EASY-GLIDE
MASSAGE ROLLER

MASSAGE GUIDE

- Warm up for 3-5 minutes before each session.
- Perform each massage in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of massage repetitions with each leg to avoid the development of muscle imbalances.
- Apply pressure with both hands. For best results, try to relax your muscles when using the Massage Roller. This allows you to massage into the core of the muscle. To relax your leg, remove weight by sitting down or elevating your leg on a chair, step, bench, etc.
- You are always the best judge of how much pressure to apply, but a “good sore hurt” is what you should strive for. This “good sore hurt” means the feeling is uncomfortable but not painful.
- Always follow muscle paths. Roll gently over bones such as the spine, shoulder blades, collarbone, shin bones, etc.
- It typically takes 10-20 rolls or 10-20 seconds over each muscle group to warm up healthy muscles. To be most effective, it is best to progressively press deeper into the muscle area with each roll.
- Tender “knots” in the muscle can prevent full range of motion, while causing aches, discomfort and early muscle fatigue. These tender muscle knots come in various sizes, like a pin head, pea or marble.
- When passing over a muscle knot, minor discomfort or tenderness may be experienced. The Massage Roller may help with releasing the knot or cramp. To minimize a muscle knot, we recommend 3 sets of 10 seconds of firm, constant, focused rolls on the muscle knot with light but firm rolling over the larger muscle in between the 10-second sets. Remember: Mild discomfort, not painful.
- Re-occurring or stubborn muscle knots often need additional attention. Slowly and gradually work the Massage Roller deeper into the muscle to work out the muscle knot. Using the Massage Roller 2-3 times a day may help. Over the course of time, muscle knots should get smaller or go away completely.
- Perform each massage a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER SELF-CARE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICAL THERAPIST.
EASY-GLIDE MASSAGE ROLLER

MASSAGE GUIDE

- Forearm (back)
- Forearm (front)
- Upper Leg (side)
- Shoulder (solo)
- Upper Arm (back)
- Upper Arm (front)
- Neck
- Shoulder (buddy)
- Buttocks
- Upper Leg (front)
- Upper Back