**TIPS FOR USE**

- Keep muscles relaxed during rollout.
- Use on skin or through light clothing.
- **The® Stick** is waterproof and designed to bow without the fear of breaking.
- It is not necessary to hurt the muscle in order to help the muscle.
- Use before, during and after periods of activity.
  - For pin-point rollout, slide hands onto spindles.
  - The amount of pressure is always determined by the recipient.

**INDICATIONS**

Use any time the many benefits of myofascial release and trigger point therapy are desired.

**GUARANTEE**

**The® Stick** has a 90 day warranty against breakage or manufacturing defects, and a 30 day unconditional guarantee.

RPI of Atlanta wholly disclaims responsibility for any and all adverse effects and consequences resulting directly or indirectly from the use of **The Stick**.

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**BENEFITS**

**The® Stick** rolls knots out of muscle, providing myofascial release & trigger point therapy. This therapeutic procedure inactivates trigger points [muscle knots/kinks], warms muscle, increases circulation and encourages nutrient-rich blood flow.

**TRIGGER POINTS**

- Typical warm-up is about 20 progressively deeper passes over each muscle group [about 30 seconds per area].
- Pain is experienced when the spindles locate a bump or tender knot in the muscle known as trigger points.
- Muscles containing trigger points are often weak, stiff and sore. They are frequently tight, easily tire and often hurt.
- Chronic trigger points need 20 additional passes over the involved area and may require attention several times daily.

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**The® Stick** is used as a training tool by athletes at the United States Olympic Training Centers in Colorado Springs CO, Lake Placid NY, Marquette MI and Chula Vista CA.

US Olympic Committee Sports Medicine Division

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www.intracell.net
ULTIMATE MUSCLE HYGIENE

Roll sides of neck, stay on the muscle, and off the spine

Use short back and forth strokes

Use belt or pocket to anchor

Roll one side at a time, stay off the spine

Standing or seated, muscles must be relaxed for best results

Pressure to tolerance

Stay off the shin