



PSO-RITE



PSO-SPINE



PSO-NECK



PSO-BACK



PSO-MINI



PSO-KEY



PSO-STICK

HOW-TO MANUAL

PSO-RITE.COM

Follow @pso_rite on Instagram and YouTube for more positions and how-to's

WARNINGS AND RESTRICTIONS

IMPORTANT: Read and follow all warnings and information before using this product to reduce the risk of injury. Please see the complete Product Terms and Conditions enclosed with the product.

WARNING: This product is NOT a medical device.

Serious or fatal injuries can occur. Exercise and therapy programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise or therapy program.

All PSO equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision.

Not intended for use by pregnant women, people with back injury or sensitivity, or people who have recently had surgery. If you feel significant discomfort or shortness of breath while using the PSO products, stop and seek medical assistance. Always read and follow all warnings and information before use. Always use proper techniques and common sense when exercising or doing therapy. Before each use, check your equipment thoroughly for any signs of damage, defect, or wear. If any is found, please discontinue immediately and contact PSO-RITE for assistance.

Not intended for commercial use.

Made in the USA. Covered by U.S. Pat. D823, 479, D879,989

VISIT US ONLINE

Visit www.PSO-RITE.com or follow @pso_rite on Instagram and YouTube for more positions and how-tos.

GET STARTED

STEP 1

Using your hands, locate any muscle pain, soreness or tightness on your body.

STEP 2

Slowly work the peaks deep into your problem area. Remember not to overdo it.

STEP 3

Breathe deep and stay in the area for 5 to 60 seconds.

STEP 4

If something feels uncomfortable, ease off that spot and move to a new area. Try the same area again the following day.

BENEFITS

MUSCLE RELEASE

All PSO products are designed to mimic a massage therapist's elbow, forearm, hand shape, fingers, thumbs, and finger tips.

INCREASED FLEXIBILITY

All PSO products may help you with blood flow, loosening up muscles and relieving normal joint discomfort, which can help increase your flexibility and movement in a pain-free range of motion.

INCREASED MOBILITY

All PSO products may improve your circulation, provide relaxation and help warm up your muscles. This has been known to help mobility.

JOINT RECOVERY

Increased mobility and blood circulation may help promote joint comfort and improve range of motion.

BETTER DIGESTION

Digestive problems such as bloating and constipation may be caused by a tight psoas. With regular use, PSO products may help relax muscles and promote a healthy digestion.

AVAILABLE WORLDWIDE

USA

PSO-RITE.com

MEXICO

PSO-RITE.mx

CANADA

PSO-RITE.ca

COLOMBIA

PSO-RITE.com.co

UK

PSO-RITE.co.uk

NETHERLANDS

PSO-RITE.nl

GERMANY

PSO-RITE.de

AUSTRALIA

PSO-RITE.com.au

FRANCE

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AVAILABLE WORLDWIDE



USA

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SPAIN

SWEDEN

FRANCE

UNITED KINGDOM

JAPAN

SINGAPORE

UNITED ARAB EMIRATES

AUSTRALIA

MEXICO

BRAZIL

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**THE PSO PRODUCTS ARE AMONG THE MOST
VERSATILE MASSAGE PRODUCTS EVER CREATED.**

PSOAS | PSO-RITE



STEP 1

Lay on your back, knees bent and grab the handles of your PSO-RITE. Pull both peaks into your midsection to help warm-up your ab muscles.



STEP 2

Lay down in a plank position. Place the peaks just above your pelvis bone. Keeping your knees on the ground and support on your elbows.



STEP 3

Stay in a plank position. Shift the peaks towards your outer abs just below your ribs. Keep your knees on the ground and the support on your elbows.



STEP 4

For more pressure spread your elbows out and place your forehead on your hands. Keep your knees on the ground and the support on your forearms.



STEP 5

Shift your PSO-RITE and place one peak on your left side. Stay in a plank position. Move the peaks up and down your side from your pelvis to your ribs. Work this area. Switch sides.

TIP

Breathe into the peaks. Push yourself away from your PSO-RITE when you inhale and sink more into the peaks when you exhale. Now shift side to side, searching for tender areas. Once you have found a spot, stay here and breathe deep 5 to 10 times.

GLUTES | PSO-RITE



STEP 1

Lay on your back with your knees bent and elevate your hips. Slide your PSO-RITE underneath in line with your glutes.



