

HOW TO USE

ROLLER MASSAGER & LACROSSE BALL

- EXERCISES AND TIPS -



***BOOST YOUR
RECOVERY
NOW***

 **MAOGANI**
www.maogani.com

Thank you!

Hi, it's Jeff again, Co-Founder of Maogani. Our team would like to thank you for giving us the opportunity to service you. It is our desire to keep you satisfied with our products and support. Big Thank you and remember, we value you!

We've left you a gift below...

FREE WELCOME GIFT
JUST VISIT

www.maogani.com/gift

ARE YOU HAPPY WITH YOUR PURCHASE ?

YES!

That's great to know. If you have enjoyed our services and we have earned your approval, please consider leaving us a positive product review. Without your review we cannot exist! Simply click **HERE** or log into your account and leave us a product review.

NO

If for any reasons, there is anything missing, incorrect, not fitting, different than you expected, PLEASE reach out to us. We'd love to have the opportunity to take care of you and provide total satisfaction. Simply go to your order page and send us a message.





IMPORTANT WARNING

Avoid using your massage roller and lacrosse ball over the site of any recent tissue damage, such as a broken bone, a bruise, or a wound. Care should be taken with deep work on persons with fragile or brittle bones. Areas of internal organic problems should be avoided. If there is any doubt consult your physician or health professional.

WILL USING YOUR ROLLER AND LACROSSE BALL HURT ?

It depends on how much pressure you will apply and what kinds of problems you may have. Any application that directly addresses plantar fasciitis, foot or myofascial (soft-tissue or muscular) problems (such as neuromuscular, deep tissue, trigger point, or similar therapies) may be painful when treating problem areas; the pain comes not from the work itself but from the tissue pathology. If you have serious or intense pain, you should consult your physician or health professional.

ABOUT YOUR ROLLER AND LACROSSE BALL

Your roller massager is made of high density foam and have urethane wheels at the extremities. Your lacrosse ball is made of high-grade rubber. These two tools are firm and allow you to untangle knots and release pain by doing your own deep tissue massage, approximating the pressure you could expect from a massage therapist's palm or elbow. You can wash your roller and lacrosse ball with warm soapy water and refresh their smell by applying a mixture of lemon oil and water.

ABOUT YOUR PAIR OF ARCH SUPPORTS

Maogani arch supports can make your life a lot easier. They are an effective solution to give support to your plantar fasciitis issues, heel spurs, flat feet or tired feet. The healing properties of the Copper Energy fabric helps promotes cell tissue regeneration, while the compression factor stimulates blood circulation, gently lifts the arch and ensures fast pain relief.

They can be worn directly on the skin or over socks.

Non-bulky and compatible with tennis shoes, sandals, high heels, dress shoes, boots.

One size fits most (Men 7-11.5; Women 5.5-11).

Easy care: hand wash with mild, soapy water. Air dry flat.

**NOT for extra wide feet / very swollen feet (12 inches round or wider).

**Avoid wearing them while sleeping.

FOOT MASSAGE

HOW TO

The amount of pressure should be controlled by each individual based on his own pain tolerance level. It is good to start with lighter pressure, and gradually increase it for best results. You can massage your feet when sitting or standing, as long as you can apply direct pressure.

ROLLER MASSAGER ON FEET

Using the roller, just place one foot on at a time (wearing socks if the massage is too intense) and gradually roll back and forth until you feel your feet loosening up. You can also place both feet on the wheels and work both bottom soles at the same time. Stop and apply pressure on any trigger points you find along the way. The spikes will mirror the effect of an acupuncture massage and promote blood flow.

Repeat for 3 to 5 minutes, twice a day.

Tips: You can place the roller in a ziplock bag in the freezer for 30 minutes, then use it for a cold foot massage.

LACROSSE BALL ON FEET



Place the lacrosse ball under the arch of your foot and begin rolling over it. The ball will provide instant relief from tight arches and will also help if you suffer from plantar fasciitis. Roll on the ball until you feel a “trigger point” or “hot spot.” You’ll know you found one when it hurts. When you find a trigger point, stop and just rest on the ball for 10 to 20 seconds. Contrary to popular belief, it’s the pressure, not the rolling, that smooths fascia. Don’t forget to get the insides and outsides of your feet.

Repeat for 3 to 5 minutes, twice a day.

Tips: You can place the ball in a ziplock bag in the freezer for 30 minutes, then use it for a cold foot massage.

PLANTAR FASCIITIS STRETCHING

HOW TO

It's best to do each exercise 2 or 3 times per day, but you do not need to do them all at once.

