

# Thera\*Press®

Deep Muscle Massage Tool



User Guide

For more information and education on using the  
Thera\*Press® go to [www.thera-press.com](http://www.thera-press.com)

## Benefits of the Thera\*Press® Massage Tool

The Thera\*Press is an ergonomically designed, deep muscle massage tool that helps prevent wear and tear on your body. The patented design allows for correct alignment of your wrists during use. The Thera\*Press replaces your thumb so you can apply trigger point and acupressure techniques effortlessly, while saving your hands, thumbs, and fingers.

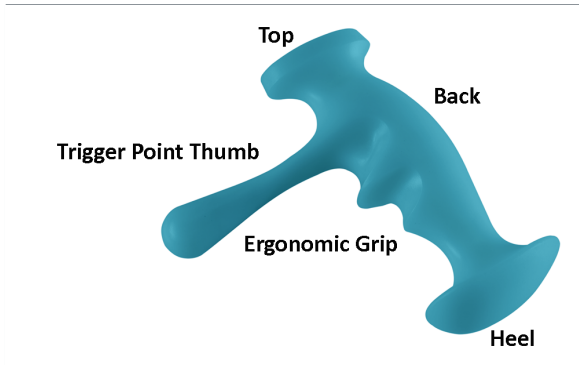


Our patented design mimics the anatomy of your hand.

The “thumb” or trigger point end of the tool is longer than other tools, allowing therapists to effectively treat larger muscle groups as well as a variety of body types.



## Anatomy of the Thera\*Press®



### One tool, multiple uses!

The Thera\*Press® has multiple working surfaces which can be used for different techniques. The trigger Point end can be used for trigger point, acupuncture or deep tissue techniques.



The heel of the Thera\*Press® can be used to apply kneading techniques, petrissage and effleurage. Please remember the Thera\*Press is for use on muscle and soft tissue. Do not use the Thera\*Press directly on bony areas.

## Using the Thera\*Press® Massage Tool

If you are a trained massage professional, you will be able to adapt many different techniques and styles based on your experience and education. Use the Thera\*Press in your normal routine when wanting to give your hands and fingers a break. To learn more about using the Thera\*Press you can view sample treatment videos at [www.thera-press.com](http://www.thera-press.com).

### Holding the Thera\*Press®

Grip the Thera\*Press as shown in the images. The design insures your wrist will be straight and stabilized during treatment. A slight bend in the wrist is OK. Stop if you have pain and readjust your grip.



### Stabilizing the Thera\*Press®

There are 2 ways to stabilize the tool for use. The first is to place your non-working hand on the body and stabilize / guide the trigger point end of the tool by holding it between the base of the thumb and index finger.

The second way to stabilize the tool is to gently rest the heel of the Thera\*Press® on the body while applying pressure with the arm. This method gives the client trigger point massage in two areas.



## How to apply pressure

Applying pressure – the type of pressure we are using with the arm is stable pressure. Apply pressure by slowly sinking into the muscle, hold the point for approximately 4 seconds, release and apply in the same area or move on to the next area.



## What about pain?

We are trying to create a sensation of pain relief and relaxation. We do not want to create more tension by applying too much pressure. Use the guide: If it hurts, stop. If it feels good, continue. Always ask the receiver how the pressure is. Remember to only apply pressure to soft tissue, never bone!

Don't forget to treat yourself!



You can also use the Thera\*Press® to energize and treat tired or tight muscles on yourself. The Thera\*Press® is especially great for accessing trigger points in the neck, back of the head, chest, hands, legs and feet.

The Thera\*Press® is available in 2 colors



Amethyst



Aqua

## Introducing the Thera\*Press® 2



The Thera\*Press 2 Trigger Point Massage Tool is designed with a shorter arm to give you more control and stability while applying trigger point massage and acupressure. The bottom of the TheraPress is designed to apply deep tissue strokes to the body. The precision designed ergonomic grip prevents common overuse injuries to the hand, thumb and wrists.

## Warranty and Care Instructions

**Cleaning:** The Thera\*Press is easy to clean and disinfect. Use warm water and antibacterial soap and or any other sanitizer commonly used in healthcare settings.

**Lifetime Guarantee:** Your Thera\*Press is guaranteed for the original owner against breakage for the life of the product. This guarantee only applies to customers who have purchased directly from Thera-Press.com or from an authorized dealer. If your Thera\*Press breaks we will replace it free of charge. The customer is responsible for all shipping charges to and from our warehouse

**Disclaimer:** The Thera\*Press is not a medical device nor is it meant to be used to treat any medical conditions. The Thera\*Press will not cure medical illnesses.

No information distributed by the Thera\*Press manufacturer or any of its distributors, whether in writing or verbally stated on websites or in brochures, is meant to be a substitute for professional medical advice, diagnosis or treatment. You should always consult a healthcare provider for information about medical conditions.

Contraindications for use include but are not limited to inflammatory conditions, blood clots, pregnancy, thrombosis, venous obstructions, circulatory problems, skin infections, rashes, open cuts, or surgical sites. Consult your physician if you have been diagnosed with any of the aforementioned conditions or if you have any other concerns.

For more information on the Thera\*Press<sup>®</sup> go to [www.thera-press.com](http://www.thera-press.com)