STEP 2

Position both peaks of your PSO-RITE on both glutes. Shift your knees from side to side. Once you find a tender area. Stop and breathe deep 10 times. Move to a new area and repeat.



STEP 3

Straighten your right leg slowly.



STEP 4

Lift your knee and bring it to your chest slowly. Once you find a tender spot, hold that position and breathe deep 5 to 10 times. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HIPS | PSO-RITE



STEP 1

Lay on your back with your knees bent and elevate your hips. Slide your PSO-RITE underneath inline one peak with your right glute.



STEP 2

To lessen the pressure, place a yoga block under the opposite glute. Slowly shift your right knee toward your chest. Stop when you find a tender area, and breathe deep 5 to 10 times. Move to a new location and repeat.



STEP 3

For more pressure, move your body in a side plank position. Elevate your hip up and slide your PSO-RITE under your right outer hip area.



STEP 4

While in the side plank, lift your knee and bring it to your chest slowly. Once you find a tender spot, hold the position and breathe deep 5 to 10 times. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TOP OF THIGH | PSO-RITE



STEP 1

Lay down in a plank position. Place your PSO-RITE longway just above your knee.



STEP 2

For less pressure on your back. Lay down in a plank position, and place a yoga block under your pelvis.



STEP 3

Now bring your ankle slowly to your glute. Stop when you feel a tender spot. Straighten and bend your leg 5 times. While doing this, if you feel numbness back off. Go up and down your quad performing this movement. Switch sides.



STEP 4

For more pressure position your PSO-RITE on its side.



STEP 5

Now bring your ankle slowly to your glute. Stop when you feel a tender spot. Straighten and bend your leg 5 times. Roll left and right searching for tender spots. While doing this, if you feel numbness back off. Go up and down your quad performing these movements. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

INNER THIGH | PSO-RITE



STEP 1

Option 1 - Lay down on your side. Place your PSO-RITE longways on the ground under your inner thigh.



STEP 2

Option 2 - Place your PSO-RITE longways on your yoga block.



STEP 3

Option 3 - Place your PSO-RITE longways on your yoga block. Place only one peak on your inner thigh.



STEP 4

Pick the option you need. Straighten and bend your leg 5 times. Stop when you feel a tender spot and maintain deep breathing.



STEP 5

Sit tall and place one peak of your PSO-RITE under your right thigh. Work up and down your inner thigh. Use your hand to apply pressure.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

OUTER THIGH | PSO-RITE



STEP 1

Sit tall in and place one peak of your PSO-RITE on the outside of your leg.



STEP 2

Move up and down the outside of your quad, use the right hand to press down to add more pressure.



STEP 3

Change the position of your PSO-RITE peaks. This will give you a different feeling on your muscles.



STEP 4

Move your body into a side plank position. Place the PSO-RITE longways on your outer thigh. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HAMSTRING | PSO-RITE



STEP 1

Sit tall and place one peak of your PSO-RITE under your hamstring. Apply pressure with your hand. Switch sides.



STEP 2

Sit tall and place one peak of your PSO-RITE under your right thigh. This is allowing you to press into your hamstring from a different direction.



STEP 3

Sit tall and place your PSO-RITE on top of a yoga block. Position one peak of your PSO-RITE under your hamstring. Apply pressure with your hand and extend your leg as high as you can go. Hold this position and breathe 5 to 10 times. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CALF | PSO-RITE



STEP 1

Place your PSO-RITE under your calf. Place your hands on either side of your calf to help keep your calf on the peak. Use your hands to apply more pressure.



STEP 2

Move down your calf and change the position of the peaks. Do circles with your ankle to target different muscles.



STEP 3

Place your PSO-RITE on its side, position it on your Achilles tendon, and move your foot in circles.



STEP 4

Sit tall and place the peak of your PSO-RITE on the outside of your calf. Massage up and down the outside of your calf, use your hands to apply pressure.



STEP 5

Sit tall and place the peak of your PSO-RITE on the inside of your calf below your shin. Point your foot up towards your shin. Move the peak up and down your shin.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

FRONT OF CALF | PSO-RITE



STEP 1

Kneel in front of your PSO-RITE sitting on your ankles. This will be the position you want to test after you massage the front of your calf.



STEP 2

Place your hands on the ground and lift your left leg.



STEP 3

Place the front of your calf on a peak of the PSO-RITE, and move your foot backward.



