



**Self-mobilization & massage tool
for muscles, joints, & connective tissues**

User's Guide

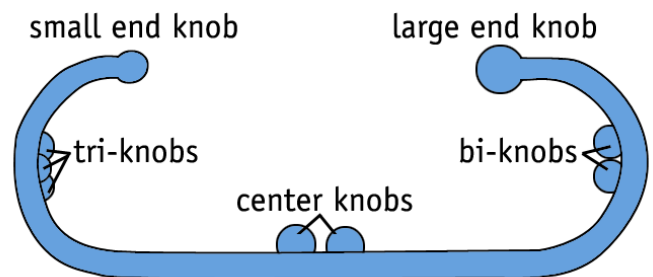
Congratulations!

You are preparing to use the Myotool - quite possibly the finest, most versatile, self-treatment tool ever designed for the musculoskeletal system. This manual contains the information you need to maximize the benefit you receive when using the Myotool throughout your life. The Myotool was designed to help manage the tightness, stiffness, and discomfort that we all experience sometimes in life. Two Manual Physical Therapists created this tool to give people the ability to treat themselves, with a similar benefit to what they may experience from the hands-on treatment they receive at a Massage Therapy, Physical Therapy, Osteopathic or Chiropractic clinic. If you are being treated by a health care practitioner, they may have specific instructions for using the Myotool or want you to work on a particular area.

Myotool - What's in a name?

"Myo-" means muscle. The Myotool is specifically designed to directly treat your body's muscles, joints and connective tissues (tendons, ligaments, and fascia). A manifestation of injury and stress in the body is pain. Using the Myotool to restore normal flexibility and mobility to your tissues can improve your level of comfort, well-being, and performance.

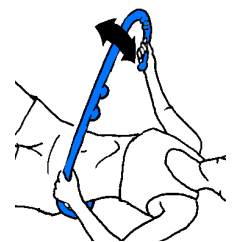
"Tool": This "body tool" is easy to use and effective because of its design. The elongated "C" shape allows you to reach and treat your whole body, from the top of your spine to the bottom of your feet. The design takes advantage of leverage - that means that you only need to exert minimal effort for maximal results! All the knobs you see were strategically designed and positioned to allow you to apply just the right amount and quality of pressure for your body. Take a moment to familiarize yourself with the simple structure of the Myotool before reading through the treatment section.



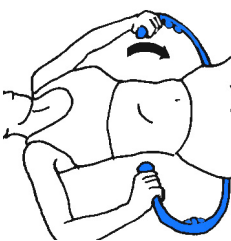
There are four basic techniques you will use to treat your body. You can **sustain the pressure** on an area while focusing on relaxation, **rock** the lever back and forth to promote mobility and circulation, **pump** the tool lengthwise to enhance muscle and joint mobility, or **glide** the knobs along tight tissues to encourage flexibility and free up fascial restrictions.



Sustained pressure



Rocking



Pumping

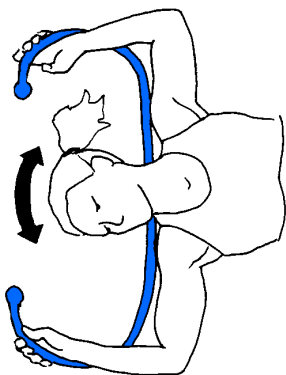


Gliding

Treatment with the Myotool should be comfortable. Sometimes you may experience that "hurt-so-good" feeling, but if the discomfort becomes more than that- lighten up! - you are probably pushing too hard. If you are using the Myotool while lying down, remember that the surface you are lying on makes a big difference. If the pressure feels too strong, try using the Myotool while lying on a soft mattress, or place a folded towel over the knobs to soften the pressure. If you are not getting enough pressure, use the Myotool while lying on the firm floor for maximal pressure.

