

**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](http://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 bony 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.

**PRECAUTIONS**

- The Thera-Band Roller Massagers are to be used for its intended purpose only
- Before beginning any type of massage therapy or treatment, consult your healthcare provider
- Only perform massages/techniques prescribed by your therapist or physician
- This product is not a toy and should not be used without adult supervision
- Consult your physician before allowing children to use for massage
- You may experience minor discomfort or tenderness while using this product
- Excessive use may cause muscle soreness

**Green Portable Roller Massager+ (Ridged)**

Handles In



Handles Out



**Green Standard Roller Massager+ (Ridged)**



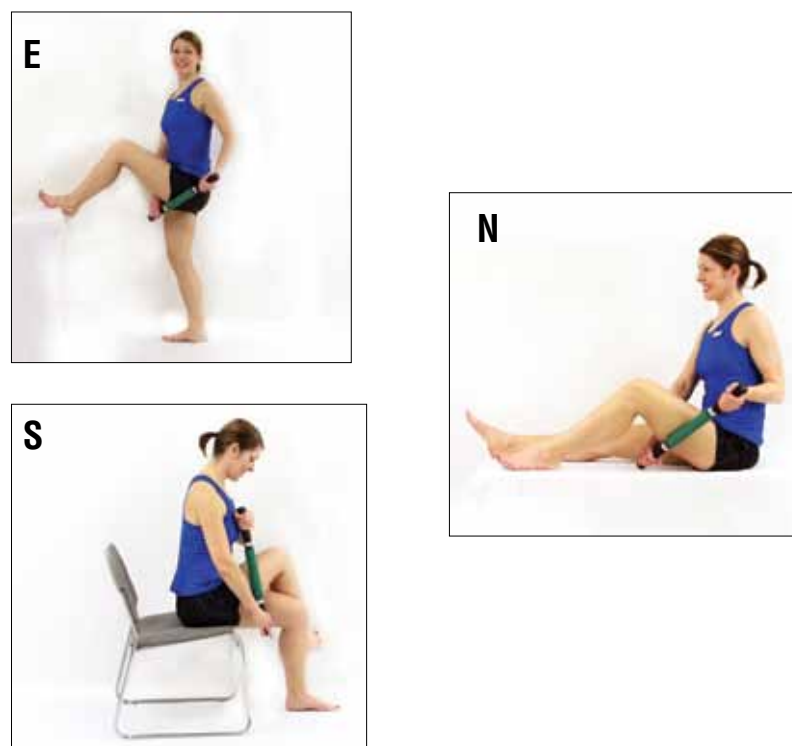
