



**PSO-RITE**



**PSO-SPINE**



**PSO-MINI**



**PSO-KEY**



**PSO-STICK**

# HOW-TO MANUAL

**PSO-RITE.COM**

Follow @pso\_rite on Instagram and YouTube for more positions and how-tos

# WARNINGS AND RESTRICTIONS

**IMPORTANT:** Read and follow all warnings and information before using this product to reduce 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 injury 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 PSO products, stop use 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, discontinue use 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](http://www.PSO-RITE.com) or follow @pso\_rite on Instagram and YouTube for more positions and how-tos.

# GET STARTED

## STEP 1

Replace the peak or peaks with your hand. Slowly work the peaks deep into your problem area. Don't overdo it.

## STEP 2

Locate your muscle pain, soreness or tightness on your body.

## STEP 3

Breathe deep and stay in the area for 5 - 60 sec.

## 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 component of a massage therapist's elbow, forearm, hand shape, fingers, thumbs, finger tip and hardness of the elbow.

### **INCREASED FLEXIBILITY**

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

### **INCREASED MOBILITY**

All PSO products may increase your circulation, relaxation and warmth to your muscles. This has been known to help with increasing your mobility.

### **JOINT RECOVERY**

Increased mobility and blood circulation may help promote joint comfort and 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 healthy digestion.

# AVAILABLE WORLDWIDE

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## **USA**

PSO-RITE.com

## **MEXICO**

PSO-RITE.mx

## **CANADA**

PSO-RITE.ca

## **COLOMBIA**

PSO-RITE.com.co

## **UK**

PSO-RITE.co.uk

## **PERU**

PSO-RITE.pe

## **GERMANY**

PSO-RITE.de

## **AUSTRALIA**

PSO-RITE.com.au

## **FRANCE**

PSO-RITE.fr

## **JAPAN**

PSO-RITE.co.jp

## **SPAIN**

PSO-RITE.es

## **ITALY**

PSO-RITE.it

## **SINGAPORE**

PSO-RITE.sg

## **SOUTH KOREA**

PSO-RITE.co.kr

**AVAILABLE WORLDWIDE**



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**JAPAN**

**AUSTRALIA**

**SOUTH AMERICA**

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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 helping 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 the outside middle of your abs just below your ribs. Keeping your knees on the ground and support on your elbows.



### STEP 4

For more pressure spread your elbows out and place your forehead on your hands. Keeping your knees on the ground and 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 whole area.

#### TIP

Breathe into the peaks pushing yourself away from your PSO-RITE and when you exhale sink more into the peaks. Now shift side to side searching for tender areas. Once you have found an area stay here and breathe deep 5-10 times and then move to a new area.

## GLUTES | PSO-RITE



### STEP 1

Lay on your back, knees bent and drive your hips to the sky. Slide your PSO-RITE underneath inline with your glutes.



### STEP 2

Position both peaks of your PSO-RITE on both cheeks. Shift your knees 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 5-10 times. Switch sides.

#### TIP

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

# HIPS | PSO-RITE



## STEP 1

Lay on your back, knees bent and drive your hips to the sky. 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 stopping when you find a tender area. Stay here and breathe deep 5-10 times. Move to a new area and repeat.



## STEP 3

For more pressure position your body in a side plank. Raise your hip up and slide your PSO-RITE under your right outer hip area. Brace with your left leg, left hand and right elbow.



## 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 5-10 times. Switch sides.

### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 longways under your quad. Just above your knee.



### STEP 2

For less pressure on your back. Place a yoga block under your pelvis when laying down in a plank position.



### STEP 3

Now bring your ankle slowly to your glute. Stopping 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. Stopping 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 your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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. Just inside your knee.



### STEP 2

Option 2 - Place your PSO-RITE longways on your yoga block. Position the peaks inside your knee.



### STEP 3

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



### STEP 4

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



### STEP 5

Sit tall in a 90/90 position. 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 your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

## OUTER THIGH | PSO-RITE



### STEP 1

Sit tall in a 90/90 position. Place one peak of your PSO-RITE on the outside of your leg.



### STEP 2

Move up and down the outside of your quad. Using 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

Position your body in a side plank. Place the PSO-RITE longways on your outer thigh. Switch sides.

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 top hand. Switch sides.



### STEP 2

Sit tall in a 90/90 position. 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 top hand and extend your leg as high as you can go. Hold at this position and breathe 5-10 times. Switch sides.

#### TIP

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

# CALF | PSO-RITE



## STEP 1

Place your PSO-RITE at the top of your calf. Place your hands on either side of your calf to help keep your calf on the peak. The hands can help with applying 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 and position it at the lowest part of your calf on your achilles tendon. Point your toe, pull your toe back and perform circles with your ankle.