STEP 4

Move your foot forward and backward 5 times. Sit back on your ankles like the picture in step 1. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

FEET | PSO-RITE



STEP 1

Stand and place one foot on your PSO-RITE peak with your toes curled.



STEP 2

Pull your toes up toward your shin. Do this 5 times and switch feet.



STEP 3

Twist your foot inward.



STEP 4

Twist your foot outward. Repeat this 5 times in and out.



STEP 5

Slide down the arch of your foot on one of the peaks. Switch to the other foot.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

ABS | PSO-RITE



STEP 1

Lay on your back, knees bent and grab the handles of your PSO-RITE. Pull both peaks into your midsection helping warm-up your ab muscles.



STEP 2

Work your way up your abs just below your ribs.



STEP 3

Work down the left side of your ribs. Press up into your diaphragm, and massage down the side to finish at the pelvis. Switch sides.



STEP 4

Press your PSO-RITE into your abs. Search for tender areas. Once you find a spot, this will be the area you want to focus on when working on your psos.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

LOWER BACK | PSO-RITE

STEP 1



Option 1 - Lay on your back, knees bent, and lift your hips. Slide your PSO-RITE just above your glutes.

STEP 2



Lower your hips and make sure the peaks of your PSO-RITE are on either side of your lower back. Shift your hips side to side and up and down.

STEP 3



Option 2 - Sit in front of your PSO-RITE and place your hands on either side of the peaks.

STEP 4



Lean down to your left side and brace yourself on your left elbow. Stay here and breathe 5 to 10 times. Switch to your right side.

STEP 5



If you feel comfortable enough, go down slowly and support yourself with your forearms. Once you find the desired pressure, breathe deep.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

MID BACK | PSO-RITE



STEP 1

Move your PSO-RITE to your mid-back, and lean onto your left elbow. Shift slowly side to side. Make sure not to hit the bone on your spine.



STEP 2

Move slowly up your spine.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

UPPER BACK | PSO-RITE



STEP 1

Lay down on your back with the support of your elbows. Position your PSO-RITE on your upper back. Place the peaks between your shoulder blades.



STEP 2

Lay back slowly applying pressure to your upper back.



STEP 3

Lean to your left searching for those tender areas.



STEP 4

Lean to your right and search for tender areas. If the pressure is too much, place your PSO-RITE on a wall or tall chair.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CHEST | PSO-RITE



STEP 1

Lay face down and place your PSO-RITE on your right chest. Move your arm as high as you can.



STEP 2

Slowly bring your arm all the way down to your waist.



STEP 3

Shift your PSO-RITE to your left pec. Perform the same movements as steps 1 and 2.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TRAP | PSO-RITE



STEP 1

Lay on your left side and position your PSO-RITE perpendicular to your upper back. Lean back slowly and apply pressure to your trap.



STEP 2

Move your arm around in different directions forward and backward.



STEP 3

Reach as high over your head as possible.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

ROTATOR CUFF | PSO-RITE



STEP 1

Lay on your stomach and place the peak of your PSO-RITE just below your armpit.



STEP 2

Place your PSO-RITE on top of a yoga block. This gives you more leverage on your shoulder. Move your arm inward.



STEP 3

Move your arm outward with your palm up. When you find a spot, stop and focus on your breathing.



STEP 4

Lay on your left side and lift your shoulder off the ground high enough to slide your PSO-RITE underneath your rotator cuff. Let your arm go forward.



STEP 5

Lay on your left side and lift your shoulder off the ground high enough to slide your PSO-RITE underneath your rotator cuff. Let your arm go backward.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

NECK | PSO-RITE



STEP 1

Lay flat on your back and lift your head high enough to slide your PSO-RITE underneath your neck. Shift your head from side to side.



STEP 2

Rotate over onto your right side and search for tender spots by looking up, down, left and right.



STEP 3

Shift your PSO-RITE aligning the peaks on your neck, treating it like a pillow.



STEP 4

Lean back to find more tender spots on your neck.



STEP 5

Place your PSO-RITE on its side longways. Using the edge of your PSO-RITE will allow you to have a more precise surface to massage your neck.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

JAW | PSO-RITE



STEP 1

Lay on your right side and place your right jaw on your Pso-Rite.



STEP 2

Move your head slowly around the peak to find the tender area. Once you find a tender spot, open and close your mouth slowly. Switch sides.

