if intending to use during pregnancy.
- **ALWAYS** wear appropriate exercise clothing when using this product.
- GoFit, LLC is **NOT** responsible for any personal harm or property damage that may occur if this product is used improperly.

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# Care and Maintenance

- After each use, clean the “Foot and Hand Massage” with mild soap and rinse thoroughly with water. **DO NOT** use abrasive or chemical cleaners. You may use rubbing alcohol to disinfect the surface.
- After cleaning, allow the roller to dry completely before storing
- Keep the “Foot and Hand Massage” out of direct sunlight. **DO NOT** place or store the “Foot and Hand Massage” where it may be exposed to extremely high temperatures or heat sources.
- When you are not using the “Foot and Hand Massage” for an extended period of time, store it in a cool, dry place, out of the reach of children or pets.
- Some of the “Foot and Hand Massage” components are made of rubber or plastic—the life span of these parts will depend on the amount of usage and proper care.

Develop a well-rounded fitness plan with companion products and instructional content from GoFit. Shop select retailers worldwide, or visit us at [www.gofit.net](http://www.gofit.net)

*Train. Recover. Repeat. GoFit.*

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## Exercise Guidelines

This manual is a visual reference guide for using the GoFit “Foot & Hand Massage.” Always start at a level that will allow you to complete the recommended reps and sets.

### **STRETCHING:**

**Beginner:** Do light stretch for 15 to 20 seconds. Repeat 1 to 2 times. Perform daily as desired.

**Advanced:** Stretch muscle further for 30 to 45 seconds. Repeat 3 to 4 times. Perform daily.

### **MASSAGE:**

**Beginner:** Use light pressure for 15 to 20 seconds. Repeat 1 to 2 times. Perform as muscle stiffness or pain indicates.

**Advanced:** Use greater pressure for 30 to 45 seconds. Repeat 3 to 4 times. Perform as muscle stiffness or pain indicates.

*If bruising or discoloring occurs this is a sign of too much pressure and should be discontinued.*

## Plantar Fasciitis

Plantar fasciitis is a common, painful disorder affecting the underside of the foot. It is characterized by scarring, inflammation, or break-down of the foot's plantar fascia—the thick, broad band of connective tissue extending along the foot's bottom from heel bone to the base of the toes.

### **Some functions of the plantar fascia are:**

- Stabilize the center of the foot during impact when stepping etc.
- Supports the foot's arch for lifting movements
- Cushions the foot and leg

### **Some causes/indications of Plantar Fasciitis:**

- Overuse injury of the plantar fascia. Increases in exercise, weight, age, time-on-your-feet the shin. Usually due to tightness of the calf muscle or achilles tendon—which is connected to the back of the plantar fascia.
- Usually felt on the bottom of the heel and is most intense with the first steps of the day
- Individuals often have difficulty with dorsiflexion of the foot—where the foot is brought toward
- Usually responds well to treatment such as rest, massage, stretching/ strengthening the calf muscle

# Carpal Tunnel Syndrome

Carpal tunnel syndrome is a hand/arm condition causing numbness, tingling etc. Primarily caused by a pinched nerve in the wrist.

Many factors can contribute the syndrome, such as the anatomy of your wrist, certain underlying health issues and possibly patterns of hand use.

Bound by bones and ligaments, the carpal tunnel is a narrow passageway located on the palm side of your wrist. This tunnel protects a main nerve to your hand and the tendons that bend your fingers.

Compression of the nerve produces the numbness, tingling and, eventually, hand weakness that characterize carpal tunnel syndrome.

Proper treatment usually can relieve the tingling and numbness and restore wrist and hand function.

## Some symptoms of Carpal Tunnel Syndrome:

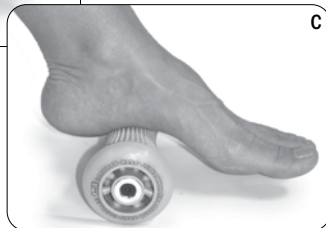
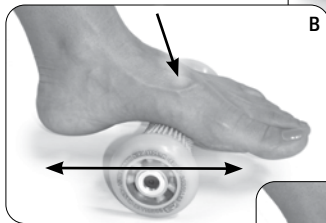
- Usually starts gradually with numbness or tingling in your thumb, index and middle fingers or hand. It may extend from your wrist up your arm.
- Weakness. You may experience weakness in your hand and a tendency to drop objects.
- Massage therapy can help alleviate the pain and discomfort associated with carpal tunnel syndrome

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# Plantar Fasciitis Massage

Perform this exercise either standing or sitting.