TOE CURLS WITH TOWEL



1. Place a small towel on the floor. Using involved foot, curl towel toward you, using only your toes. Relax.

2. Repeat 10 times, 1-2 times per day.

TOE EXTENSION



1. Sit with involved leg crossed over uninvolved leg. Grasp toes with one hand and bend the toes and ankle upwards as far as possible to stretch the arch and calf muscle. With the other hand, perform deep massage along the arch of your foot.

2. Hold 10 seconds. Repeat for 2-3 minutes. Repeat 3 sessions per day.

STANDING CALF STRETCH



1. Stand placing hands on wall for support. Place your feet pointing straight ahead, with the involved foot in back of the other. The back leg should have a straight knee and front leg a bent knee. Shift forward, keeping back leg heel on the ground, so that you feel a stretch in the calf muscle of the back leg.

2. Hold 45 seconds, 2-3 times. Repeat 3 times per day.

TOWEL STRETCH



1. Sit with involved leg straight out in front of you. Place a towel around your foot and gently pull toward you, feeling a stretch in your calf muscle.

2. Hold 10-30 seconds, 2-3 times. Repeat 3 times per day.

CALF STRETCH ON A STEP



1. Stand with uninvolved foot flat on a step. Place involved ball of foot on the edge of the step. Gently let heel lower on involved leg to feel a stretch in your calf.

2. Hold the stretch 15-30 seconds, 2-3 times. Repeat 3 times per day.

SELF MYOFASCIAL RELEASE EXERCISES

CALVES WITH ROLLER OR LACROSSE BALL

How to: Sit on the ground or mat. Stretch out the leg you want to work while bending your other leg at 90 degrees. Place the ball / roller underneath the calf you want to work at the top near the knee. Put both hands behind you on the floor to brace your body. Move your bottom back and forth so the ball / roller moves up and down your calf muscle. Focus on working 1-2 inch sections of your calf for 10-20 seconds before repositioning. Stack ankles to add pressure.

HAMSTRINGS WITH ROLLER OR LACROSSE BALL

How to: Sit on the ground or mat. Stretch out the leg you want to work while bending your other knee at 90 degrees. Place the ball/roller at the top of your hamstring muscles. Place your hands on the floor behind you, keeping your elbows straight. Lift off the ground and roll your leg side to side on the ball / roller. Then, reposition it just above your knee and repeat the same side to side movement.

Tip: Do 1-2 minutes a day of the foot massage to loosen up your hamstrings.

Make sure to be moving across the muscle not parallel to it.

QUADS WITH ROLLER OR LACROSSE BALL

How to: Lie down on your stomach while supporting yourself on your elbows, similar to a plank position. Bring your right leg up, rotated out to the side of your body. Place the ball/roller under your left thigh, with your leg extended and your toes pushing into the ground, giving you more leverage. Then, push with your toes forward and backward, rolling the ball / roller into the target areas.

Tip: take your time to find the problem/trigger points and focus on those points.

GLUTES WITH LACROSSE BALL

How to: Sit on the ground with your knees bent, feet on the floor in front of you. Put your hands down on the floor behind you for support. Then put the massage ball under your left glute. Push off the ground with your hands and roll around until you find the sore spot and keep this position until you massage away the pain.

Tip : If you need a deeper massage, simply cross your leg you're working over the opposite thigh while bending your elbow taking advantage of gravity.

HIPS WITH LACROSSE BALL

How to: Lie on your side that's experiencing tightness, and then place your forearm on the ground while extending your leg. Bring your other leg over in front of you. Place the massage ball under your hip then put your hand on the ground in front of you. Move your hips around to release the tension in the tight areas.

Tip: Make sure to place the massage ball on soft tissue on the sides of your hips while avoiding direct contact with bone. If it hurts too much try standing up and placing the massage ball between the wall and your tight areas. Move slowly back and forth focusing on the soft tissue of your hips.

UPPER BACK/SHOULDERS RELIEF WITH LACROSSE BALL

How to: Stand with your back against the wall. Place the massage ball between the stressed area and the wall. Push back into the wall using the pressure to release the pain. Move in small circular motions making sure you avoid direct contact with your scapula.

Tip: Put the massage ball into a long sock or stocking to aid in positioning the ball on your upper back. For added pressure perform this massage lying down on your back and using gravity for pressure.

FOREARMS WITH ROLLER OR LACROSSE BALL

How to: Place the roller / ball on a table then put your forearm over the roller / ball. Press down with your forearm while rolling the roller / ball from below your elbow to your wrist.

Tip: For added pressure use your opposite hand on the top of your forearm. Do this exercise a few times a day if you're constantly sitting at the computer using a mouse.

NECK WITH LACROSSE BALL

How to: Lie down on the ground and put the massage ball behind your neck to the left of your spine, below your skull. Then, roll your head side to side making sure to avoid direct contact with your bones.

Tip: If you find a tight area hold the position for up to 30 seconds before moving again.