

TIGER TAIL™

Rolling Muscle Massager

www.polarfusion.com

Patent Pending

Pictorial Demonstration

PLEASE NOTE: Before beginning any type of massage therapy or treatment, seek the advice of a physician, especially if you have any circulatory problems.

General Instructions:

- For best results **be sure your muscles are relaxed when using the Tiger Tail.** This allows you to massage into the belly of the muscle. To relax your leg, you must remove all weight from the leg being worked on. This means you must be seated or you must have your leg elevated and rested on a chair, step, bench, etc.
- You are always the best judge of how much pressure to apply.
- Always follow muscle paths. Roll gently over protruding bones such as the spine, shoulder blades, collar bones, shins, etc.
- It typically takes 10-20 rolls over the muscle to warm up healthy muscle tissue. This equates to working each muscle area for about 10-20 seconds. To be most effective, it works best to progressively press harder on the muscle area with each roll.
- Massage therapists refer to tender bumps or knots in the muscle as "trigger points." The presence of trigger points often indicate weak, stiff and sore muscles which can hinder athletic performance because they easily tire and often hurt.
- When the Tiger Tail passes over a "trigger point" discomfort or pain may be experienced; however, most people find this feeling to feel good—especially when the Tiger Tail assists the muscle with releasing the "cramp".
- Chronic trigger points often need additional attention. Slowly and gradually work the Tiger Tail deeper into the muscle to work out the trigger point. Using the Tiger Tail several times daily may be necessary. Over the course of time, trigger points should lessen in severity.
- The ends of each Tiger Tail handle feature "built-in" trigger point "Thumb Tools" (see photo), offering the firmness and density of the human thumb. The Tiger Tail Thumb Tool saves thumb, finger and hand fatigue! Use the end handles to work trigger points in difficult to reach or in areas where you may otherwise have difficulty applying pressure (ie. hips, hip flexors, shoulders, sciatica, back, gluts, etc.)

Pre-Workout—Use the Tiger Tail to help prepare your muscles for activity by rolling 10-20 seconds over each muscle group.

Post-Workout—Use the Tiger Tail to help muscles recover faster after activity by performing a complete and thorough body rubdown.

Calves



Hamstrings



Gluts



Quads



IT Band



Feet



Lower Back



Upper Back



Neck



Shoulder (solo)



Shoulder (buddy)



Thumb Tool



Forearm (front)



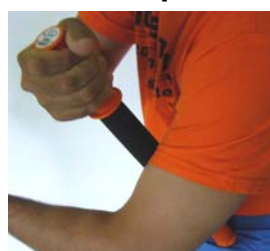
Forearm (back)



Triceps



Biceps



Sciatica (lean against wall)

