



TIM TAM

PROFESSIONAL RECOVERY
FOR SERIOUS ATHLETES

Vibrating 4 Speed Rechargeable Foam Roller Manual



Thank you for purchasing the TimTam Vibrating Foam Roller. Before proceeding, please read the instruction manual thoroughly before using the product.



WHY USE THE FOAM ROLLER?

A foam roller should be an integral part of every athlete's daily routine. Regular use of the roller can be beneficial for enhancing performance, preventing injuries, and expediting injury recovery. It is a great way to warm up cold muscles for deep, specific stretching, as well to warm up muscles before activity. The roller is also an effective way to loosen up muscles, such as the IT Band and shin muscles, that may be difficult to access with conventional stretches, as well as focusing on tight knots or bands within a muscle. Furthermore, the roller helps to act as an early indicator of when muscles are beginning to tighten up even though you may not feel any tightness when performing an activity. To get the most effective results, use the roller prior to stretching. We have included a list of areas that may benefit from the use of the roller as well as effective positions for accessing these areas.



TIM TAM

FOAM ROLLER COMPONENTS

Charger

Vibrating Foam Roller



TREATMENT AREA

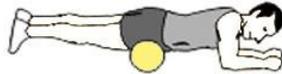
You can select a treatment area according to your situation:



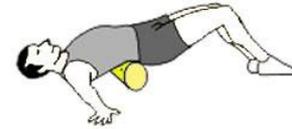
Hamstrings



Outer Thigh (ITB)



Thigh



Erector Spine (Back)



Calves



Hip (TFL)



Outer Lower Leg (Peroneais)



Upper Back (Rhombidis)



USER MANUAL

How to Use the Roller

Always stay on the muscle tissue and do not roll on tendons, joints, or bony structures. Do not roll over areas that are too painful or that don't roll smoothly. It is more effective to start by placing the roller on the sensitive or knotted spot and gradually increasing pressure manually or the speed of the vibration. Remain on the tight spot until the muscle releases but no longer than one minute. Always roll before stretching.

Contraindications

Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

Warning

- The device may cause rhythmic disturbances to the heart. Do not use the device across or through your chest. If you are susceptible to rhythm disturbances of the heart, use of the device must be done under the direction of a physician.
- Do not use this device over your neck. Use of this device over your neck could cause muscle spasms resulting in airway closure, difficulty in breathing, and possible adverse effects on heart rhythm or blood pressure.
- Consult with your physician before using this device when you are in the care of a physician or have had medical or physical treatment for your pain.



- Continued use of the device when pain does not improve, becomes more severe, or lasts more than five days may indicate a severe condition. Stop using the device and consult with your physician.
- Use of the device on the following skin conditions may cause a condition to become worse. Do not use the device over, or in proximity to, these skin conditions: abnormal skin, skin that is not intact, untidy, unhealthy, open wounds, rashes, swollen, red, infected, inflamed areas, skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins), or cancerous lesions.
- Electrical stimulation during common activities may increase the risk of injury. Do not use the device when in the bath or shower, sleeping, driving, and operating of machinery or any activity in which electrical stimulation can put you at risk of injury.
- Do not use this device around electronic monitoring equipment. Using the device around electronic monitoring equipment (e.g., cardiac monitors, ECG alarms) may cause equipment malfunction.
- The effect, and safety, of using the device on children, during pregnancy, or use across the head has not been evaluated or established and is unknown. Do not use the device on children or let children handle the device. Do not use this device if you are pregnant, or suspect that you are pregnant, unless under the direction of your physician. Do not apply the device across your head
- (Use of the roller is only recommended under the supervision and/or guidance of an athletic trainer or health care professional.)
- Do not roll directly where you feel pain. Go indirect before direct. "If you find a spot that's sensitive, it's a cue to ease away from that area by a few inches. Take time and work a more localized region around areas that feel sore before using larger, sweeping motions.



- Do not roll too fast. By rolling back and forth on a foam roller quickly, you're not actually eliminating any adhesions that way. Go slower so that the superficial layers and muscles have time to adapt and manage the compression. Feel where the tender spots are with the roller, and use short, slow rolls over that spot.
- You spend too much time on knots. If you place sustained pressure on one body part, you might hit a nerve or damage the tissue. Spend 60 seconds or less on each tender spot then move on.

Precaution

- Using the device when you have suspected or diagnosed epilepsy or heart disease may cause unexpected reactions. Always consult your physician before using the device.

Adverse Reactions

- Stop using the device and consult with your physician if you experience adverse reactions from use of this device.

PREPARE your TimTam Device

1. Place the vibrating foam roller over or under the muscle of choice.
2. Once placed in a comfortable position press and hold the center button until the blue indicator light appears when the power comes on if you decide to use the vibration feature of the foam roller.





3. Continue to press the button (do not hold) to your desired speed level for the foam roller.



4. To turn off, press and hold the center button until the blue indicator lights disappear.



Contents

- 1 Vibrating Foam Roller
- 1 Charger adaptor with cable