



Green Thera-Band® Roller Massager+

The Green Thera-Band Roller Massager+ is an innovative tool for myofascial release and deep tissue massage. Myofascial release is a very useful technique for addressing tight muscles and tight connective tissue – mobilizing the involved region to alleviate pain and restore motion. Deep tissue work is a highly valuable means of breaking up ‘knots’ in the muscles. The patent-pending ridged design supports both superficial and deep tissue mobilization.

Use of the Thera-Band Roller Massager+ can help increase blood flow and circulation in the targeted area, while also helping to increase muscle flexibility and motion. Available in a standard and portable version (with patent-pending retractable handles perfect for travel and on-the-go applications), the Thera-Band Roller Massager is constructed with durable latex-free thermoplastic material for extended life and easy cleaning. It can be used in-clinic, as part of a clinician-prescribed home exercise program or self-initiated wellness routine.



For additional exercises and videos go to info.Thera-BandAcademy.com/RollerMassager

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GENERAL INSTRUCTIONS

Rolling the Roller Massager+ along an area of tightness allows self-massage of the muscle by releasing the tissue. It’s a hands-on technique that involves varying degrees of pressure, stroke length and fluidity, as well as body part positioning to achieve desired goals.

With all strokes, it is important to apply even pressure with both hands and especially important to follow along the path of each muscle being massaged. Each muscle pictured has the Roller Massager+ positioned along the path (fibers) of that muscle. Be sure to significantly reduce your pressure if passing over boney areas such as the spine or shins. Roller Massagers are best utilized on bare skin, but may be utilized over light clothing.

General Massage – We offer examples of three different muscle positions to target three different muscle lengths for each pictured muscle:

- S - Shortened
- N - Neutral
- E - Elongated

In general, an elongated muscle position in combination with longer strokes works more superficial tissue layers, while a shorter muscle position with shortened strokes targets deeper muscle knots and tightness. Roll each muscle group for 30-60 seconds, using a combination of long and short strokes. When working deeper into a muscle or a muscular knot, tension release can be enhanced by applying pressure over the area for several seconds then repetitively rolling over the tight spot, applying deeper pressure with each roll. It is natural to experience tenderness or minor discomfort.

Trigger Point Release – The ends of the Roller Massager+ handles are designed to help dig deeper into the muscular knot to release the trigger point (tension point). Place the rounded end into the knot/tension point of the muscle. Apply sustained pressure for 20-60 seconds, allowing the handle to go deeper as the trigger point releases.

General Prescription – Roll each muscle 30-60 seconds, 1-2 times in a row, 3-5 times a day. Massage techniques are most effective when used before, during and after periods of activity.

Green Portable Roller Massager+ (Ridged)

To use, simply twist ends to release handles.
When finished, push handles back in and twist to lock into place.



Handles In



Handles Out

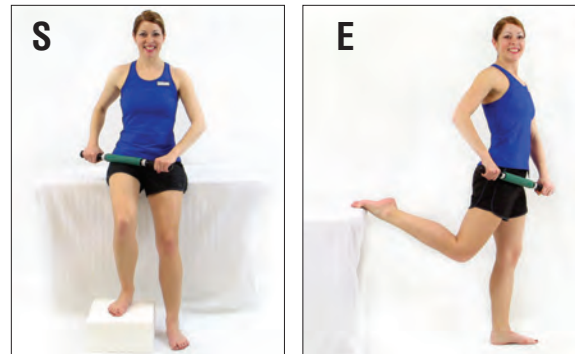
Green Standard Roller Massager+ (Ridged)