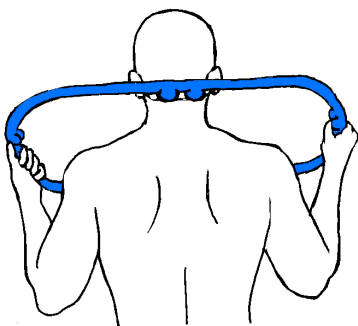
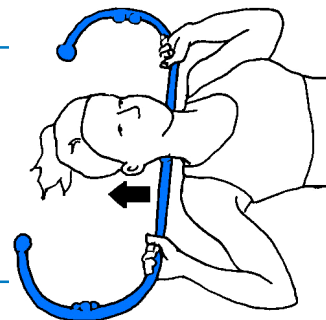
You can work through exercises from each section for a whole body "tune-up", or just work on the problem areas. This manual is full of self treatment ideas for your whole body, but it is in no means comprehensive. Be creative and use different parts of the tool to find what works and feels best for you. As you experiment, you will probably find new techniques that feel great and provide relief. If you would like, email us a picture and description of your newly discovered technique at www.myotool.com and we may share it with everyone by posting it on our website as "Myotool user discoveries". Enjoy!!

The Neck



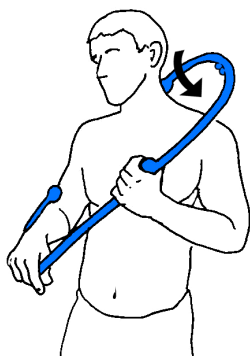
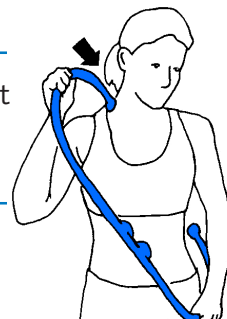
To work the muscles at the base of your head (suboccipitals), lie on a mattress and place the center knobs at the base of your skull. Slowly turn your head side to side or up and down. If the pressure is too great, place the Myotool on a pillow or put a folded towel over the knobs.

To stretch the suboccipital muscles, lie on your back and position the center knobs at the base of your skull. Gently push the Myotool upward with both hands. Relax and breathe slowly and evenly.



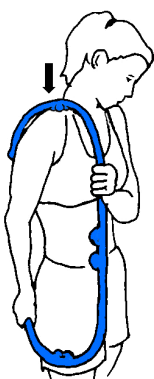
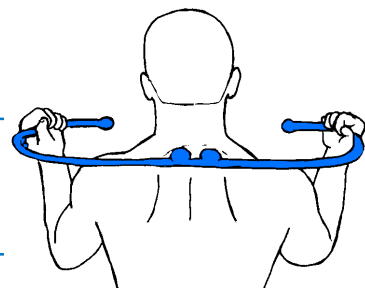
While standing or sitting, glide or pump the center knobs at the base of your skull. This can also be done lying on your back. Put the Myotool on a pillow or put a folded towel over the knobs if the pressure is too great.

Use an end-knob to sustain pressure on tight or knotted muscles in your mid or lower neck. Breathe slowly and evenly.

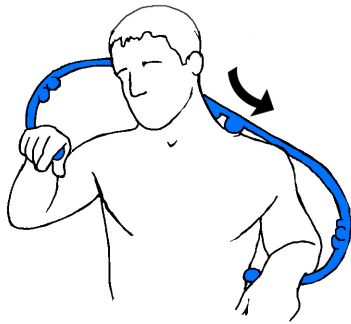


Glide an end-knob down the back and sides of your neck. Applying a little lotion to your neck will improve the gliding. Bend your head forward or to the side to increase the stretch.

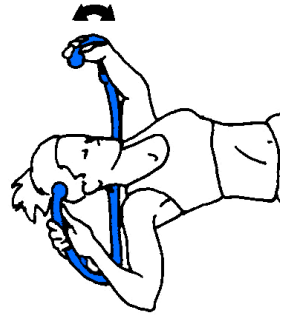
Use the center knobs to work both sides of your neck simultaneously in a gliding or pumping motion.



Sustain pressure over the muscles connecting your neck to your shoulders with the tri-knobs and bi-knobs. Bend your head to the opposite side to increase the stretch.

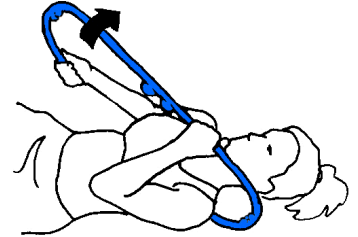


Roll the center knobs along both sides of your spine in a pumping motion while standing, sitting, or lying on your back.



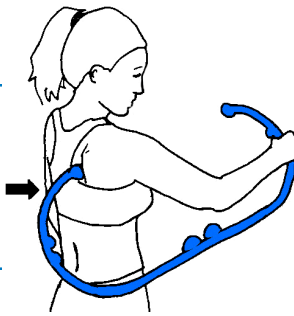
Position both center knobs to one side of your neck and glide them down toward your shoulders. Bend your neck forward or to the side to increase the stretch.

