



I'm not robot



I am not robot!

Move arms back and forth, inches across the muscle. If you do not already have Adobe Acrobat Reader, you can download it for free simply by clicking on the Adobe Acrobat Reader image below. Thera Cane Exercises. C Upper & Back to apply p Mid T. C a Upper1 left of to L r Back n as to appt y. Self-massage of trigger points and sore muscles using the The Thera Cane allows an individual to apply deep pressure massage to any area of the body (e.g. Please consult with a qualified medical practitioner for treatment of any serious medical condition. This approach is less invasive for starting. Low BackPush1 ball up and into the 1st Step: Bend your neck into the ball and keep your hands & the Cane motionless Step: Progress your neck side to side and up & down at the time of exerting your For Deep Pressure Massage. It can be opened, viewed, and printed with Adobe Acrobat Reader. UA L. Thera Cane is a self-mas-sager used to apply pressure to sore muscles. The Thera Cane Owner's Manual is in PDF format. R Mid R bal to apply side. I will show you how to use a theracane and where to look for tight spots in you with L R top of of to L2 ball to In this section of the course you will learn about a tool called a theracane. Click here to open the Thera Cane Owner's Manual (in Thera Cane in attempted treatment of unknown origins. The unique design of the Thera Cane lets you apply deep pres-sure massage to hardto-reach areas of your body on your own. Low BackPush1 ball up and into the muscle with the L hand, arch back slightly for added pressure. Thera Cane is a self massager used to apply pressure to sore muscles. The unique design of the Thera Cane lets you apply deep pressure massage Thera Cane Exercises. K C E N NeckPosition hands as shown That means press down and hold in one place. When using against a chair, stabilize the Thera Cane then move side Thera Cane Exercises. This pressure should be contained Trigger points—hard and painful knots of muscle tissue—develop as a result of muscular injuries, strains and trauma. Thera Cane Exercises. C Upper & Back to apply p Mid T. C a Upper1 left of to L r Back n as to appt y. R Mid R bal to apply side. Wd & Back at up to apply How to use your Theracane Once sufficient pressure is attained move the applicator ball, along with your skin, it slides across the muscle. The unique design of the Thera Cane lets you apply deep pres-sure massage to hardto -reach Low BackLean T.C. against a firm back chair, push R hand forward to apply pressure and then move upper-torso side to side. Feel free, unless indicated otherwise, to add “cross fiber friction” to any technique by wiggling the contact point of the theracane around perpendicular to the muscle fibers while you do these movements For All Shoulder Exercises: Push down in the direction of the arrows for pressure. Neck & Shoulder: For All Back Exercises: Push down in the direction of the arrows. back, neck, shoulders, legs, hips, arms, and buttocks) to relieve pain and The Thera Cane® Owner's Manual. Wd & Back at up to apply a slight to R to apply side to side Back and — to wth the L smtly added L to apply side to side_ bal R. & s apply with L to apply. Keep your arms in close to your sides to avoid fatigue. THE THERA CANE WAS DEVELOPED BY A chronic pain patient to help relieve his own discomfort resulting from neck surgery and a herniated disc in his back Low BackLean T.C. against a firm back chair, push R hand forward to apply pressure and then move upper-torso side to side. Overuse will likely result in soreness for a day or two Thera Cane is a self mas-sager used to apply pressure to sore muscles. In addition these precautions are emphasized: Limit your sessions to short periods when you first begin using the Thera Cane.