SCALP | PSO-RITE



STEP 1

Move your PSO-RITE just above your ear and slowly slide your head up and down the peak of the PSO-RITE.



STEP 2

Lay flat on your stomach and place your head between the peaks of your PSO-RITE. If your head is too small, just press up against one peak and slowly move your head left, right, up, and down.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

PSOAS - CHAIR | PSO-RITE



STEP 1

Place your PSO-RITE on your chair, bench, bed, countertop or sofa. This will allow you to get into your psoas at a different angle and pressure.



STEP 2

Perform a straight leg raise to help activate your glute and dynamically massage your midsection and psoas. Switch sides.



STEP 3

Do the same movement as step 2 but bend your knee and massage it by rotating your thigh in different directions. Perform these movements 5 to 10 times and switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HAMSTRING - CHAIR | PSO-RITE



STEP 1

Sit on your chair with your yoga block and your PSO-RITE underneath you. Keep your leg bent and search for a tender area.



STEP 2

Once the tender area is found, extend your leg as much as you can. Find a tender position and stay here for 5 to 10 breaths. Repeat 5 times.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

LOWER BACK - CHAIR | PSO-RITE



STEP 1

Find a chair with a solid back. Place your PSO-RITE on your lower back.



STEP 2

Lean-to your left side slowly, maintaining your back straight.



STEP 3

Lean-to your right side slowly, maintaining your back straight.



STEP 4

Place your hands behind your head and arch your back while maintaining deep breathing.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

MID BACK - CHAIR | PSO-RITE



STEP 1

Place your PSO-RITE in the middle part of your back. Lean to your left side slowly, maintaining your back straight.



STEP 2

Lean to your right side slowly.



STEP 3

Place your hands behind your head and arch your back.



STEP 4

Cross your arms and crunch forward as far as you can maintaining deep breathing.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

LOWER BACK | PSO-SPINE



STEP 1

Sit in front of your PSO-SPINE and place it on your lower back. Make sure the peaks are aligned with your muscles.



STEP 2

Lay back slowly with the support of your hands, forearms and elbows.



STEP 3

Lay completely flat with your glutes an inch off the ground and your arms overhead.



STEP 4

Lift your hips and change the position of your arms to feel more pressure in the middle part of your back.



STEP 5

Give yourself a hug and slowly roll up and down maintaining deep breathing and a comfortable pressure.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

MID BACK | PSO-SPINE



STEP 1

Position your PSO-SPINE a hands length away from your lower back. Peaks aligned on your muscles.



STEP 2

Lay back slowly with the support of your hands, forearms and elbows.



STEP 3

Lay completely flat with glutes on the ground and arms at your side.



STEP 4

Elevate your hips and change the position of your arms to feel more pressure in the middle part of your back.



STEP 5

Give yourself a hug and slowly roll up and down maintaining deep breathing and a comfortable pressure.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

UPPER BACK | PSO-SPINE



STEP 1

Position your PSO-SPINE 2 feet from your lower back. Peaks aligned on your muscles and not on your bones.



STEP 2

Lay back slowly with the support of your hands, forearms and elbows.



STEP 3

Lay completely flat with your glutes on the ground and arms overhead.



STEP 4

Lift your hips and change the position of your arms to feel more pressure in the upper part of your back.



STEP 5

Give yourself a hug and slowly roll up and down maintaining deep breathing and a comfortable pressure.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HIPS / GLUTES | PSO-SPINE



STEP 1

Get in a kneeling side plank position. Lift your hips off the ground. Place the peaks on your muscles below your pelvis ridge.



STEP 2

Stay in a side plank position. Bring your knee to your other knee and repeat 5 more times. Switch sides.



STEP 3

Move your leg back slowly. Stop and breathe on tender areas. Switch sides.



STEP 4

Raise your knee to your chest slowly. Stop and breathe on tender areas.



STEP 5

Move your opposite leg towards your chest. Rotate your knee outwardly. This will apply a different type of pressure to your glute. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

LATS | PSO-SPINE



STEP 1

Lay on your side. Turn your PSO-SPINE vertically and place it below your shoulder. Move your arm to your thigh and back to your head.



STEP 2

Turn your PSO-SPINE sideways to your body and place it below your shoulder. Move your arm above your head and roll forward and backward. If you find a tender area, stop and breathe. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

THIGH | PSO-SPINE



STEP 1

Lay on your stomach and place the PSO-SPINE below your thigh muscles.