While lying on your back, use an end knob to work your upper back and between your shoulder blades with sustained pressure or with a rocking motion.

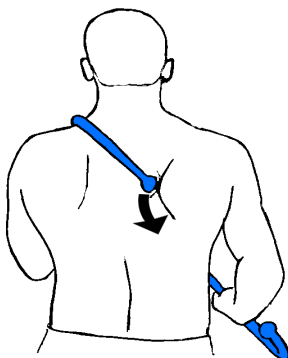
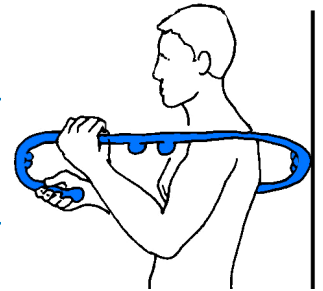


The Mid-back

Sustain pressure over the muscles between your shoulder blades with an end knob. Move your hand in a small circular motion to create a kneading effect.

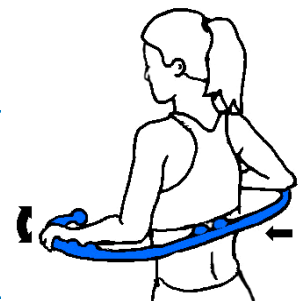


Lean into an end knob positioned between your shoulder blades with the Myotool stabilized against the wall or chair back.

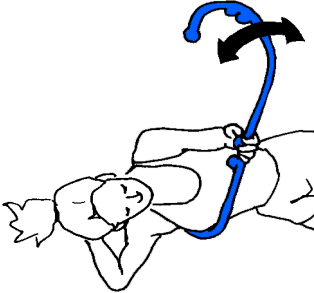
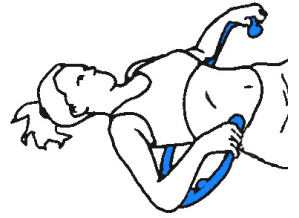


Glide an end knob along the inside of your shoulder blade. Pushing the other end knob away will increase the pressure.

The entire mid-back region can be reached with the center knobs. The hands near the end knobs apply a sustained, pumping, or gliding pressure as desired.

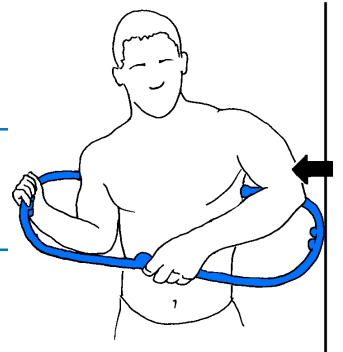


Lie on your back. Position the center knobs at the desired location under your mid-back and perform a pumping motion with your hands near the end knobs. This is a potent technique and may need to be performed on a soft bed or with a folded towel over the center knobs.

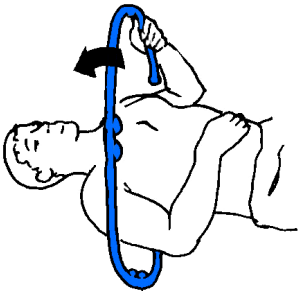


To treat the sides of your back or "lats", lie on your side over the bi-knobs or tri-knobs. Rock the Myotool back and forth with your upper arm. Start on a soft surface.

Lean your side or "lats" into an end knob with the Myotool stabilized against a wall or back of a chair.

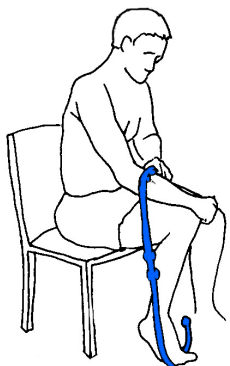
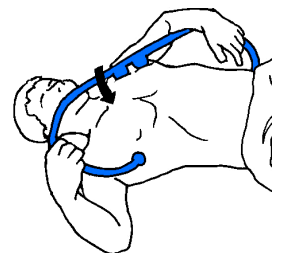


The Chest, Shoulders, and Arms



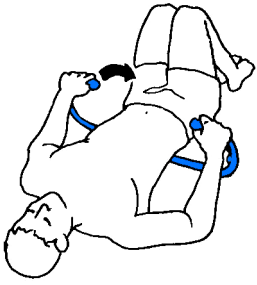
Lie on your back. Position an end-knob behind your shoulder or back side of your arm. Sustain the pressure or rock gently.