## STEP 4

Sit in a 90/90 and place the peak of your PSO-RITE on the outside of your calf. Go up and down the outside of your calf, using your hands to help apply pressure.



## STEP 5

Sit in 90/90 and place the peak of your PSO-RITE on the inside of your calf below your shin. Point and pull your toe back toward your shin. Move the peak up and down your shin.

### TIP

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

## FRONT OF CALF | PSO-RITE



### STEP 1

Knee 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 your PSO-RITE peak and point your toe.



### STEP 4

Pull your toe towards your shin. Perform this movement forward and backward 5 times. Sit back on your ankles like the picture in step 1.

#### TIP

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

## FEET STANDING | PSO-RITE



### STEP 1

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



### 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. Switch sides.

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 your left side of your ribs. Press up into your diaphragm, down your side and finish at your pelvis.



### STEP 4

Work down your right side of your ribs. Move your PSO-RITE like a massage therapist would move their hand.



### STEP 5

Press and pull your PSO-RITE into your abs. Search for tender areas. Once you find an area this will be the area you want to focus on when you are working on your psoas.

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 drive your hips to the sky. 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 5-10 times.



### STEP 5

Shift sides to your right side.



### STEP 6

If you feel comfortable enough to go down to two elbows. Make sure you go slow and focus on deep breathing.

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 to not hit the bone on your spine.



### STEP 2

Move slowly up your spine inch by inch.

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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. Peaks are on either side of your spine 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 searching for those tender areas. If this is too much, place your PSO-RITE on a wall or tall chair.

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 a different position on your left pec. Perform the same movements as step 1 and 2.

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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

Sit in 90/90 and place the peak of your PSO-RITE on the inside of your calf below your shin. Point and pull your toe back toward your shin. Move the peak up and down your shin.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area try massaging on a bed or chair. Stay in a position between 5 - 60 sec 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 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 your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.



## JAW | PSO-RITE



### STEP 1

Lay on your left side and place your PSO-RITE on your right jaw.



### STEP 2

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

## 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 at a time and slowly move your head left, right, up and down.

#### TIP

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



## CHAIR - PSOAS | **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 in 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 play around with rotating your thigh in different directions. Perform these movements 5-10 times and switch sides.

#### **TIP**

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

# CHAIR - HAMSTRING | 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 straight as you can get it. Find a tender position and stay here for 5-10 breaths. Repeat 5 times.

### TIP

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

# CHAIR - LOWER BACK | 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 a straight back.



## STEP 3

Lean to your right side slowly.



## STEP 4

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

### TIP

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

## CHAIR - MID BACK | PSO-RITE



### STEP 1

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



### STEP 2

Lean to your right side slowly.



### STEP 3

Place your hands behind your head and arch back.



### STEP 4

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

#### TIP

During your massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 with it touching your lower back. Peaks are 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 off the ground an inch and your arms overhead.



### STEP 4

Lift your hips and change the position of your arms to feel more pressure in the mid 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 you are comfortable with. If there is too much discomfort in an area try massaging on a bed, chair or softer surface. Stay in a position between 5 - 60 sec 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 are 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 your arms at your side.



### STEP 4

Lift your hips and change the position of your arms to feel more pressure in the mid 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 you are comfortable with. If there is too much discomfort in an area try massaging on a bed, chair or softer surface. Stay in a position between 5 - 60 sec 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 are 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 you are comfortable with. If there is too much discomfort in an area try massaging on a bed, chair or softer surface. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.



## HIPS / GLUTES | PSO-SPINE



### STEP 1

Position yourself in a kneeling side plank. Lift your hips off the ground. Place the peaks on your muscles below your pelvis ridge and not on your bone.



### STEP 2

Perform a butterfly movement with your leg. Bring your knee to the your other knee and repeat 5 more times. Switch sides.



### STEP 3

Bring your leg as far back as you can. Move slowly and breathe deep. If you find a tender position stop and breathe through it. Switch sides.



### STEP 4

Bring your knee as far up to your chest as you can. Slowly moving your leg and stopping on tender spots and breathing through it.



### STEP 5

Move your opposite leg toward your chest that is not on the Pso-Spine. Rotate your knee outwardly. This will apply a different type of pressure to your glute on the Pso-Spine. Switch sides.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area try massaging on a bed or wall. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.



# LATS | PSO-SPINE



## STEP 1

Lay on your side. Place the peaks along your muscles below your shoulder long ways. Move your arm all the way to your thigh and back over your head.



## STEP 2

Turn your PSO-SPINE perpendicular to your body just below your shoulder. Roll forward and backward searching for those tender areas. Move your arm above your head. Throughout this movement if you find a tender spot breathe through it.



## STEP 3

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

### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area try massaging on a bed or wall. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

# THIGH - INNER / OUTER / TOP | PSO-SPINE



## STEP 1

Lay on your stomach. Place the peaks long ways to the top of your thigh muscles.