**Lower Back**



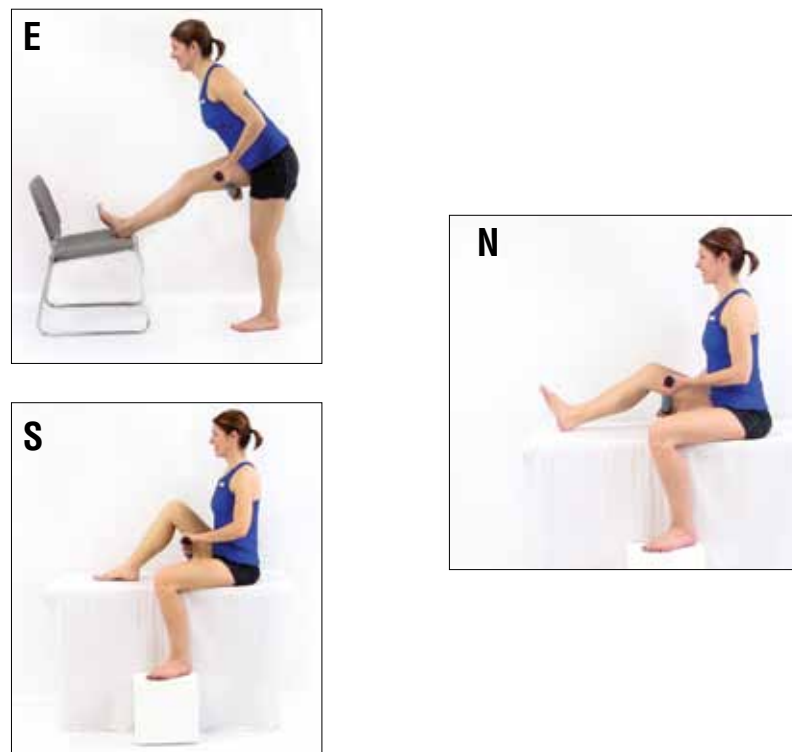
**Quadratus Lumborum**



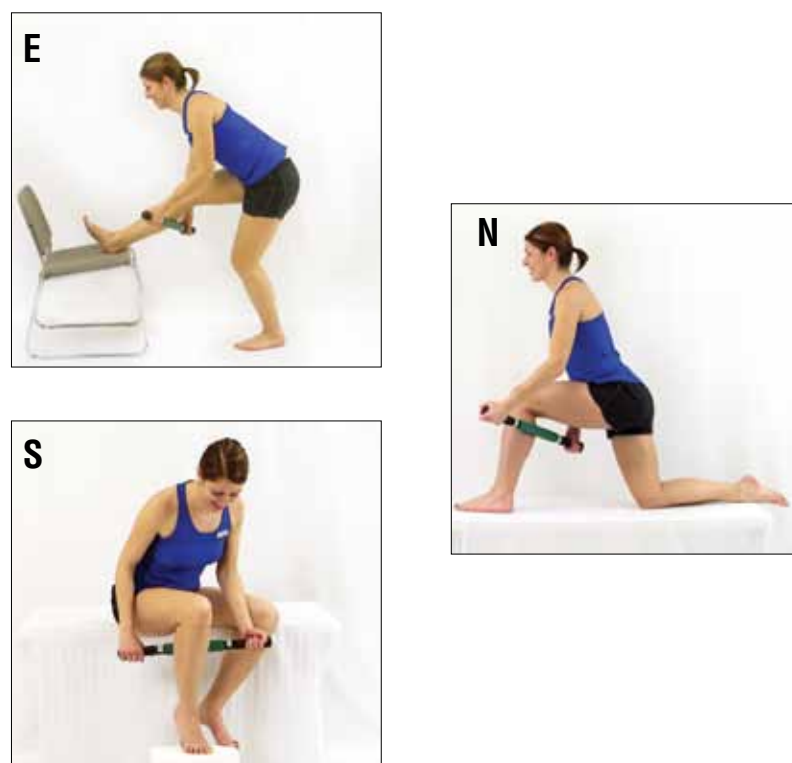
**IT Band/TFL**



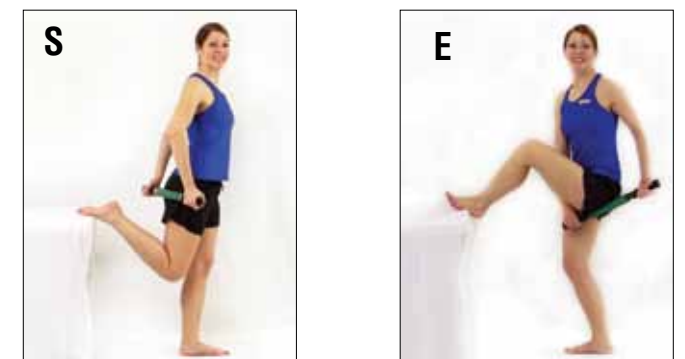
**Hamstrings**



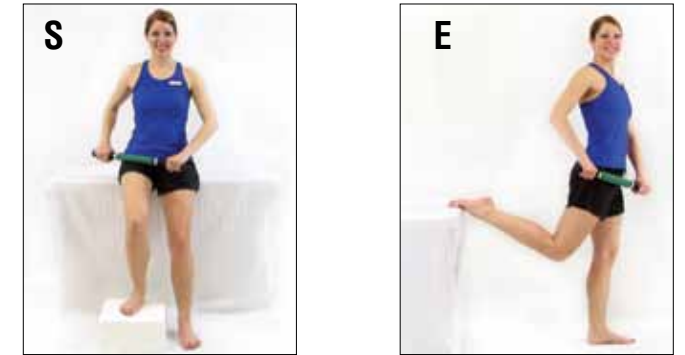
**Calf**



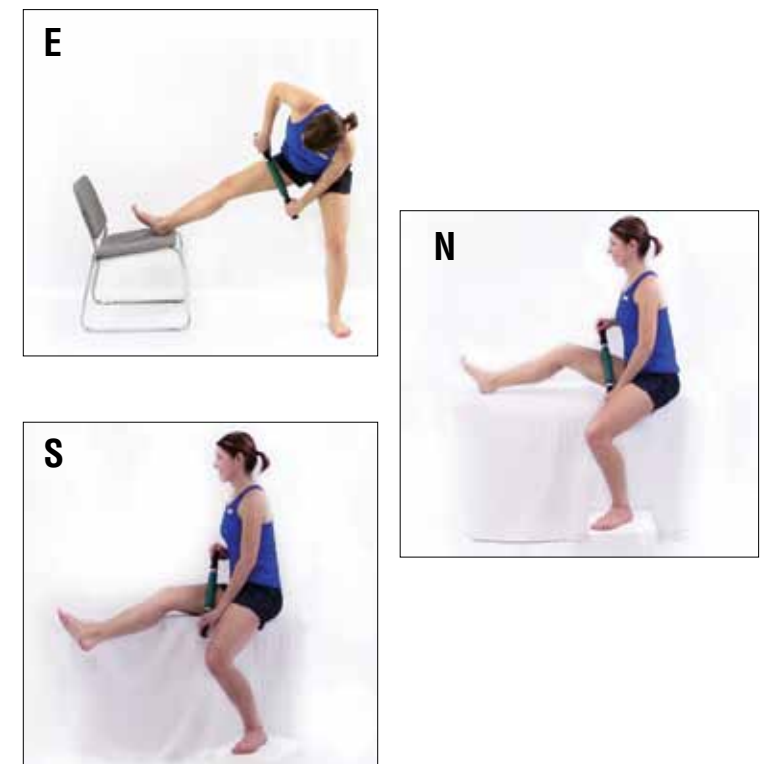
**Glutes/Piriformis**



**Hip Flexors**



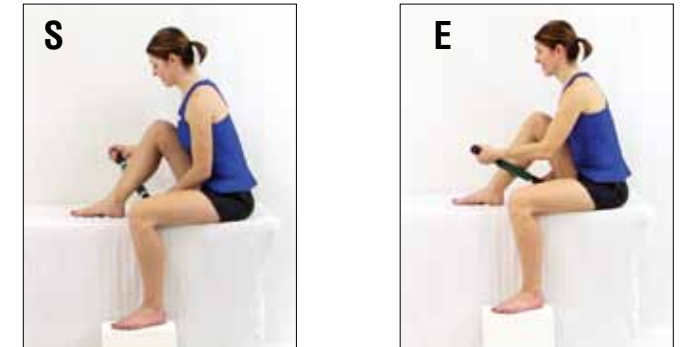