While lying on your back, pull the center knobs downward across the front of your shoulder and chest in a gliding motion or sustain the pressure.

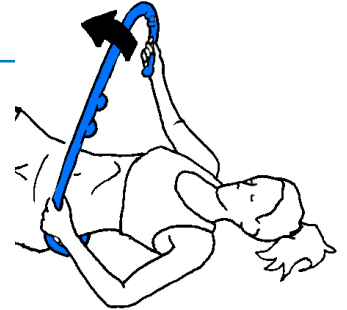


Position the forearm muscles under the bi-knobs or the tri-knobs and pull up and backward as you glide the Myotool forward. Try this after working on a keyboard or playing tennis!

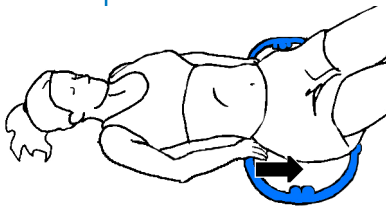
The Low back



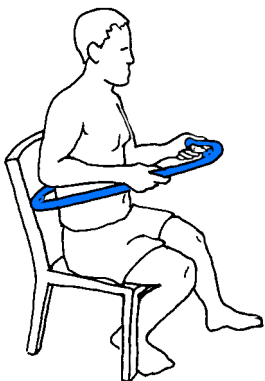
Lie on your back with the center knobs positioned along each side of your spine or both off to one side. Apply an upward or downward pumping motion with your hands near the end knobs. Also, try rocking your bent knees together side to side with the center knobs positioned under your low back.



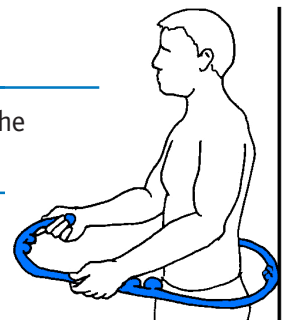
Lie on your back and slide an end knob past your spine to the muscles on the opposite side. Raise the free end of the Myotool up toward the ceiling and feel the end knob press upward next to your spine. Sustain the pressure or use a rocking motion.



While lying on your back, place the center knobs near the bottom of your spine pointing downward toward your buttock. Push the Myotool downward toward your feet to stretch your low back. Try positioning the knobs at various levels to find what gives you optimal relief.



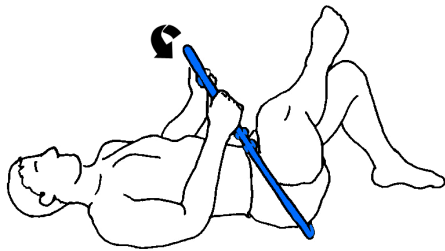
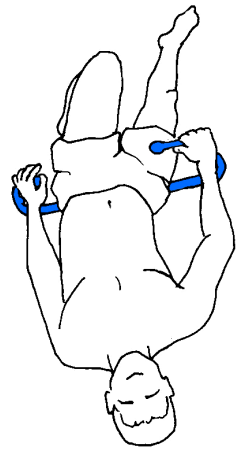
While sitting in a chair, slide an end knob around your side to the desired location on your back. Lean back into the knob or push the opposite end knob away from you for sustained pressure or rocking.



Lean your low back against an end knob with the Myotool stabilized against the wall.

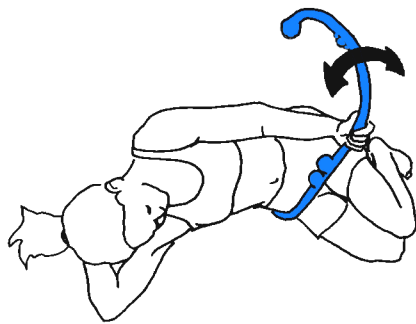
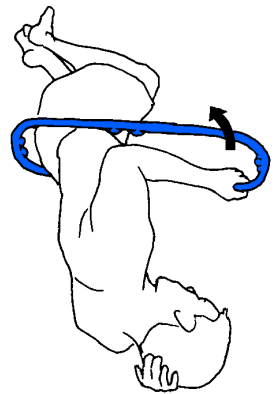
The Buttocks and Hips

Lie on your back, leg out straight, and roll slightly toward the hip (gluteals). With the center knobs under your buttock, apply a gentle pumping motion for a great kneading massage to the gluteals.