## STEP 2

Turn your PSO-SPINE perpendicular to the side of your thigh. Roll side to side searching for those tender areas.



## STEP 3

Place your PSO-SPINE on your inner thigh just inside your knee. Try and straighten your leg slowly.



## STEP 4

Place your PSO-SPINE long ways 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 you are comfortable with. If there is too much discomfort in an area try massaging on a bed or use the PSO-MINI. Stay in a position between 5 - 60 sec 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 perpendicular to your upper calf.



### STEP 2

Place your PSO-SPINE perpendicular on the mid part of your calf. Slowly roll side to side and roll your ankle around 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 perpendicular on the lower part of your calf. Roll side to side and roll your ankle around 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. Repeat up and down your calf keeping in mind not to overdo it.



### STEP 4

Turn your PSO-SPINE perpendicular to your calf. Roll forward and backward searching for those tender areas. Slowly move to a new position. Repeat up and down the outside part of your calf keeping in mind not to overdo it.

### STEP 5

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

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area try massaging on a bed or use the PSO-MINI. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it

## FEET STANDING | PSO-SPINE



### STEP 1

Place the peaks perpendicular to the muscles on your feet.



### STEP 2

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



### STEP 3

Once the pressure has been applied make a twisting motion with your ankle left and 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 you are comfortable with. If there is too much discomfort in an area try massaging on a bed or wall. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

# CHAIR - BACK | PSO-SPINE



## STEP 1

Sit down in a chair and place your PSO-SPINE on the back of your chair and lean back slowly making sure the peaks are on your muscles and not on your bones.



## STEP 2

Slowly shift to the left and when you find a position that is tender stop. Breathe deep 10 times. Slowly move to a new position.



## STEP 3

Slowly shift to the right and when you find a position that is tender stop. Breathe deep 10 times. Slowly move to a new position.



## STEP 4

Crouch forward slowly searching for these tender spots. Once you found this area maintain a comfortable pressure and breathe deep 10 times. Slowly move to a new position and make sure you don't overdo it.



## STEP 5

Now arch backward with your arms behind your head. When you find a position that is tender stop and breathe deep 10 times. Slowly move to a new position.

### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area try massaging on a bed or use the PSO-MINI. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

## CHAIR - BOOTY | PSO-SPINE



### STEP 1

Slowly sit down on top and shift your weight side to side. When you find a position that is tender stop and breathe deep 10 times. Slowly move to a new position.



### STEP 2

Pick up your knee toward your chest searching for that tender area. Once you found the spot, hold your knee there until you feel your muscle start to melt. Breathe deep 10 times while maintaining consistent pressure. Now stand up, shake it out and test how you feel. Switch sides.



### STEP 3

Pick up your knee and move it in and out searching for the tender area. Once you found that spot hold your knee there until you feel your muscle start to melt. Breathe deep 10 times while maintaining consistent pressure. Now stand up, shake it out and test how you feel. Switch sides.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area try massaging on a bed or use the PSO-MINI. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

# CHAIR - HAMSTRING | PSO-SPINE



## STEP 1

Slowly sit down on your chair and place the PSO-SPINE perpendicular to your hamstring. Shift your weight side to side searching for a tender spot.



## STEP 2

Once you found the tender area straighten your leg as high as you can go. Once you have found that end range hold this position and breathe 5 to 10 times. Now stand up and shake it out. Switch sides and repeat the process.



## 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.



## STEP 4

Slowly straighten your leg searching for that tender spot. Once you have found this end range maintain a comfortable pressure and breathe 5 to 10 times. Now stand up, shake it out and switch legs.

### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area try massaging on a bed or use the PSO-MINI. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

## CHAIR - FEET | PSO-SPINE



### STEP 1

Place the peaks on the ground in front of your chair. Place the peaks parallel to your chair.



### STEP 2

Slowly apply pressure while moving your toes up and down. When you find a position that is tender stop and breathe deep 10 times. Slowly move to a new position.



### STEP 3

Apply pressure that is around a 5 out of 10.



### STEP 4

While applying pressure twist your ankle left and right.



### STEP 5

Switch sides and repeat the process.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. If there is too much discomfort in an area place a towel over top of the peaks. Stay in a position between 5 - 60 sec 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, lift your neck up and slide the block under your head.



### STEP 2

Move your head left and right. Stop on the tender spot and breathe 5 - 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 look right and left.



### STEP 5

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

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 searching for tender areas.



### STEP 2

Once you find a tender spot, keep pressure and move your jaw open and close.

## 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 you are comfortable with. Stay in a position between 5 - 60 sec 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

Lift your hips up to the desired height depending on the pressure you need. Higher the hips more pressure.