**Adductors**



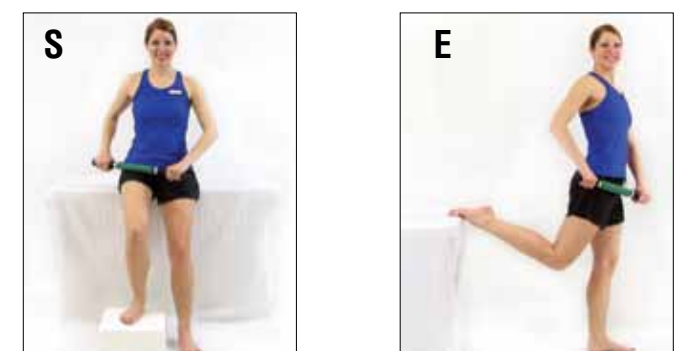
**Quadriceps**



**Lower Calf**



**Hip Flexors**



**Shin**



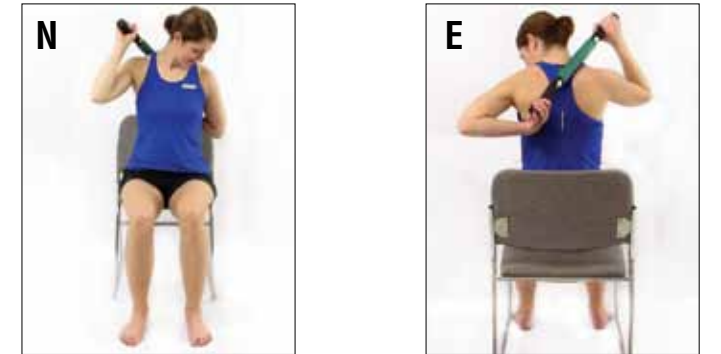
**Neck**



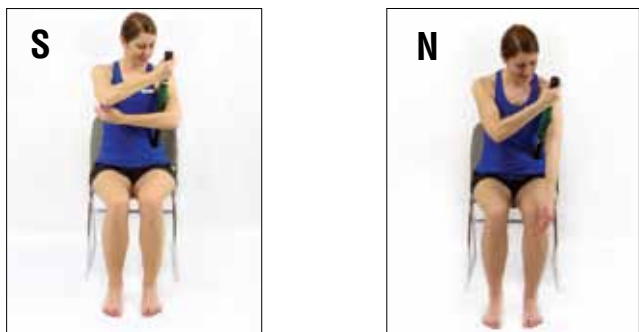
**Lower Neck**



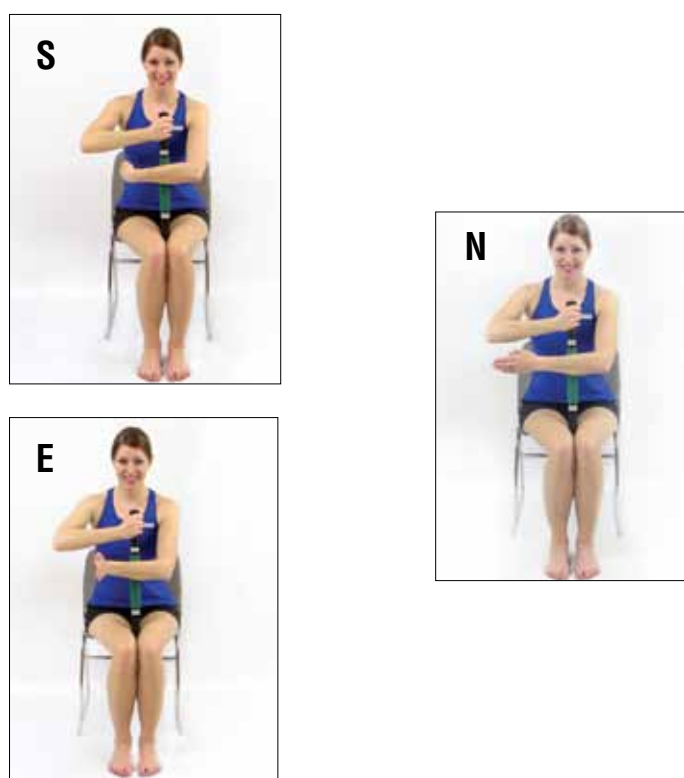
**Foot**



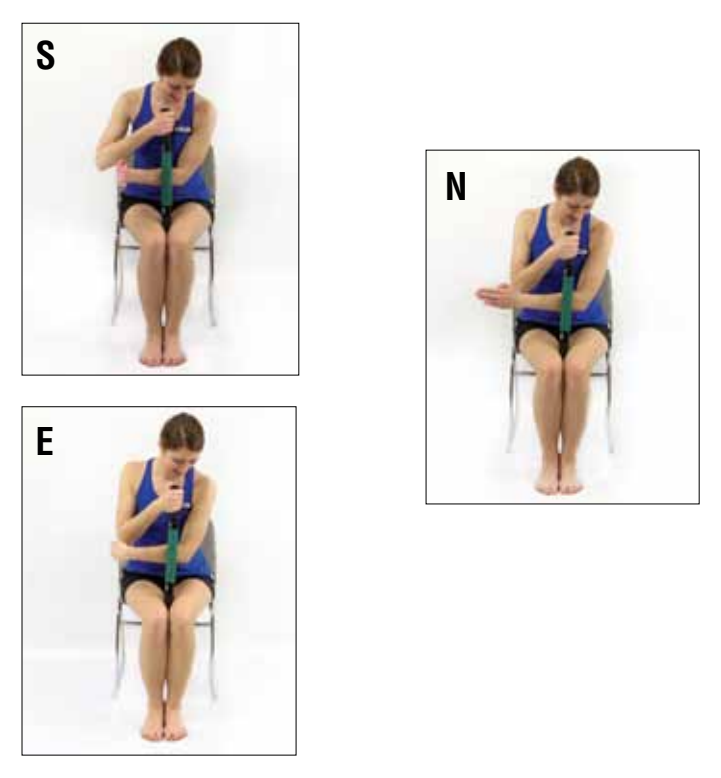
**Biceps**



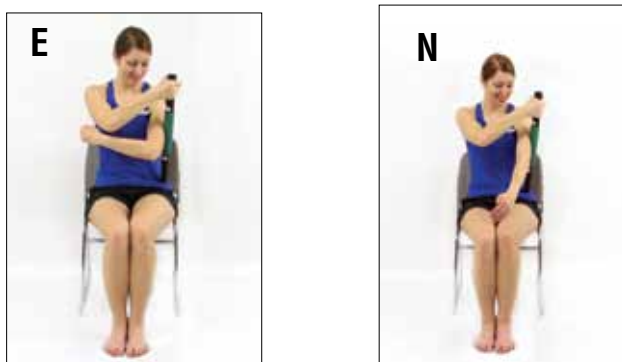