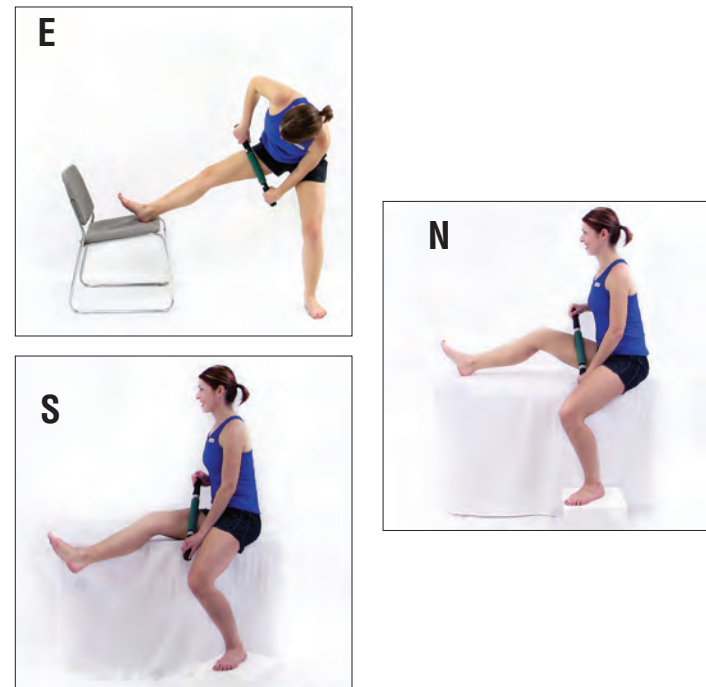
Lower Back



Hip Flexors



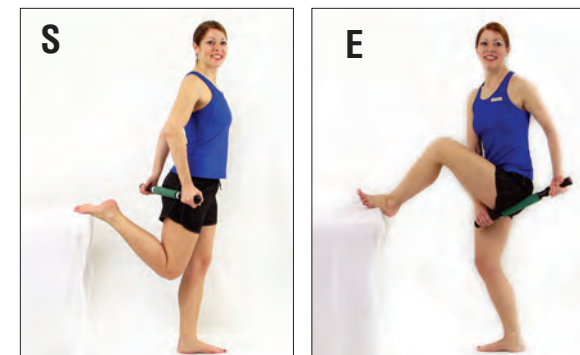
Adductors



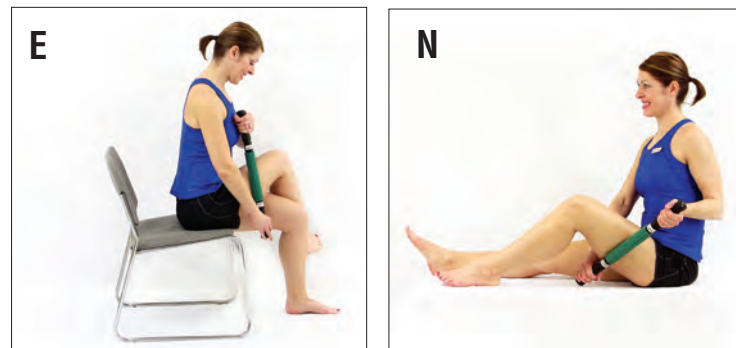
Quadriceps



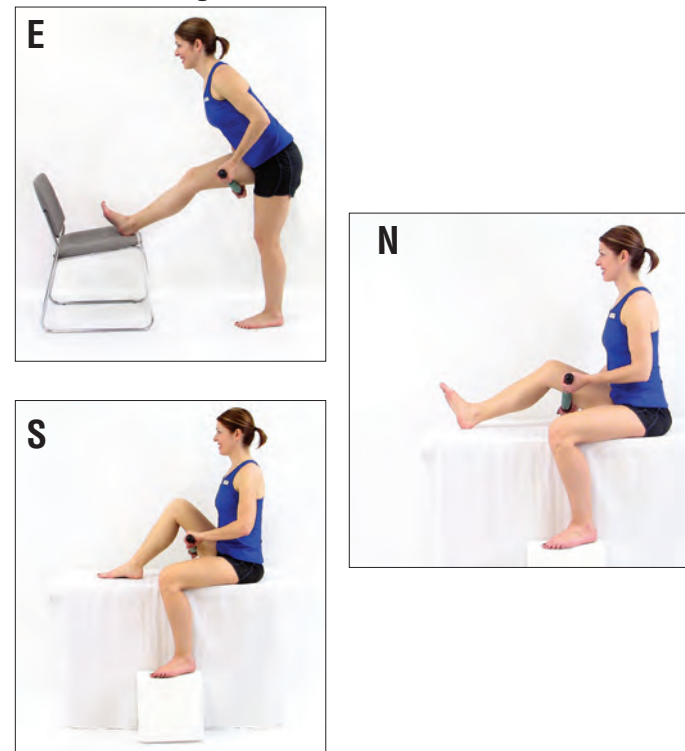
Glutes



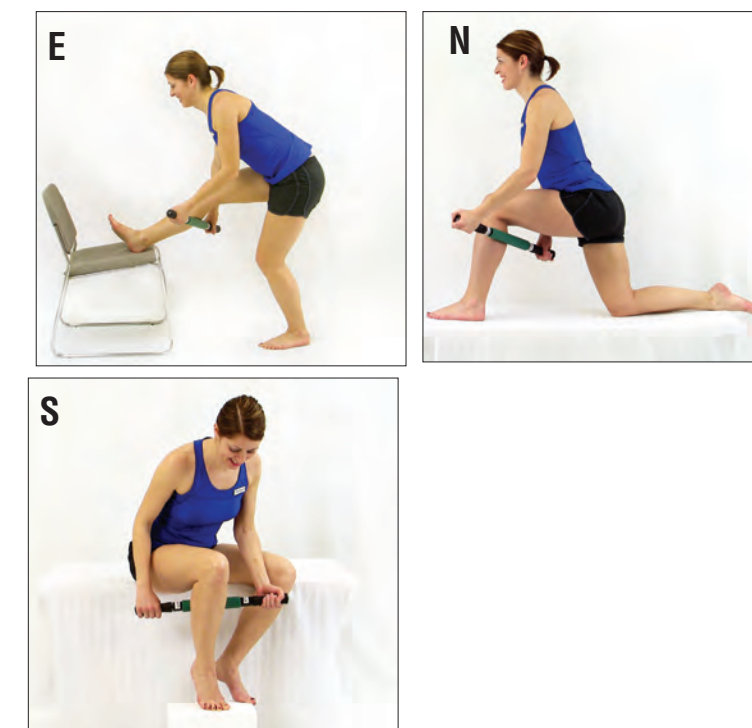
TFL



Hamstrings



Calf



Quadratus Lumborum



Lower Galf



Foot



Lower Neck

Front View



Back View



Front View



Back View



