

Upper Back

Roll the RangeRoller horizontally across the posterior/back side of rib cage and vertically along the sides of the spine.

Relaxes muscle and soft tissue tightness, increases flexibility, mobility and range of motion.

Best product for this area:
RangeRoller XL 25"



The RangeRoller's exclusive TriggerTreads™ enable you to reach deep—massage both outer and inner layers of muscles and connective tissue to more effectively warm muscles, increase circulation, relieve knots, eliminate scar tissue and increase performance.

Video demonstrations available at:
Medi-Dyne.com/support.html

Lower Back

Roll the RangeRoller horizontally or vertically across low back and upper buttock region, along spinal column and to areas between the ribs and hip bone.

Decreases muscle tightness and soft tissue restrictions, increases trunk rotation, flexibility, and mobility.

Best product for this area:
RangeRoller XL 25"



RangeRoller Techniques:

- For best results, take tension off of muscles prior to rolling.
- RangeRoller can be used with long or short strokes or a wiper blade movement.
- Longer strokes provide a general deep tissue massage over a greater surface area.
- Shorter strokes are used to target a specific knot or area of muscle tightness.
- Wiper blade motion can often provide better leverage and deeper penetration. The wiper blade motion is accomplished by holding one handle stationary and then moving the other handle over the muscle similar to the way a wiper blade works.



Limited Warranty


This program instruction manual and reference materials are sold "as is", without warranty as to their performance, merchantability, or fitness for any particular purpose. The entire risk as to the results and performance of this product is assumed by you specifically by way of example but not limitation, in the event that you have history of medical conditions, muscular disorders, infirmities or are not in good health, you should consult with your physician before using this product.

However, to the original purchaser only, the manufacturer warrants the product to be free from defects in materials and faulty workmanship under normal use for a period of one year from the date of purchase. If during this one year period the product should become defective, it may be returned to the manufacturer for a replacement without charge with proof of purchase of the product.

Manufacturer makes no other warranties, expressed or implied, relating to the product including any implied warranties of merchantability or fitness for a particular purpose, and shall not be liable for indirect, social or consequential damages resulting of the use of this product.

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INSTRUCTION MANUAL



Available in 12 colors. Customize your RangeRoller to match your team, club, country, or favorite color combination.



Shoulder and Neck

Shoulder: Roll the RangeRoller from the bottom edge of your neck to the outer edge of your shoulder, slightly stretching your neck to the opposite side you are working on.

Neck: Roll the RangeRoller along the sides of your neck.

Relieves neck tightness, shoulder stiffness, and increases muscle mobility and function.

Best products for this area:

RangeRoller Original 19" and RangeRoller XL 25"



IT Band Syndrome

Roll the RangeRoller horizontally along the length of the outside of your thigh starting at your hip to just above your knee. Try both a rolling and wiper blade motion to determine preferred results.

Decreases the tightness in IT Band, reducing tension at its insertion in the lateral/outside knee, increases the flexibility of hip and knee joints and increases range of motion.

Best products for this area:

RangeRoller Pro 16"
RangeRoller XL 25"



Calf and Achilles

Roll the RangeRoller horizontally along the length of the back side of your calf (lower leg below knee) from just below the back of your knee down to your heel bone.

Reduces the calf tension, increases flexibility, stimulates circulation and warms muscles.

Best product for this area:

RangeRoller Original 19"



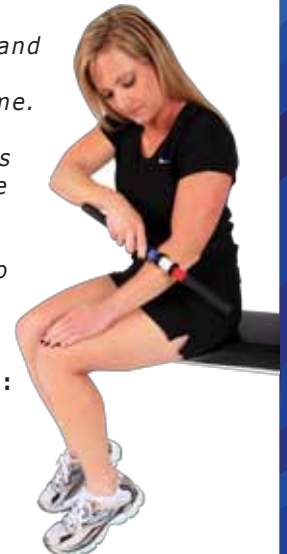
Forearm and Elbow

Roll the RangeRoller horizontally over the tight area or entire forearm.

- *Forearm tightness: Stimulates circulation and soft tissue relaxation, expediting recovery time.*
- *Tennis/Golf Elbow (Epicondylitis): Relaxes muscles and soft tissue structures, decreasing tension to elbow joint. Increases circulation to expedite healing process.*

Best product for this area:

RangeRoller Original 19"



Video demonstrations available at Medi-Dyne.com/support.html

Shin Splints

Roll the RangeRoller vertically along the soft tissue on the inside or outside edge of your shin bone (tibia).

Promotes flexibility and eases the pain of shin splints.

Best product for this area:

RangeRoller Original 19"



Hamstring

Roll the RangeRoller horizontally along the length of the back side of your thigh starting at the base of your buttocks to just below the posterior/back of your knee.

Try both a rolling and wiper blade motion to determine preferred results.

Increases flexibility, mobility, and function. Reduces pull on the knees, hips and calves giving relief to glutes and lower back.

Best product for this area:

RangeRoller XL 25"



Quadriceps

Roll the RangeRoller horizontally along the length of the front side of your thigh starting at your hip to just above your knee.

Increases circulation while decreasing muscle tightness. Increases flexibility, improves mobility and function.

Best product for this area:

RangeRoller Pro 16"



Upper Arm

Roll the RangeRoller over desired area on biceps or triceps.

- *Biceps Tendonitis: Stimulates circulation and eases muscle and soft tissue tightness in biceps.*
- *Triceps Tendonitis: Increases circulation and decreases soft tissue and muscle tightness.*

Increases circulation while decreasing muscle tightness. Increases flexibility, improves mobility and function.

Best product for this area:

RangeRoller Pro 16"

