

# Tiger Tail Rolling Muscle Massager/Hand-Held Foam Roller

Turn sore muscles into happy muscles by helping relieve muscle knots, aches, cramping, spasms and stiffness.

## General Instructions:

- 1) Apply pressure with **both** hands. **For best results disengage or try to relax your muscles when using the Tiger Tail.** This allows you to massage into the belly of the muscle. To relax your leg, remove weight by sitting down or elevating your leg on a chair, step, bench, etc.
- 2) You are always the best judge of how much pressure to apply, but a “good sore hurt” is what you should strive for. This “good sore hurt” should be between a level 5 and level 7 of discomfort.
- 3) Always follow muscle paths. Roll gently over bones such as the spine, shoulder blades, collar bones, shin bones, etc.
- 4) It typically takes 10-20 rolls or 10-20 seconds over each muscle group to warm up healthy muscles. To be most effective, it works best to progressively press deeper into the muscle area with each roll.
- 5) Tender “knots” in the muscle can prevent full range of motion, while causing aches, discomfort and early muscle fatigue. These tender muscle knots come in various sizes, like a pin head, pea, noodle or small pickle.
- 6) When passing over a muscle knot, minor discomfort or tenderness may be experienced. The Tiger Tail may help with releasing the knot or cramp. To minimize a muscle knot, we recommend 3 sets of 10 seconds of firm, constant, focused rolls on the muscle knot with light but firm rolling over the larger muscle in between the 10 second sets. Remember: level 5-7 discomfort.
- 7) Reoccurring or stubborn muscle knots often need additional attention. Slowly and gradually work the Tiger Tail deeper into the muscle to work out the muscle knot. Using the Tiger Tail 2-3 times a day may help. Over the course of time, muscle knots should get smaller or go away.
- 8) The handles at each end of the Tiger Tail feature built-in muscle knot release tools we call “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 Thumb Tools to work muscle knots in difficult to reach spots or in areas you may otherwise have difficulty applying pressure.
- 9) To learn more about muscle knots, consider “The Trigger Point Therapy Workbook” by Clair & Amber Davies. For ideas on how to find the specific muscle knots causing your discomfort, visit [www.TriggerPointBook.com](http://www.TriggerPointBook.com).

 **HAPPY MUSCLES!**



**Calves**

**Hamstrings**

**Glutes**



**Quads**

**IT Bands**

**Feet**



**Lower Back**

**Upper Back**

**Shoulder  
(buddy)**



**Shoulder  
(solo)**

**Thumb Tool**

**Neck**



**Forearm  
(front)**

**Forearm  
(back)**

**Triceps**



**Biceps**

**Glutes/Piriformis  
(lean against wall)**