Forearm - Inside



Shin



Neck

Front View



Back View



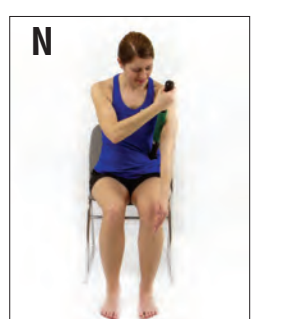
Front View



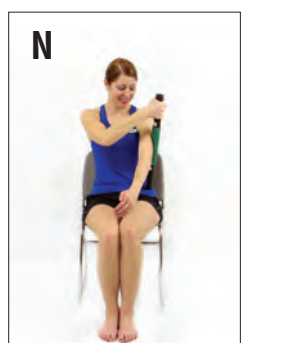
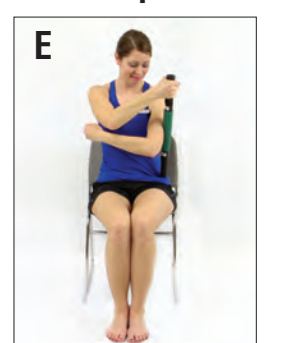
Back View



Biceps



Triceps



Forearm - Outside



TRIGGER POINT RELEASE

TFL



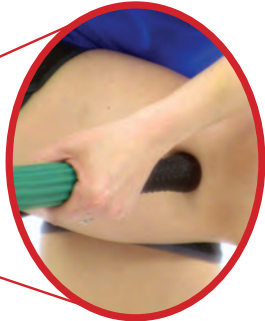
Glutes



Posterior Tibialis



IT Band



Neck



Calf



Back/QL



Triceps



Lower Calf



Biceps

