



thermotec Blue Roller

- ✓ Extruded from closed cell polyethylene foam
- ✓ Ideal for relieving pressure and muscle tension
- ✓ Effectively increases circulation
- ✓ Penetrates self-massage trigger points
- ✓ Suitable for personal use or for use during physio & gym classes
- ✓ Helps to strengthen and tone
- ✓ Treat your muscles to a deep massage
- ✓ Australian Made

Instructions



ITB - Outside of Thigh

Roll the Blue Roller from mid thigh up to hip while lying down as shown. Stop on 3 "trigger points" for 20sec.



Adductors – Inner Thigh

Lay on your stomach with one leg outside, then roll from inside the knee to groin. Stop on 3 "trigger points" for 20sec.



Hamstring

Roll from the knees to the buttocks. Stop on 3 "trigger points" for 20sec.



Quadriceps

Place Blue Roller on top of your thigh. Roll your body slowly upwards so the roller goes down towards your knees. Stop on 3 "trigger points" for 20sec.



Upper Back

Lay across the roller with hands behind your neck. Slowly roll downwards to lower ribs and back up towards the hands. Stop on 3 "trigger points" for 20sec.



Calves

Place Blue Roller on top of your Achilles and roll upwards towards the calf. Stop on 3 "trigger points" for 20sec.



Outer Lower Leg

Lay on your side as shown, gently roll the Blue Roller up and down. Stop on 3 "trigger points" for 20sec.



Buttocks

Sitting on the Blue Roller, place your hands on the floor. Roll from the top of your legs to top of hips. Stop on 3 "trigger points" for 20sec.

WARNING/DISCLAIMER

Using the Blue Roller may cause soreness and pain as the muscle fascia is being stretched. The pictures above depict what personal trainers and physios use in the area of health and exercise, and should be performed with vigilant care. If you are unsure how to best use the Blue Roller to suit your needs, please consult your Health Practitioner.

Thermotec Australia Pty Ltd
168 Carrington Street, Revesby NSW, 2212

www.thermotec.com.au

Phone: 1300 727 083

Fax: 02 97716466