

PHYSIOLOGY

Strength, speed, flexibility and endurance are known qualities of healthy muscle. A muscle's ability to prolong these desirable qualities is directly dependent on an unimpeded, nutrient-rich and oxygen-laden blood supply.

The **FOOT WHEEL** provides the many documented benefits of trigger point therapy and myofascial release. Its purpose is to stretch & relax the plantar fascia [bottom of the foot] and extinguish myofascial trigger points.

INDICATIONS

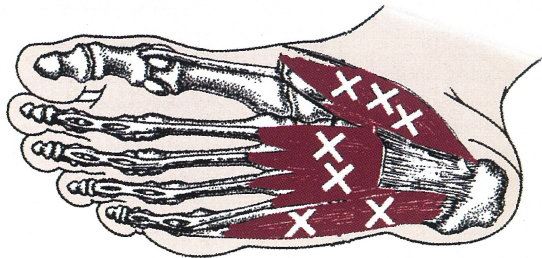
- Use any time your foot asks for help
- Therapy in a pocket — fits perfectly in your pocket or purse
- Fully waterproof — made of nylon and steel
- The **FOOT WHEEL** is successfully used by physicians in the musculotendinous therapy of plantar fasciitis.

INSTRUCTIONS

- Works best while standing – place **FOOT WHEEL** on carpet or heavy towel – weight on opposite foot.
- The amount of pressure is always determined by the user.
- Use the wheel to search and find myofascial trigger points ... these areas may be tight, knotty, ropy or tender.
- After locating the tender trigger point, continue the rolling process for about 30 seconds. Be Gentle!
- Move slow & gentle with specific strokes – search & find useful pain, not “ouch” pain.
- Chronic trigger points may initially require multiple 30-second sessions per day.
- Your goal is a healthy muscle that is free of pain, tightness or tenderness.

RPI of Atlanta wholly disclaims responsibility for any and all adverse effects and consequences resulting directly or indirectly from the use or misuse of the FootWheel. Please consult your healthcare provider when therapeutic massage may be contra-indicated or should symptoms persist.

COMMON SITES FOR TRIGGER POINTS



RPI of Atlanta

Releasing the Quality & Quantity of Bodily Motion

Intracell® FootWheel • registered trademark of RPI of Atlanta

PATENTS GRANTED AND PENDING

90-Day unconditional guarantee

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FOOT WHEEL™

Technology for Muscle

Soothe tired, achy
feet in seconds

Myofascial
Release

Trigger Point
Therapy

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