



A Toothbrush for Muscles

TIPS FOR USE

- Keep muscles relaxed during rollout.
- Use on skin or through light clothing.
- **The®Stick** is waterproof and designed to bow without the fear of breaking.
- It is not necessary to hurt the muscle in order to help the muscle.
- Use before, during and after periods of activity.
- For pin-point rollout, slide hands onto spindles.
- The amount of pressure is always determined by the recipient.



BENEFITS

The®Stick rolls knots out of muscle, providing myofascial release & trigger point therapy.

This therapeutic procedure inactivates trigger points [muscle knots/kinks], warms muscle, increases circulation and encourages nutrient-rich blood flow.

The®Stick relieves pain, increases range of motion, promotes flexibility and accelerates recover.

TRIGGER POINTS

- Typical warm-up is about 20 progressively deeper passes over each muscle group [about 30 seconds per area].
- Pain is experienced when the spindles locate a bump or tender knot in the muscle known as trigger points.
- Muscles containing trigger points are often, weak, stiff and sore. They are frequently tight, easily tire and often hurt.
- Chronic trigger points need 20 additional passes over the involved area and may require attention several times daily.

INDICATIONS

Use any time the many benefits of myofascial release and trigger point therapy are desired.

GUARANTEE

The®Stick has a 90 day warranty against breakage or manufacturing defects, and a 30 day unconditional guarantee.

RPI of Atlanta wholly disclaims responsibility for any and all adverse effects and consequences resulting directly or indirectly from the use of misuse of The Stick.

“**The®Stick** is used as a training tool by athletes at the United States Olympic Training Centers in Colorado Springs CO, Lake Placid NY, Marquette MI and Chula Vista CA.”

US Olympic Committee
Sports Medicine Division

RPI of Atlanta



www.intracell.net

ULTIMATE MUSCLE HYGIENE



Roll sides of neck, stay on the muscle, and off the spine



Use short back and forth strokes



Use belt or pocket to anchor



Roll one side at a time, stay off the spine



Standing or seated, muscles must be relaxed for best results



Pressure to tolerance



Stay off the shin

