

The Stick

patents granted & pending

Tips for Use

- Keep muscles relaxed during rollout.
- Use on skin or through light clothing.
- **The Stick** is waterproof and designed to bend without fear of breaking.
- It is not necessary to *hurt* the muscle in order to *help* the muscle.
- Use before, during and after periods of activity.
- For pin-point rollout, slide hands onto spindles.
- The amount of pressure is always determined by the recipient.

Indications

Muscle pain...strain...
stress...spasm...tension...
cramp...trigger point...
fatigue...tone...



Benefits

The Stick rolls knots out of muscle, providing myofascial release & trigger point therapy.

This therapeutic procedure inactivates trigger points [muscle knots/kinks], warms muscle, increases circulation and encourages nutrient-rich blood flow.

It relieves pain, increases range of motion, promotes flexibility, and accelerates recovery.

Guarantee

The Stick has a one year warranty against breakage or manufacturing defects, and a 90-day unconditional guarantee.

*Congratulations...
you have finally found
something that
really works!*

“The Stick is used as a training tool by athletes at the United States Olympic Training Centers in Colorado Springs CO, Lake Placid NY, Marquette MI and Chula Vista CA.”

US Olympic Committee
Sports Medicine Division
July 2004

RPI of Atlanta

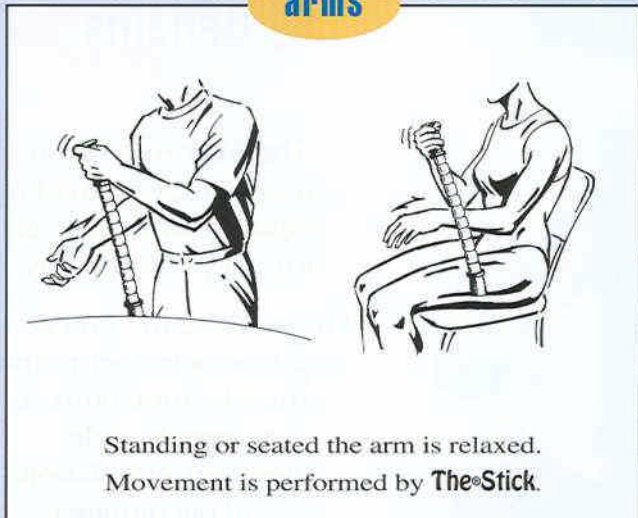


RPI of Atlanta wholly disclaims responsibility for any and all adverse effects and consequences resulting directly or indirectly from the use or misuse of The Stick.

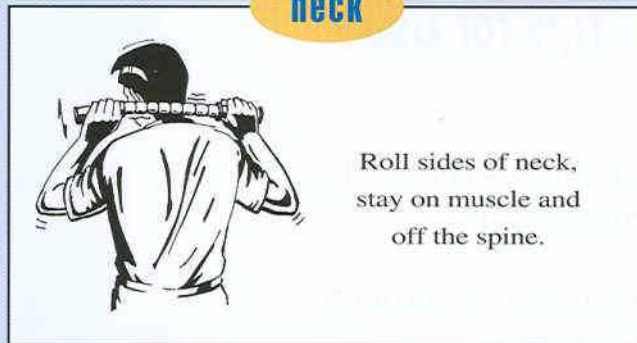
Instructions

- A typical warm-up for healthy muscle tissue is about 20 progressively deeper passes over each muscle group [about 30 seconds per area].
- Discomfort or pain is experienced when the spindles locate a bump or tender knot in the muscle – this is known as a trigger point.

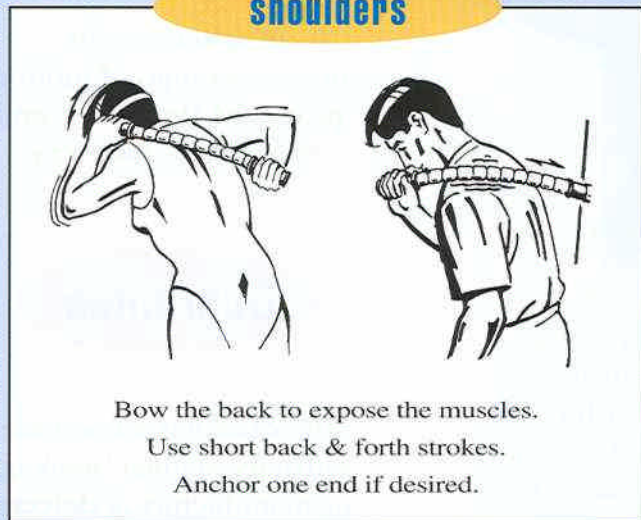
arms



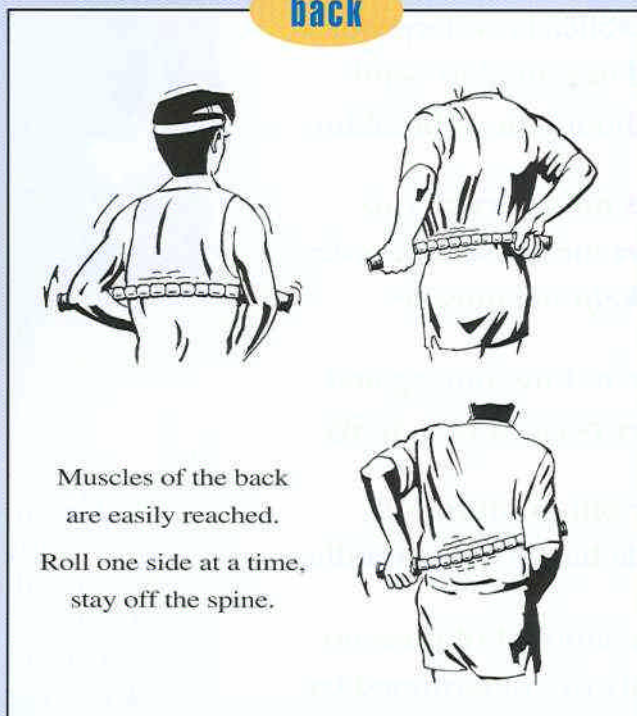
neck



shoulders



back



legs & feet

