

# Muscle Release Techniques

FOR THE ORIGINAL TEXTURED FOAM ROLL

## Side of Neck



Place the Thera-Roll® horizontally against a wall or against a high-backed seat and lean into it so that the muscle just to the side of your spine is impacted. Work the tissue with small up and down and side to side rotary movements.

**NOTE:** Do not rotate onto the Thera-Roll® beyond the area just below your ear lobe.

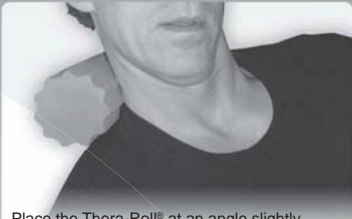
## Upper Neck



Place the Thera-Roll® horizontally against a wall or against a high-backed seat and lean into it so that the tissue just below your skull is impacted. Slowly and gently work into the tissue with small up and down movements. Rotate your head and neck to release tissue around the sides of your upper neck.

**NOTE:** Do not rotate onto the Thera-Roll® beyond the area just below your ear lobe.

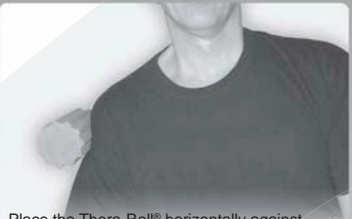
## Upper Trapezius



Place the Thera-Roll® at an angle slightly greater than horizontal against a wall or against a high-backed seat so that the muscle just to the side of your spine is impacted. Work the tissue at the base of your neck. Focus on the muscles between the neck and shoulder.

**NOTE:** Do not rotate onto the Thera-Roll® past the area just below your ear lobe.

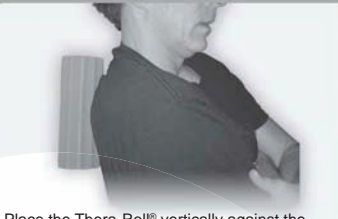
## Shoulder / Rotator Cuff



Place the Thera-Roll® horizontally against the wall. Lean into the Thera-Roll® with the shoulder to massage the upper arm. You may also choose to focus on the area between the shoulder blades.

**NOTE:** Do not roll over bony prominences of the shoulder region, as this may cause increased pain.

## Rhomboids



Place the Thera-Roll® vertically against the wall and lean into it, focusing on the region between the shoulder blades and spine. Slowly and gently work into the tissue with small side to side rotary motions.

**NOTE:** Do not roll over the bony prominences of the spine.

## Lower Back



Place the Thera-Roll® horizontally against the wall and lean into it. Focus on any area of the lower back that is tight, knotted, or sore. Use small up and down movements, as well as side to side rotary movements, to release tension and knots.

**NOTE:** Exercise caution over the tips of the lower ribs, as aggressive pressure and friction can cause injury.

## Arch of Foot



Sit in a chair and place the Thera-Roll® on the floor in front of you. Roll the arch of your foot over the Thera-Roll®. This technique is excellent for loosening the heel, arch, and ball of the foot.

**NOTE:** To add more pressure, stand and apply the same technique to one foot at a time.

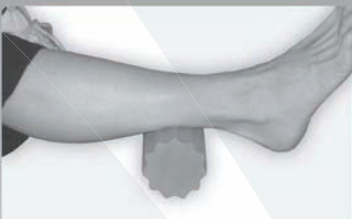
## Achilles



Place the Thera-Roll® on the floor and roll it over the Achilles tendon. You may also rotate your leg to focus on the inner and outer aspects of the tendon.

**NOTE:** Don't roll over the heel bone in an aggressive manner. Rather, gently and progressively work the tissue over the bone to loosen the Achilles without causing irritation.

## Calf



Place the Thera-Roll® on the floor and roll it over the calf. You can focus high up on the calf, down near the Achilles, and also on the inner and outer regions.

**NOTE:** Do not use the Thera-Roll® over varicose veins, as it may cause injury to the already compromised tissue.

Please visit our website for additional techniques and more information on our products.

## CAUTION:

Always consult your physician or rehabilitation specialist before performing any physical activity. No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of Thera-Roll® use.

PATENT PENDING

[www.aokhealth.com](http://www.aokhealth.com)

 Thera-Roll®