

# Body Stick



## Benefits of a Body Stick

- Extremely portable
- Fairly inexpensive
- Ease to use
- Very Versatile

## When is a Body Stick NOT recommended?

- Acute muscle trauma or inflammation
- Areas with sharp or stabbing pain or a burning sensation
- Open wounds or active infection
- Fracture or joint replacement
- Bleeding disorders or use of blood thinners
- Deep vein thrombosis or blood clots
- Severe osteoarthritis

## Treatment Technique

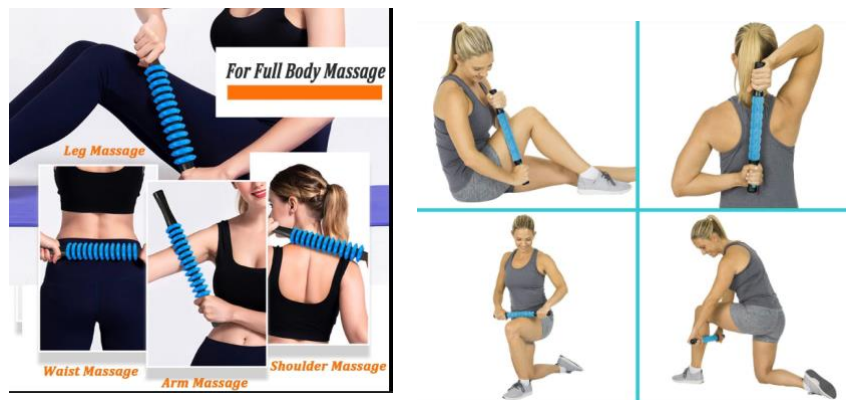
- **Identify target areas:** Begin by locating trigger points in your body. These are often areas of tenderness, tightness, or discomfort. Pay attention to knots or sore spots that may benefit from massage.
- **Warm-up:** Heat and gentle stretches increase blood flow and prepares your muscles for deeper manipulation.
- **Application techniques:** Start gentle (light pressure) 8-10 times over the area. Move to medium pressure 8-10 times over the area. Move hard pressure to get deeper into the muscle. For deeper relief, hold the stick on a trigger point with moderate pressure and move the body part through its natural movement pattern.
- **Duration and pressure:** Target each area for 1-2 minutes. Adjust the pressure to your comfort level; it should feel relieving, not painful. Gradually increase pressure as your muscles relax.
- **Breathing and relaxation:** Tissues need oxygen to move and release. Slow deep breath in through the nose & out through the mouth will help the body to relax and calm.

## Caution

- The goal is to relax the muscles and surrounding tissue. Applying too much pressure or being overly aggressive with the body stick can damage the underlying tissue.
- Moderation is key. Treating the same area too frequently can cause irritation, inflammation, soreness & bruising.

## Treatment Area Suggestions

- **Quadriceps:** Roll full length of the thigh. Keep in mind your leg is not flat, you have to maneuver to get all the angles of the thigh. Go through the process of light, medium, hard pressure. Locate the area that feels tighter than the rest, stop there applying moderate pressure. Maintaining the pressure, extend and flex the knee 6-8 times.
- **Hamstrings:** Sit on the front edge of a seat. Hook the stick under the thigh. Palms should be facing up. Roll the full length of the hamstring from the front edge of the seat to the knee. Keep in mind your leg is not flat, you have to maneuver to the inside and outside edges of the muscles. Go through the process of light, medium, hard pressure. Locate the area that feels tighter, stop there, applying moderate pressure. Maintaining the pressure, slowly extend the knee then return to starting position. Repeat 6-8 times.
- **Calves:** Sit with the foot flat on the floor and the knee bent to 90 degrees. Hook the stick behind the knee. Palms should be facing up. Roll the full length of the calf from the knee to about 2" above the ankle. Keep in mind your leg is not flat, you have to maneuver to the inside and outside edges of the muscles. The inside up calf is usually tight for most people. Go through the process of light, medium, hard pressure. Locate the taper of the calf, stop there applying moderate pressure. Maintaining the pressure, perform a calf raise followed by a toe raise, 6-8 times.



## Aftercare and Safety Tips

- Always do a gentle stretch of the treated muscles to further relax the muscles and prolong the benefit of treatment.
- Drink plenty of water. This is a deep tissue massage. This releases lactic acid and toxins need to be flushed from the body.