STEP 2

Turn your PSO-SPINE sideways to your body. Roll side to side and search for those tender areas.



STEP 3

Place your PSO-SPINE on your inner thigh. Straighten your leg slowly.



STEP 4

Place your PSO-SPINE on the outer part of your thigh. Roll left and right. Switch sides and repeat the process.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CALVES | PSO-SPINE



STEP 1

Sit on the ground. Place your PSO-SPINE on top of a yoga block or 3" thick book. Position the peaks sideways to your upper calf.



STEP 2

Place your PSO-SPINE on the middle part of your calf. Slowly roll side to side and move your ankle in a clockwise or counter-clockwise motion. When you find a tender position, stop and breathe deep 10 times. Slowly move to a new position.



STEP 3

Place your PSO-SPINE on the lower part of your calf. Roll side to side and roll your ankle in a clockwise or counterclockwise motion. When you find a tender position, stop and breathe deep 10 times.



STEP 4

Place your PSO-SPINE on the outer part of your calf. Lean forward and backward, searching for those tender areas. Repeat up and down the outer part of your calf. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

FEET | PSO-SPINE



STEP 1

Stand and place one foot on your PSO-SPINE with your toes curled.



STEP 2

Slowly apply pressure while moving your toes up and down. When you find a tender position, stop and breathe deep 10 times. Apply pressure that is around a 5 out of 10.



STEP 3

Once the pressure has been applied, twist your ankle slowly to the left and to the right.



STEP 4

Switch sides and repeat the process while going slow and maintaining a comfortable pressure.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

BACK - CHAIR | PSO-SPINE



STEP 1

Place your PSO-SPINE on the back of your chair and lean back slowly, making sure the peaks are on your muscles.



STEP 2

Slowly shift to the left, and when you find a tender position, stop and breathe deep 10 times.



STEP 3

Slowly shift to the right, and when you find a tender position, stop and breathe deep 10 times.



STEP 4

Lean forward slowly and search for a tender spot. Once you found this area keep a comfortable pressure and breathe deep 10 times.



STEP 5

Arch your back with your arms behind your head. When you find a tender position, stop and breathe deep 10 times.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

GLUTES - CHAIR | PSO-SPINE



STEP 1

Slowly sit on your PSO-SPINE and shift your weight from side to side. When you find a tender position, stop and breathe deep 10 times.



STEP 2

Elevate your knee and search for a tender area. Once you found the spot, stop and breathe deep 10 times. Remember to maintain a consistent pressure. Now stand up, shake it out and test how you feel. Switch sides.



STEP 3

Elevate your knee and move it in and out in search of a tender area. Once you found the spot, stop and breathe deep 10 times. Remember to maintain a consistent pressure. Now stand up, shake it off and test how you feel. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HAMSTRING - CHAIR | PSO-SPINE



STEP 1

Sit on your chair and place the PSO-SPINE under your hamstring. Shift your weight from side to side, searching for a tender spot.



STEP 2

Straighten your leg as far as you can in search of a tender area. Once you find a tender spot, hold this position and breathe deep 5 to 10 times. Now stand up and shake it off. Switch legs.



STEP 3

Stand up and shift your PSO-SPINE long ways on your hamstring. Apply pressure to your thigh and roll left and right on the peaks.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CHAIR - FEET | PSO-SPINE



STEP 1

Place your PSO-SPINE on the ground in front of your chair.



STEP 2

Slowly apply pressure while moving your toes up and down. When you find a tender position, stop and breathe deep 10 times.



STEP 3

While applying pressure, twist your ankle left and right. Switch feet.



STEP 4

Switch feet and repeat the process.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

NECK | PSO-NECK



STEP 1

Elevate your head and slide the PSO-NECK under your neck. Lightly press into your neck muscles only.



STEP 2

Slowly move your arms like a snow angel. If you find something tender, stop moving and breathe deeply until it feels better. If you feel numbness, a zing, tingling, or a heartbeat, take a break and move to a new area.



STEP 3

Slowly move your head left, right, up, and down and focus on deep breathing. The pressure should be no more than a 5 out of 10. Listen to your body, and don't overdo it.



STEP 4

Use your hand to support your head till only your traps are touching the peaks. Focus on deep breathing for 5 to 60 seconds. If this is too uncomfortable, you can try using it on a bed.



