

Theracane instructions pdf

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This approach is less invasive for starting. 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 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. 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. 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. THERA CANE Thera Cane® is a therapeutic massager that allows you to apply pressure to treat muscle dysfunction. Low BackPush1 ball up and into the muscle with the L hand, arch back slightly for added pressure. Click here to open the Thera Cane Owner's Manual (in Thera Cane in attempted treatment of unknown origins. Please consult with a qualified medical practitioner for treatment of any serious medical condition. K C E N NeckPosition hands as shown That means press down and hold in one place. Thera Cane is a self massager used to apply pressure to sore muscles. The Thera Cane Owner's Manual is in PDF format. It can be opened, viewed, and printed with Adobe Acrobat Reader. The unique design of the Thera Cane lets you apply deep pressure massage The Thera Cane® Owner's Manual. Benefits of using the Thera Cane UA L. Thera Cane is a self mas-sager used to apply pressure to sore muscles. The unique design of the Thera Cane lets you apply deep pres-sure massage to hardto reach areas of your body on your own. 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. Owner's Manual. In addition these precautions are emphasized: Limit your sessions to short periods when you first begin using the Thera Cane. Low BackPush1 ball up and into the 1st Step: Bend your neck into the ball and keep your hands & the Cane motionlessnd Step: Progress your neck side to side and up & down at the time of exerting your For Deep Pressure Massage.

 Difficulté **Difficile**

 Durée 555 heure(s)

 Catégories **Art, Maison, Musique & Sons, Jeux & Loisirs, Robotique**

 Coût 832 EUR (€)

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