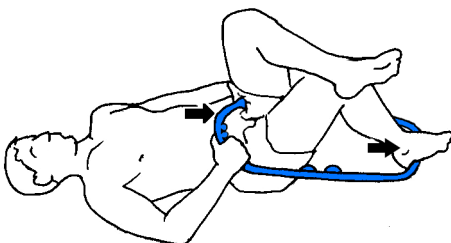
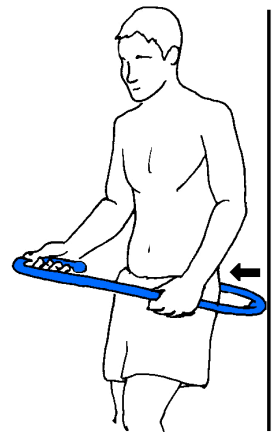
While lying on your back, cross the ankle over the opposite bent knee. Apply a sustained pressure or rocking with an end knob under the gluteal muscles on stretch. This can also be done while sitting in a chair.

Lie on your side. Position an end knob under the side of your buttock and apply an upward force at the free end of the Myotool. Rock the tool or sustain the pressure.

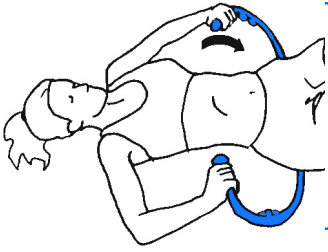


If your hips are narrow, you may be able to lie on your side with the Myotool hooked around you. Rock the bi-knobs or tri-knobs under the outer side of your buttocks.

Lean your buttocks against an end knob with the Myotool stabilized against a wall or chair. Use sustained pressure or rock your body back and forth.



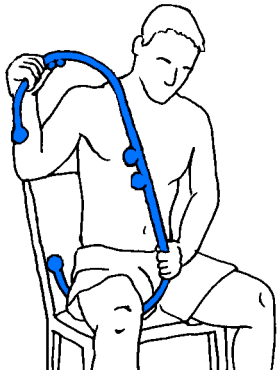
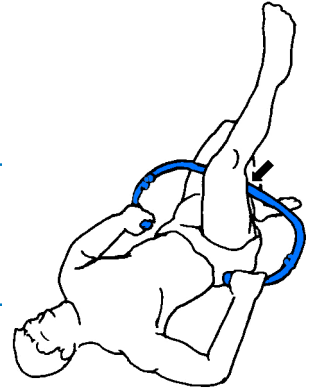
Lie on your back. Cross the ankle over the bent knee of the opposite leg. Position an end knob on the front of your hip or thigh. Slide the Myotool downward using the opposite heel on the floor. Further guide and direct the pressure with your hands.



Place the center knobs directly under or off to one side of the sacrum (the upper part of your buttocks area) and create a pumping action with the hands near the end-knobs. This is a strong technique, so start gently on a soft bed.

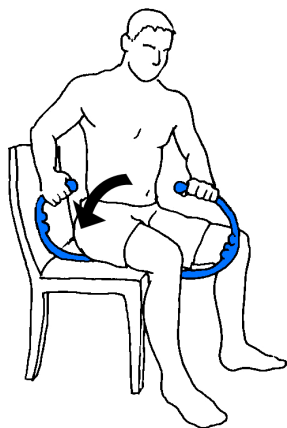
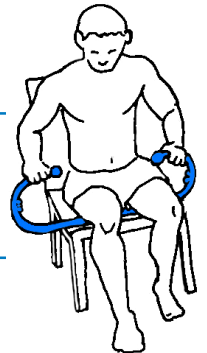
The Thighs

While lying on your back, knead the hamstrings by pumping the Myotool with your hands, or by actively flexing and extending the knee while sustaining pressure with the knobs.



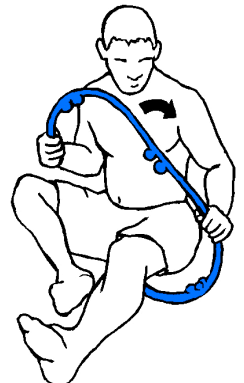
Use the bi-knobs or tri-knobs in a pumping motion under the hamstrings while sitting in a chair.

Treat both the inner and outer sides of your hamstrings by pumping the center knobs under the thigh in a seated position with the Myotool perpendicular to the leg.