STEP 5

Flip the PSO-NECK around, so the side without peaks is against your traps. Relax and breathe as before. Go slow and don't overdo it.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

BACK | PSO-BACK



STEP 1

Slowly lean back using the support of your hands, pressing into the lower part of your spinal muscles. Make sure the peaks are only touching the back muscles. Lay back, slowly shifting left to right to settle in.



STEP 2

Put a pillow behind your head for support. If the pressure is still too aggressive, start by using the Pso-Back on a chair. The pressure should be no more than a 5 out of 10. Relax and breathe deeply for 10 to 60 seconds.



STEP 3

Shift from side to side, searching for tender areas. You can also hug yourself and move your arms like a snow angel. Listen to your body and do not overdo it.



STEP 4

Be sure to keep the peaks on your muscle only. If you feel numbness, tingling, a zing, or a heartbeat back off, rest and then move to a new area.



STEP 5

Slowly elevate your hips off the floor, keeping the pressure at a 5 out of 10. If that is too uncomfortable place your hips on the floor and try again in 1 to 2 weeks.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

NECK | PSO-MINI



STEP 1

Place your PSO-MINI on a yoga block or a 3" thick book. Lay on your back, elevate your neck and slide the block under your head.



STEP 2

Move your head left and right. Stop on the tender spot and breathe 5 to 10 times.



STEP 3

Move your head up and down.



STEP 4

While standing, massage the back part of your neck. Press into the tender area and move your head left and right.



STEP 5

While standing, massage the front of your neck. While pressing into your neck move your head up and down to find the tender spot.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

JAW | PSO-MINI



STEP 1

Lightly massage your jaw to warm up your muscles. Massage your entire jaw and search for any tender areas.



STEP 2

Once you find a tender spot, keep pressure while opening and closing your mouth.

SCALP | PSO-MINI



STEP 1

Hold your PSO-MINI in the palm of your hand. Massage the side of your head.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TRAPS | PSO-MINI



STEP 1

While standing, place two fingers on the back side of your PSO-MINI. Reach over your shoulder and press lightly into your trap.



STEP 2

If you can, reach further down your back to reach the lower part of your trap.



STEP 3

Lay on your back and lift your shoulder up slightly to slide your PSO-MINI under your trap. Hold your PSO-MINI with your hand so it doesn't slide out.



STEP 4

Elevate your hips to the desired height depending on the pressure you need. The higher the hips, the more pressure.



STEP 5

Move your arm like a snow angel or straight to the ceiling. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CHEST | PSO-MINI



STEP 1

Warm up your chest muscles by placing your PSO-MINI in the palm of your hand and massage your entire chest.



STEP 2

Place two fingers on the backside of your PSO-MINI. Now trace your chest.



STEP 3

Once you find a tender spot, keep the pressure and breathe deep.



STEP 4

Once you get to your armpit, hook your PSO-MINI under your pec and pull towards your centerline five times.



STEP 5

After the 5th pull, hold your PSO-MINI in your armpit. Stop and breathe deep, or raise your arm over your head and back down. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

SHOULDERS / ROTATOR CUFF | PSO-MINI



STEP 1

Lay on your back and lift your shoulder off the ground. Slide your PSO-MINI under your shoulder.



STEP 2

Slowly press onto your PSO-MINI. Keep your elbow at 90 degrees and rotate forward. Go slow and focus on deep breathing.



STEP 3

Slowly move your arm backwards. Keep a 5 out of 10 pressure.



STEP 4

While standing, place two fingers on the backside of your PSO-MINI. Massage the front, outside and back of your shoulder. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TRICEPS / BICEPS | PSO-MINI



STEP 1

Reach around your triceps and apply pressure with your arm straight.



STEP 2

Bend your elbow while maintaining pressure on your tricep.



STEP 3

Place your PSO-MINI in the palm of your hand. Apply pressure on your bicep with your elbow bent.



STEP 4

Extend your elbow while maintaining pressure on your bicep. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

LATS | PSO-MINI



STEP 1

Place two fingers on the backside of your PSO-MINI.



STEP 2

Reach around your side and apply pressure to your lats.



STEP 3

Lightly massage up and down your side searching for tender spots.



STEP 4

Maintain pressure on your lat where it is tender; raise your arm slowly. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

FOREARM | PSO-MINI



STEP 1

Massage up and down your forearm searching for a tender spot.



STEP 2

Once you find a tender spot, keep pressure and move your wrist up.



