



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

General Instructions

- 1) With both hands, apply about 10 pounds of pressure (+/- depending upon your needs) and roll the TIGER TAIL over muscles.
- 2) Relaxing your muscles during this process will help you massage the "belly" of the muscle.
- 3) You are the best judge of how much pressure to apply. Strive for a "good hurt" - from 5-7 on a scale of 1-10.
- 4) Always follow muscle paths. Massage by rolling 10-20 times on each muscle group. With each roll, gently press deeper into the muscle. Avoid rolling directly over bones.
- 5) Tender muscle knots can reduce range of motion while causing aches, discomfort and muscle fatigue. Knots come in various sizes, like a pin head, pea, noodle or small pickle.
- 6) Minor discomfort or tenderness may be experienced when passing over muscle knots. To minimize knots, apply 10 seconds of firm, constant, focused rolls. We recommend 3 sets.
- 7) Recurring or stubborn muscle knots often need additional attention. Using the TIGER TAIL 2-3 times a day may help. Over the course of time, muscle knots should get smaller or disappear.
- 8) To learn more about muscle knots, consider "The Trigger Point Therapy Workbook" by Clair & Amber Davies. Visit www.TigerTailUSA.com for more information.

