

Muscle Roller Stick

COX Sports Medicine
and Orthopedic Surgery
Benjamin A. Cox, D.O.

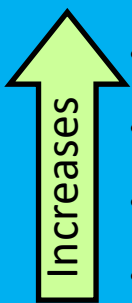


HOW TO USE:

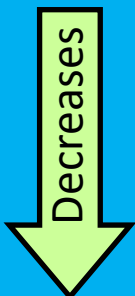
- Grasp both ends of the muscle roller stick in each hand.
- Apply pressure with stick over painful area.
- Increase/decrease pressure based on your tolerance.
- Roll back and forth slowly over the full length of the affected area 20 times.
- Repeat twice a day, every day.



BENEFITS



- Circulation to muscles
- Range of motion and flexibility
- Recovery and repair of muscles after physical stress
- Increase movement by reducing friction between muscle and fascia



- Decrease scar tissue and adhesions found in muscle and connective tissue
- Pain and soreness
- Risk of injury

For more ideas on how to use your muscle roller stick:
Please visit our website at www.coxsportsmedicine.com