**Forearm - Inside**



**Forearm - Outside**

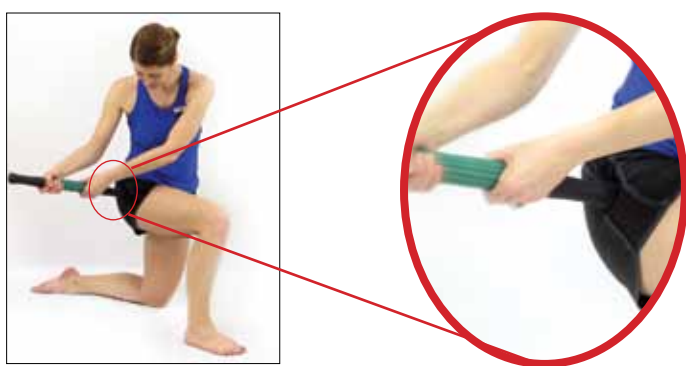


**Triceps**

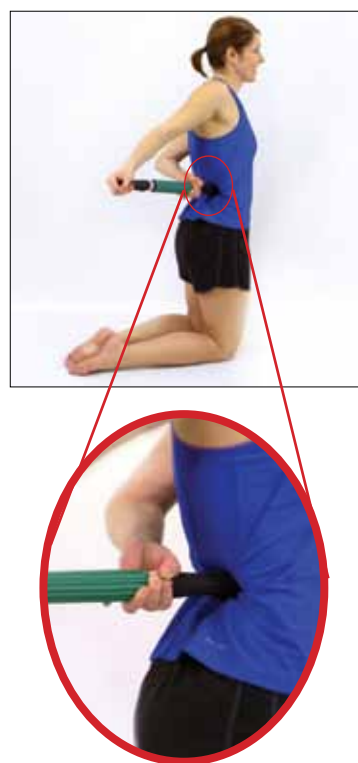


**TRIGGER POINT RELEASE**

**TFL**



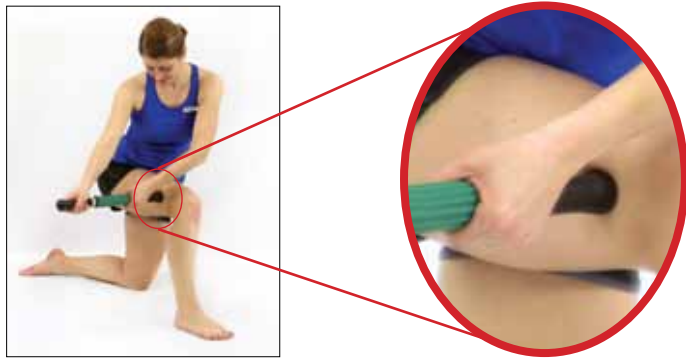
**Back/QL**



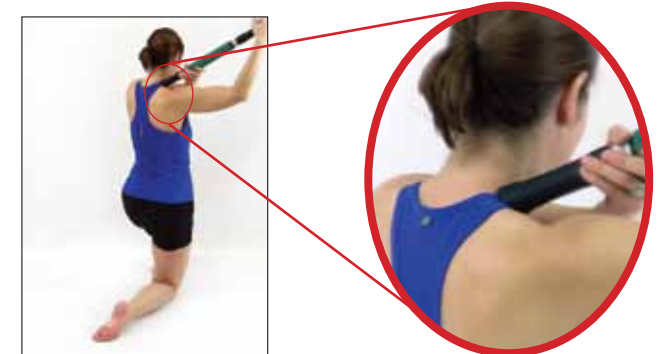
**Glutes**



**IT Band**



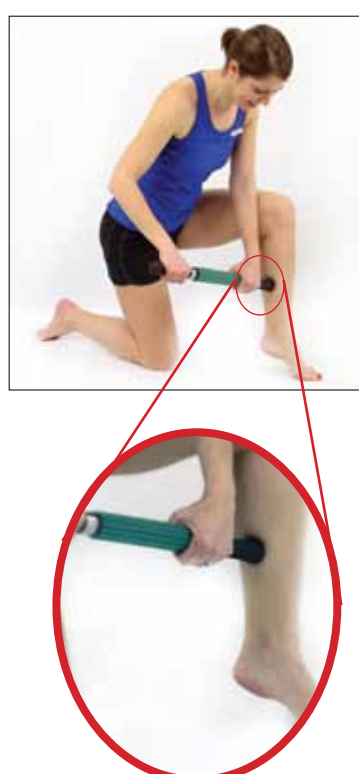
**Neck**



**Triceps**



**Posterior Tibialis**



**Calf**



**Biceps**



**Lower Calf**