STEP 3

Move your wrist down. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HAND | PSO-MINI



STEP 1

Place two fingers on the backside of your PSO-MINI and massage the area near your thumb.



STEP 2

Once you find a tender spot, keep pressure and move your thumb towards the palm.



STEP 3

Place your PSO-MINI on the palm of your hand and press into your palm. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

GLUTES | PSO-MINI



STEP 1

Place your PSO-MINI in the palm of your hand. Massage your entire right glute.



STEP 2

Once you find a tender spot, keep pressure on your right glute and move your torso to the left.



STEP 3

Search for another area, and once you find it move your leg back.



STEP 4

Search for another area, and once you find it raise your knee toward your chest.



STEP 5

Search for another area, and once you find it bring your knee out to the right.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TFL | PSO-MINI



STEP 1

Place your PSO-MINI longways in the palm of your hand. Holding onto one peak, press into your TFL *(to find the TFL - the muscle that is below your pelvis bone).



STEP 2

Once you have applied pressure to your TFL, straighten your torso.



STEP 3

Repeat step 1 on the left side.



STEP 4

Once you have applied pressure to your TFL, straighten your torso. Repeat as necessary on both sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TOP OF QUAD | PSO-MINI



STEP 1

Place your PSO-MINI in the palm of your hand and massage the top of your right quad.



STEP 2

Once you find a tender spot, keep pressure and move your ankle to your glute. Repeat as necessary.



STEP 3

Move your PSO-MINI up your quad and bring your ankle to your glute. Don't let your quad go numb, and keep a 5 to 10 pressure.



STEP 4

Lay on the ground face down and place your PSO-MINI just above your knee.



STEP 5

Apply pressure and bring your ankle to your glute slowly. Switch legs.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

OUTER QUAD | PSO-MINI



STEP 1

Place your PSO-MINI in the palm of your hand and massage the side of your right quad.



STEP 2

Once you find a tender spot, keep the pressure on the area and breathe deep 5 times.



STEP 3

Massage the full surface area of your quad. This can help with blood flow, muscle relief, and joint decompression. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HAMSTRING | PSO-MINI



STEP 1

Place your PSO-MINI in the palm of your hand. Bend your knee and massage your hamstring.



STEP 2

Once you find a tender spot, keep the pressure. Bring your ankle to your glute and straighten your leg again. Switch sides.



STEP 3

Sit on your chair and lift your knee up. Place your PSO-MINI under your hamstring, with your leg bent.



STEP 4

Apply pressure to the top of your thigh with your hand and straighten your leg 5 times. Move your PSO-MINI up and down your hamstring and repeat the process. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

SHIN | PSO-MINI



STEP 1

Sit on the ground. Place two fingers on the backside of your PSO-MINI and lightly massage the area next to your shin.



STEP 2

Once you found a tender spot, maintain the pressure while you move your foot towards and away from your shin. Repeat this movement 5 times. Afterward, sit on your ankles and see how your muscles feel. Repeat as necessary, and don't overdo it.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CALF | PSO-MINI



STEP 1

Sit on the ground. Place two fingers on the backside of your PSO-MINI and lightly massage the area on the outside of your calf to help warm up your muscle.



STEP 2

Once you find a tender spot, keep pressure and move your ankle in circles.



STEP 3

Place your Pso-Mini in the palm of your hand. Massage up and down the backside of your calf. Switch legs.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

SCALP | PSO-KEY



STEP 1

Place one finger on the backside of your PSO-KEY and lightly massage your temple area to help warm up your muscles.

JAW | PSO-KEY



STEP 1

Place one finger on the backside of your PSO-KEY. Lightly massage your jaw to warm up your muscles. Massage your entire jaw searching for tender areas.



STEP 2

Once you find a tender spot, open and close your mouth while maintaining pressure.



STEP 3

Massage under your jaw. Once you find a tender spot, open and close your mouth while maintaining pressure.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

NECK | PSO-KEY



STEP 1

Massage the back of your head. Once you find a tender spot, move your head down.



STEP 2

Move down your neck repeating step 1.



STEP 3

Place one finger on the backside of your PSO-KEY. Lightly massage the front of your neck to warm up your muscles.



STEP 4

Once you find a tender spot, keep pressure and move your head side to side.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CHEST | PSO-KEY



STEP 1

Place one finger on the backside of your PSO-KEY. Lightly massage your upper chest to warm up your muscles.