Do rolling massage daily for 5-10 minutes.



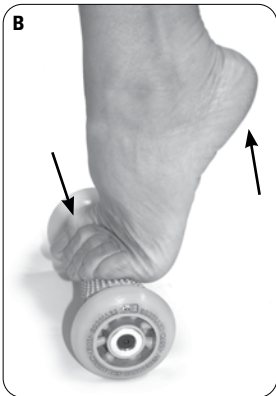
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## Toes - Massage/Stretch

Perform this exercise either standing or sitting.

**A-** Cup your toes around the roller.

**B-** Bring your heel upward while pressing your toes downward on the roller.



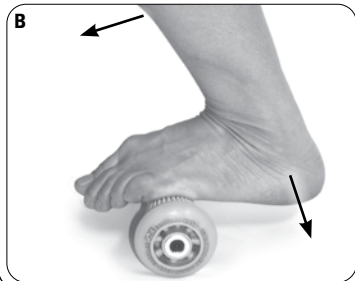
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## Calf Stretch

Perform this exercise standing. Stretch for 15-30 seconds 3-4 times. Perform daily as desired.

**A-** Place the roller just behind the ball of your foot. Stand straight up with heel low to the floor.

**B-** Push your knee forward while pressing your heel downward. Feel the stretch in your calf muscle.



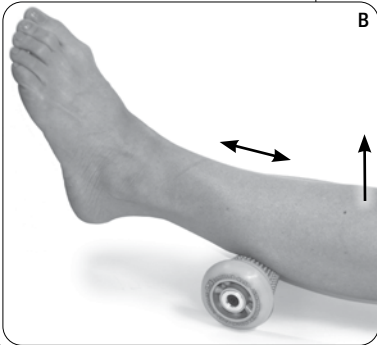
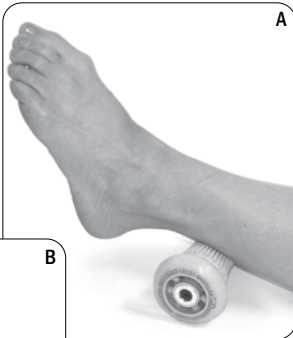
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## Calf Massage

Do rolling massage as muscle pain indicates.

**A-** In a sitting position, rest your leg on roller just below calf muscle.

**B-** Raising your bottom off the floor, with weight on hands, roll your calf over the roller.



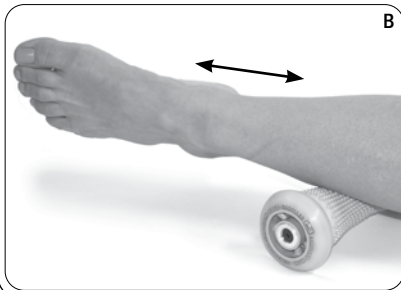
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## Lateral Lower Leg Massage

Do rolling massage as muscle pain indicates.

**A-** Sitting so your outer hip is on the floor, rest your leg on roller just below calf muscle with outside lateral of leg resting on the roller.

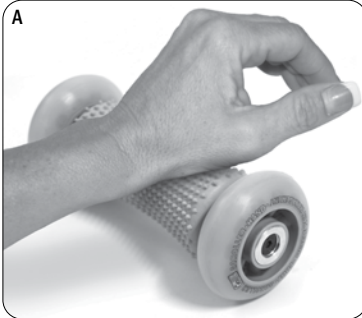
**B-** Raising your hip off the floor, with weight on elbow, roll the lateral, outer part of your lower leg over the roller.



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## Carpal Tunnel Massage

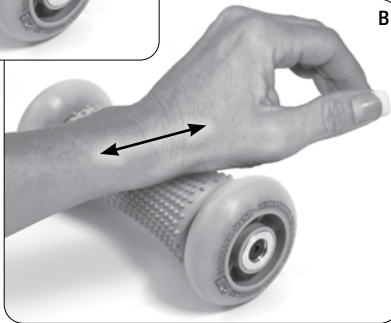
A



**A-** Set heel of palm onto roller.

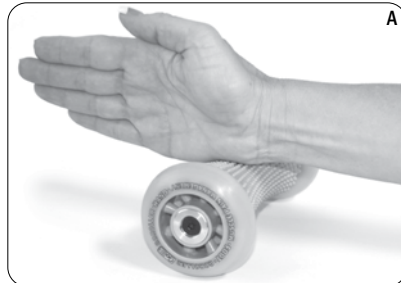
**B-** Roll hand forward, massaging wrist upto forearm area.

