

Forearm & Elbow Tightness/Pain

Shoulder & Neck Tightness/Pain

IT Band Syndrome

Calf & Achilles Tightness/Pain

Lower Back Tightness/Pain

Hamstring Strain/Tightness



ROLLER MASSAGE
Anchor one end of roller massager into your side (just above front hip). Grip other end with opposite hand and roll over area of discomfort/tightness in forearm.



ROLLER MASSAGE
Shoulder: Roll the massager from the bottom edge of your neck to the outer edge of your shoulder, slightly stretching your neck to the opposite side you are working on.
Neck: Roll the massager along the sides of your neck.



ROLLER MASSAGE
Roll the massager along the length of the outside of your thigh starting at your hip to just above your knee.



ROLLER MASSAGE
Roll the massager along the length of the back side of your lower leg, known as your calf muscle, from just above the posterior aspect of your knee down to your heel bone.



ROLLER MASSAGE
Roll the massager horizontal and vertical across low back and upper buttock region, along spinal column and to areas between the ribs and hip bone.



ROLLER MASSAGE
Roll the massager along the length of the back side of your thigh starting at the base of your buttocks to just below the posterior/back of your knee.

INJURY BENEFIT
- Forearm tightness: Stimulates circulation and soft tissue relaxation, expediting recovery time.
- Epicondylitis (Tennis/Golf Elbow): Relaxes muscles and soft tissue structures, decreasing tension to

elbow joint. Increases circulation to expedite healing process.
PERFORMANCE BENEFIT
- Increases flexibility and decreases soft tissue tension.
- Improves muscle mobility and function.

INJURY BENEFIT
- Neck tightness: Relaxes muscles.
- Shoulder stiffness: Decreases tightness and tissue restrictions and helps loosen knots.

PERFORMANCE BENEFIT
- Increases flexibility and decreases soft tissue tension felt in shoulders, upper back, neck and back of head.
- Improves muscle mobility and function.
- May improve arm swing speed.

INJURY BENEFIT
- Decreases tightness in IT Band, reducing tension at its insertion in the lateral/outside knee.

PERFORMANCE BENEFIT
- IT Band release.
- Increases flexibility of hip and knee joints.
- Decreases pain during activity.
- Increases range of motion.

INJURY BENEFIT
- Stimulates circulation and warms muscle, decreasing tightness.
- Decreases muscular pull on the posterior knee and Achilles tendon.
- Alleviates conditions of plantar fasciitis and Achilles tendonitis.

PERFORMANCE BENEFIT
- Reduces pain.
- Improves muscle flexibility.
- Increases ankle and knee range of motion.
- Improves muscle function and mobility.

INJURY BENEFIT
- Decreases muscle tightness and soft tissue restrictions.

PERFORMANCE BENEFIT
- Increases trunk rotation, flexibility, and mobility.
- Decreases pain in low back and/or buttocks.

INJURY BENEFIT
- Decreases muscle and soft tissue tightness.
- Reduced pull on the posterior knee joint and hip bones gives relief to buttocks and low back.

PERFORMANCE BENEFIT
- Increases flexibility and decreases soft tissue tension.
- Improves muscle mobility and function.
- May improve leg speed and jump height.



TRIGGER POINT RELEASE
Place soft rounded end into the spasm/knot or tight area of muscle and apply pressure. Hold for 60-90 seconds.



TRIGGER POINT RELEASE
Shoulder: Press the soft rounded end into area of tightness on shoulder and hold for 60-90 seconds.
Neck: Consult with a physician before applying any direct pressure to neck.



TRIGGER POINT RELEASE
A common trigger point release location for IT Band Syndrome is 3-6 inches above the top of the patella (knee cap) on the outside of the leg. Press soft, round end into IT Band and hold for 60-90 seconds.



TRIGGER POINT RELEASE
Press the soft rounded end into the spasm/knot of the muscle, and apply pressure. Hold for 60-90 seconds.



TRIGGER POINT RELEASE
With one soft end pressed against a wall, press other end into the center of right or left buttocks and apply pressure with your own weight. Hold for 60-90 seconds. Consult with a physician before applying direct pressure to lower back.



TRIGGER POINT RELEASE
With one soft end anchored against wall, press other end into knot/tightness of muscle, and apply pressure for 60-90 seconds.

Quadriceps Strain/Tightness

Arch Tightness/Pain

Upper Arm Tightness/Pain

Upper Back Tightness/Pain



ROLLER MASSAGE
Roll the massager along the length of the front side of your thigh starting at your hip to just above your knee.



ROLLER MASSAGE
Roll foot over massager applying pressure to the arch and heel region, emphasizing the medial (inner) arch. Roll for 3-5 minutes, periodically throughout the day.



ROLLER MASSAGE
Anchor one end of roller massager into your side (just above front hip). Grip other end with opposite hand and roll over area of discomfort and/or tightness in biceps or triceps.



ROLLER MASSAGE
Roll the massager horizontally across the posterior/back side of rib cage and vertically along the sides of the spine.
Consult with a physician before doing trigger point release directly on back using rounded grip ends.

INJURY BENEFIT
- Decreases muscle and soft tissue tightness.
- Decreases tension and pull on the patella.
- Increases circulation to expedite the healing process.

PERFORMANCE BENEFIT
- Increases flexibility and decreases soft tissue tension.
- Improves muscle mobility and function.
- May improve leg speed and jump height.

INJURY BENEFIT
- Stimulates circulation, promoting flexibility to plantar fascia and foot.
- Decreases tension of the soft tissues and muscles of the plantar foot and arch.
- May alleviate symptoms of Plantar Fasciitis.

PERFORMANCE BENEFIT
- Reduces pain and stiffness, improving functionality.
- Return to normal gait.

INJURY BENEFIT
- Biceps Tendonitis: Stimulates circulation and eases muscle and soft tissue tightness in bicep.
- Triceps Tendonitis: Increases circulation and decreases soft tissue and muscle tightness.

PERFORMANCE BENEFIT
- Increases flexibility and decreases soft tissue tension.
- Improves muscle mobility and function.

INJURY BENEFIT
- Relaxes muscle and soft tissue tightness.

PERFORMANCE BENEFIT
- Increases flexibility and mobility of ribs.
- Increases range of motion.



TRIGGER POINT RELEASE
Place the soft rounded end into the spasm/knot of the muscle, and apply pressure. Hold for 60-90 seconds.



TRIGGER POINT RELEASE
While sitting in a stationary chair, anchor one soft end into the ground and press the other end into the area of tightness along the arch. Hold for 60-90 seconds.



TRIGGER POINT RELEASE
Anchor one end on a stable, non-slip surface and place the other soft round end into area of tightness and apply pressure for 60-90 seconds.



Shin Splints

ROLLER MASSAGE
Roll the massager along the soft tissue on the inside or outside edge of your tibia (shin bone), focusing on area of pain.

INJURY BENEFIT
- Promotes flexibility and ease of soft tissue translation over the anterior or medial tibia (shin bone), decreasing the affects of shin splints.

PERFORMANCE BENEFIT
- Reduces pain.
- Increases muscle flexibility.
- Improves muscle function and mobility.
- Expedites the healing process.

SportingCode Muscle Roller Stick User Manual



SportingCode