STEP 2

Once you find a tender spot, keep pressure and move your head to the opposite side.



STEP 3

Keep your finger on the backside of your PSO-KEY. Lightly pull your pec muscles toward the center 5 times.



STEP 4

Once you have warmed up your minor pec muscle, pull one more time and hold for 5 deep breaths. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

FOREARM | PSO-KEY



STEP 1

Place one finger on the backside of your PSO-KEY and press the peaks into your forearm. Massage up and down your forearm searching for a tender spot.



STEP 2

Once you find a tender spot, keep pressure and move your wrist up.



STEP 3

Move your wrist down. Repeat this up and down your forearm. Switch sides.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

HAND | PSO-KEY



STEP 1

Place one finger on the backside of your PSO-KEY and massage the area near your thumb.



STEP 2

Once you find a tender spot, keep pressure and move your thumb towards your palm.



STEP 3

Keeping one finger on the backside of your PSO-KEY, press into your palm. Keep your fingers straight once you apply pressure and make a small fist. Repeat as necessary.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

QUAD SITTING | PSO-STICK



STEP 1

Sit on the ground. Bend your leg to help keep your quad relaxed. Roll up and down your quad, searching for tender areas.



STEP 2

While keeping your left leg bent, press into your inner thigh. Start rolling closer to your waist and work your way to your knee. Go slow and stop on tender spots.



STEP 3

Keep your leg straight and relaxed. Massage up and down the full length of your quad. When you find a tender area, stop there, apply pressure.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

QUAD STANDING | PSO-STICK



STEP 1

In order to relax your inner quad, place your foot on a step. Roll up and down your inner quad searching for tender areas.



STEP 2

While keeping your left leg bent. Start pressing into your muscles close to your waist and work your way down to the top of your knee. Go slow and stop on any tender areas.



STEP 3

Keep your leg straight, and hinge over slightly to help relax your quad. Starting near your waist, massage down toward the top of your knee.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

BUTT | PSO-STICK



STEP 1

While standing, place the roller under your glute. Roll up and down your glute searching for tender areas.

HAMSTRING | PSO-STICK



STEP 1

Sit on the ground and bend your knee. Massage up and down your hamstring searching for tender areas.



STEP 2

Place your foot on a step or balance yourself with the opposite leg. Massage up and down your hamstring searching for tender areas.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TRAP | PSO-STICK



STEP 1

While standing or sitting, place the PSO-STICK along your back between your spine and shoulder blade. Roll side to side searching for tender areas.

NECK | PSO-STICK



STEP 1

While standing or sitting, place the PSO-STICK on the side of your neck. Slowly roll up and down your neck. When you find a tender area stop and apply pressure. Move your head up, down, left and right. This will help the muscle relax.



STEP 2

Place the PSO-STICK behind your head on the upper part of your neck. Gently apply pressure while you massage up and down your neck. Avoid pressing into the bone.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CALF SITTING | PSO-STICK



STEP 1

While sitting in a chair or on the ground, bend your knee keeping your calf relaxed. Roll up and down your calf searching for tender areas.



STEP 2

Keep your ankle relaxed and slowly go up and down your shin muscle.



STEP 3

Start at the top of your calf and work your way down slowly. Stopping on tender spots and breathing deep. To make these positions more aggressive pull your toe to your shin while massaging these areas.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

CALF STANDING | PSO-STICK



STEP 1

While standing apply more weight to your nonworking leg. Apply pressure at the top of your calf near your shin bone. Work your way down and up slowly along your shin. Avoiding the bone.



STEP 2

When massaging the outside part of your calf go slow and avoid any tingling feeling. This is a nerve and you don't want to aggravate it.



STEP 3

Start at the top of your calf and work your way down to the top of your shoe. Applying pressure slowly come back up toward your knee. Stopping on tender spots and making sure to breathe deep.

TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

TRICEP | PSO-STICK



STEP 1

While kneeling, place the PSO-STICK on your thigh. Roll up and down your triceps searching for tender areas.

FOREARM | PSO-STICK



STEP 1

While sitting in a chair or on the ground, place the PSO-STICK on your thigh. Roll up and down your forearm searching for tender areas on the front and back side of your arm. Repeat up and down your arm.



TIP

During the massage, focus on deep breathing. Find pressures that you are comfortable with. Stay in a position between 5 to 60 seconds, depending on the issue. Listen to your body, and don't overdo it.

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