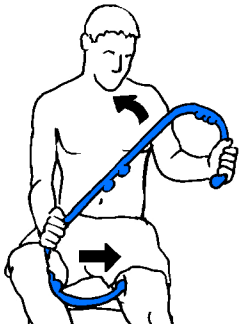
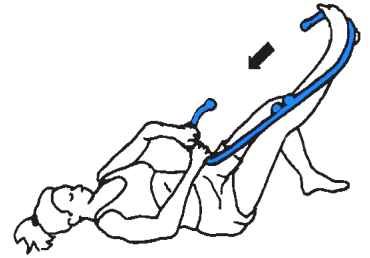


Isolate treatment to the inner or outer side of your hamstrings, by pumping the center knobs under your thigh while sitting. The Myotool runs in the same direction as your leg.

Sit on the floor with your leg extended and hamstrings on stretch. Press an end knob up and in under your thigh in a rocking or sustained manner.

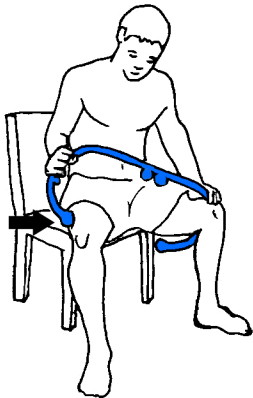
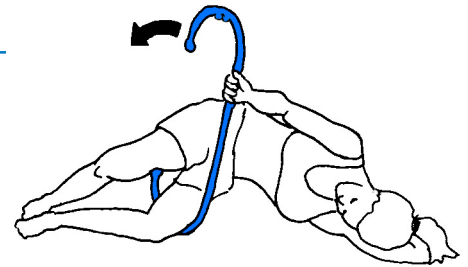


To stretch your calf and hamstring muscles, lie on your back and hook the arch of your foot with the Myotool. Pull your leg upward toward the ceiling until a comfortable stretch is felt. Hold for 30 to 60 seconds.



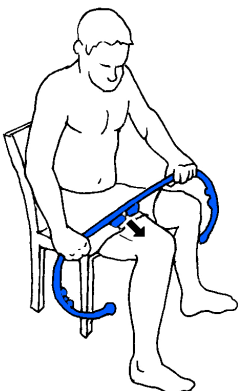
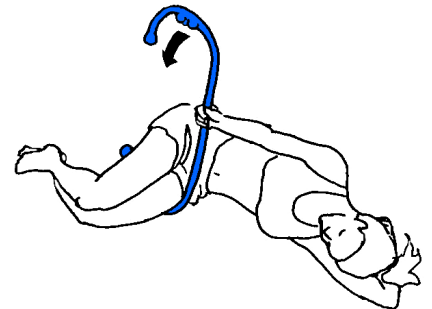
To work the inside of your thigh, sit in a chair with your legs apart. Place an end knob inside your thigh and press your knees in toward each other while raising the opposite end of the Myotool.

Lie on your side with the Myotool hooked under your bottom leg and an end knob pressing into the inner thigh of the top leg. Apply sustained pressure or a rocking motion.

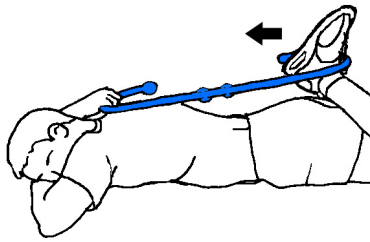


Sit in a chair with your legs apart, an end knob pressing into the outer part of your thigh and the opposite end of the Myotool hooked around the opposite leg near the knee. Spread your knees further apart while pressing in with a hand to direct the pressure.

Lie on your side and hook the bi-knobs or tri-knobs under the thigh you are treating. Rock the Myotool back and forth to create a pumping motion. Increase the pressure by rolling further toward your stomach.



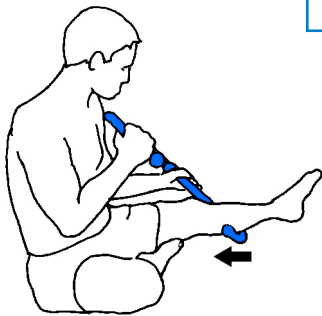
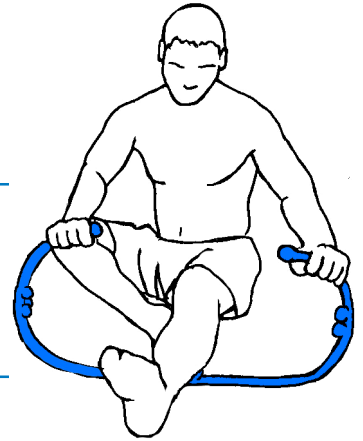
Sit in a chair and direct the center knobs downward into the thigh muscles. Glide them back and forth while maintaining the pressure.



