

INTRACELL[®] USA ——— Muscle Device

Releasing the Quality & Quantify of Motion

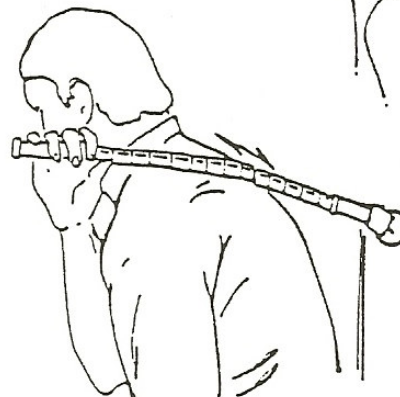
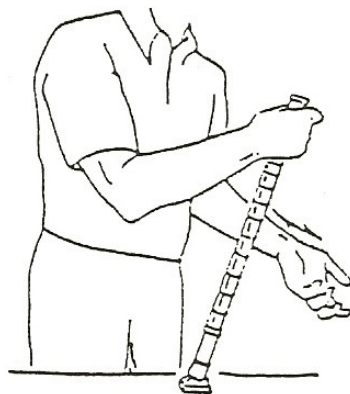


- Muscles being attended are kept relaxed and still. The Muscle Device is rolled back and forth directly on skin or through light clothing.
- A typical warm-up for healthy muscle tissue requires about 20 progressively deeper passes over each area. [about 30 seconds per area]
- Discomfort or pain is experienced when the rollers locate a bumpy, tender knot in the muscle known as a trigger point.
- Muscles containing trigger points are often weak, stiff and sore. They are frequently tight, easily tire and often hurt.
- When muscles contain existing trigger points, an additional 20 passes must be made directly over the area of involvement.
- In order to promote healthy muscle tissue the Muscle Device is to be used **before, during** and **after** periods of repetitive tasks.

When addressing small areas like the neck or calf slide hands onto spindles for better control.



manufactured by
RPI of Atlanta



Do not use over open skin lesions or at any time when massage is contra-indicated.