### STEP 5

Once you have the hip height you desire, move your arm like a snow angel or straight to the ceiling. Switch sides.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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

Change the grip on your PSO-MINI and place two fingers on the backside. Now trace your chest.



### STEP 3

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



### STEP 4

Once you get to your armpit, hook your PSO-MINI under your pec to reach your pec minor and pull towards your centerline five times. This will help warm up the outside of your pec.



### STEP 5

After the 5th pull hold your PSO-MINI in your armpit. You can hold this and breathe or raise your arm up over your head and back down. Switch sides.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 and 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 go backward. Keep the pressure at 5 out of 10.



### STEP 4

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

#### TIP

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

## TRICEPS / BICEPS | PSO-MINI



### STEP 1

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



### STEP 2

Maintaining pressure, bend your elbow like you are doing a curl.



### STEP 3

Place your PSO-MINI in the palm of your hand. Apply pressure when your elbow is bent.



### STEP 4

Maintaining pressure on your bicep and extend your elbow.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 with your other arm across your body.



### STEP 3

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



### STEP 4

Maintaining pressure on your lat where it is tender, raise your arm overhead slowly focusing on deep breathing.



### STEP 5

Repeat on the other side.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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.

#### TIP

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

# GLUTES | PSO-MINI



## STEP 1

Warm up your glute muscle by placing your PSO-MINI in the palm of your hand and 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 bring your leg behind you.



## STEP 4

Search for another area and once you find it bring 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 you are comfortable with. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

## TFL | PSO-MINI



### STEP 1

Place your PSO-MINI in your right palm long ways. Holding onto one peak, hinge on your right side and press into your TFL (to find the TFL - the muscle that is at the pocket opening below your pelvis bone).



### STEP 2

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



### STEP 3

Place your PSO-MINI in your left palm long ways. Holding onto one peak, hinge on your left side and press into your TFL (to find the TFL - the muscle that is at the pocket opening below your pelvis bone).



### STEP 4

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

#### TIP

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

## TOP OF QUAD | PSO-MINI



### STEP 1

Warm up your quad muscle by placing 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. Switch sides.



### STEP 3

Move your PSO-MINI up your quad and bring your ankle to your butt. Don't let your quad go numb and keep the pressure 5 out of 10.



### 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 butt slowly.

#### TIP

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

## OUTER QUAD | PSO-MINI



### STEP 1

Warm up your quad muscle by placing your PSO-MINI in the palm of your hand and massage your side of the right quad.



### STEP 2

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



### STEP 3

Move your PSO-MINI up your quad massaging the full surface area of your quad. This can help with blood flow, muscle relief and joint decompression.

#### TIP

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

# HAMSTRING | PSO-MINI



## STEP 1

Warm up your hamstring muscles by placing your PSO-MINI in the palm of your hand and massage up and down your hamstring keeping your knee bent.



## STEP 2

Once you find a tender spot, keep pressure on it and bring your ankle to your butt and straighten your leg out. 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.

### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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, to help warm up your muscle.



## STEP 2

Once you found a tender spot maintain the pressure while you point your toes away from you and pull your toes towards your shin. Repeat this movement 5 times. Afterwards, 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 you are comfortable with. Stay in a position between 5 - 60 sec 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

Switch your PSO-MINI to our palm. Go up and down the backside of your calf.



### STEP 4

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

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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, keep pressure and move your jaw open and close.



### STEP 3

Massage under your jaw. Once you find a tender spot, keep pressure and move your jaw open and close.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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 look 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 you are comfortable with. Stay in a position between 5 - 60 sec 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 pec minor, now pull one more time and hold for 5 deep breaths. Switch sides.

#### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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.

#### TIP

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

## SITTING QUAD | PSO-STICK



### STEP 1

While sitting on a chair or 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

While keeping your leg straight and relaxed. Go up and down the full length of your quad. When you find a tender area stop there, apply pressures. Move to a new area.

#### TIP

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

# STANDING QUAD | 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 tender spots.



## STEP 3

While keeping your leg straight, hinge over slightly to help relax your quad. Starting near your waist massage down toward the top of your knee. Move to a new area.

### TIP

During the massage focus on deep breathing. Find pressures you are comfortable with. Stay in a position between 5 - 60 sec 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

While sitting on the ground or in a chair. Keeping your leg bent, bring your knee to your chest. Roll up and down your hamstring searching for tender areas.



### STEP 2

Place your foot on a step or balance on the opposite leg. Bring your bent knee toward your chest. Roll up and down your hamstring searching for tender areas.

#### TIP

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

## SITTING CALF | PSO-STICK



### STEP 1

While sitting on a chair or 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 you are comfortable with. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.

## STANDING CALF | 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 you are comfortable with. Stay in a position between 5 - 60 sec 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 tricep 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 you are comfortable with. Stay in a position between 5 - 60 sec depending on the issue. Listen to your body and don't overdo it.



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