B



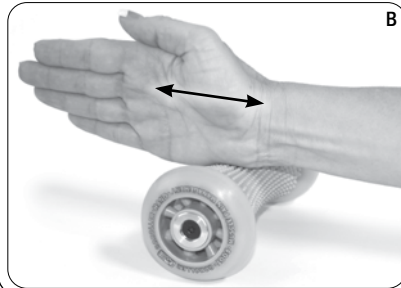
## Lateral Hand Massage

A



**A-** Set lateral edge of hand on roller just above your wrist.

B



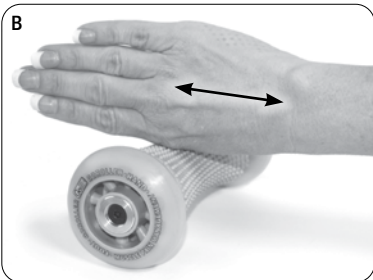
**B-** Roll your hand back and forth on the roller.



## Top Lateral Hand Massage



**A-** Set top lateral edge of hand on roller, just above your wrist.



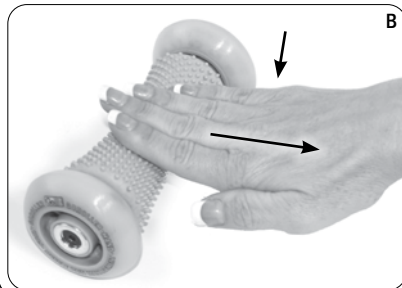
**B-** Roll hand back and forth on roller.

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## Fingers - Massage/Stretch



**A-** Set hand on roller, palm side down at the base of your fingers.



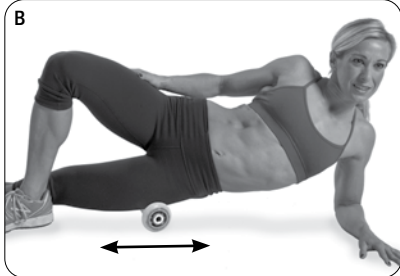
**B-** Roll hand back on the roller with downward pressure of your palm to stretch your fingers.

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## IT Band Massage



**A-** Lie on the floor with upper part of your IT band on roller. Bend other leg with foot on the floor supporting your weight. Support upper body with elbow.



**B-** Placing desired weight on the roller, roll back and forth to massage IT band. Switch legs and repeat.

*To increase intensity, leave both legs parallel with feet stacked—putting more weight on Roller.*

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## Glute Massage



**A-** Sit on floor with one glute muscle on roller. With knees bent, cross the “massaging glute leg” over the other leg as shown. Keep other foot on the floor supporting your weight. Support upper body with arms behind you.

**B-** Placing desired weight on the roller, roll back and forth to massage glute muscle. Switch legs and repeat.

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## Hamstring Massage



**A-** Sit on floor with upper part of your hamstring on roller. Bend other leg, with foot on the floor supporting your weight. Support upper body with arms behind you.



**B-** Placing desired weight on the roller, roll back and forth to massage hamstring. Switch legs and repeat.

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## Lat Massage



**A-** Lean against a wall, placing roller at the lower part of your lat muscle. Supporting your weight with your elbow on the wall as shown, lean into the roller.



**B-** Roll up and down, allowing the roller to massage your lat muscle. Lean into the roller for desired intensity. Switch sides and repeat.

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## Tricep Massage

A



**A-** Lean against a wall with your elbow up as shown. Put your tricep muscle against the roller.

B



**B-** Roll up and down, allowing the roller to massage your tricep muscle. Lean into the roller for desired intensity. Switch arms and repeat.

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## Quad Massage

A



**A-** Lean against a wall placing roller at the upper part of your quad muscle. Lean into the roller.

B



**B-** Roll up and down, allowing the Roller to massage your quad muscle. Lean into the roller for desired intensity. Switch legs and repeat.

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