Stretch your quad muscles by lying on your stomach and hooking your foot in one end of the Myotool. Pull the other end of the Myotool upward with the opposite hand. Hold 30-60 seconds.

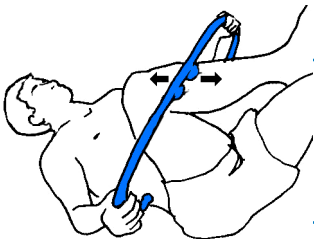
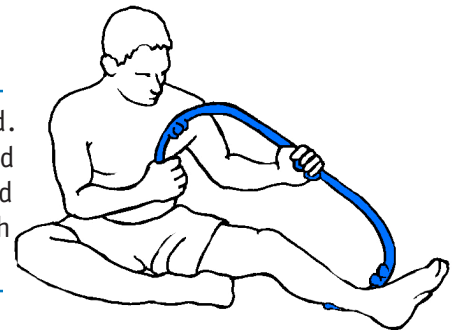
The Lower Legs and Feet

Sit with your leg extended. Pump the center knobs under the back of your calf or actively pump your ankle up and down. Try gliding the knobs up and down the back of your calf. A small amount of lotion may enhance the glide.



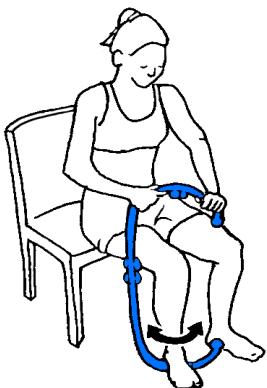
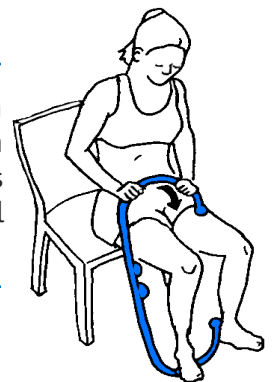
Sit on the floor or in a chair with your leg out straight. Glide the bi-knobs or tri-knobs up and down the back of your calf.

Sit with your knee extended. Sustain pressure or glide an end knob along your lower leg and foot. Enhance the technique with a small amount of lotion.



Cross the ankle over the opposite bent knee while sitting or lying on your back. Glide or pump the center knobs over the muscles by your shin.

Sit with the bi-knobs or tri-knobs under the arch or other location on the sole of your foot. Push down with the foot until the desired pressure is achieved. Rock the opposite end of the Myotool back and forth in a pumping motion.



Sit with the bi-knobs or tri-knobs under your foot. Push your foot downward on the knobs until the desired pressure is attained. Rotate the Myotool by alternately moving one hand forward and one backward.

Best Wishes!

We sincerely hope that the Myotool will allow you to improve your comfort, relieve stress, and enhance your well-being. Pass on the good news to your friends and health care practitioners!

Precautions

- Use caution if you are on blood thinners or aspirin or are otherwise prone to bruising. Start with very light pressure for a short period to ensure that no bruising occurs.
- People with osteoporosis should be especially gentle when treating near boney areas such as the spine and should consult a physician prior to using the Myotool.
- Avoid using the Myotool over the low back and abdominal region during pregnancy or consult a physician prior to using the Myotool.
- Do not use the Myotool over areas of acute inflammation (warmth, redness, swelling).
- Keep the Myotool away from children. Improper use could result in injury.
- In general, begin with shorter sessions (around one minute per body part) and more gentle pressure using the Myotool. If you are tolerating the treatment well, progress to longer durations or deeper pressure.

The Myotool is intended to aide in the treatment of typical tightness and discomfort in the muscles and joints of your body. It is not intended to diagnose or treat injuries or medical conditions. Consult with a physician before using the Myotool to ensure that it is safe to use with your medical condition.

The owners of Myotool/Myotool Company will not be held liable for the misapplication or misuse of the Myotool.

www.myotool.com

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