



HOT/COLD TRIGGER POINT MASSAGE BALL

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Hot/Cold Trigger Point Massage Ball.

SETUP

1. Remove Hot/Cold Trigger Point Massage Ball from box and check for possible shipping damage (scratches, punctures or gouges).
2. Your Hot/Cold Trigger Point Massage Ball is now ready for use.
3. Inflate to desired firmness.

INSTRUCTIONS FOR USE

BODY THERAPY

For tension release and muscular massage in the back, shoulders and glutes, place the Hot/Cold Trigger Point Massage Ball on a non-skid surface such as a carpet or fitness mat and roll it underneath the affected area. For the upper back and shoulders, you may also roll the Trigger Point Massage Ball between the wall and the affected area.

FOOT THERAPY

For treatment of Plantar Fasciitis (PF) and other foot ailments, begin in a seated position (not standing). Place the Hot/Cold Trigger Point Massage Ball on a non-skid surface such as a carpet or fitness mat and roll it back and forth underneath the foot, paying careful attention to the most painful areas. Recommended treatment time is 4-6 minutes, but may vary according to your pain level. PF patients may benefit most from morning therapy.

COOLING THERAPY

Place Hot/Cold Trigger Point Massage Ball in the freezer for 4-6 hours to freeze gel; product will stay cold 15-20 minutes. Refreeze as necessary.

HEAT THERAPY

Place Hot/Cold Trigger Point Massage Ball in 120-degree (very hot) tap water for 7-10 minutes; test before applying to skin. Trigger Point Massage Ball stays heated approximately 10-15 minutes. Reheat as necessary.

DO NOT USE OTHER HEATING METHODS—conventional or microwave ovens or stove tops, for example—as overheating may cause burns or damage the Hot/Cold Trigger Point Massage Ball. We do not recommend placing the Hot/Cold Trigger Point Massage Ball in boiling water, as this may damage the seals on the product and/or cause burns.



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MASSAGE TIPS

1. Use a smooth and steady motion when performing each massage.
2. Perform massage routines to the best of your ability without strain.
3. Avoid holding your breath while massaging or stretching.
4. Always use the Hot/Cold Trigger Point Massage Ball in an open area free of furniture or other items that could get in the way while rolling.

CARE

1. Dry the Hot/Cold Trigger Point Massage Ball with a towel after use. Check for nicks or tears.
2. Spot clean Hot/Cold Trigger Point Massage Ball with a damp cloth. Air dry.
3. Avoid exposing the Hot/Cold Trigger Point Massage Ball to sharp or abrasive surfaces, or to direct heat or excessive sunlight.

IMPORTANT SAFETY CAUTIONS!

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. Use product only as intended and demonstrated on the exercise guide.
6. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

CAUTION: Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. Suitable for ages 13 and over. Keep out of reach of younger children. Do not use if you have diabetes, or if you have open sores or cracked or blistered skin in the treatment area. If symptoms worsen, decrease pressure; if adverse symptoms persist, discontinue use and contact your doctor.

Learn more at <http://life.gaiam.com>

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MADE IN CHINA.

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