

The[®]Stick

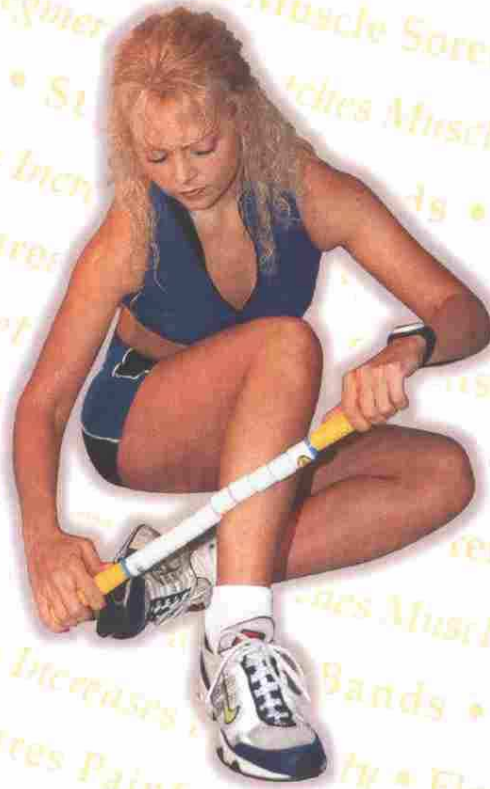
patents granted & pending

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...



The Stick makes muscles feel better, work harder, last longer and recover faster... I guarantee it!

Pat Belcher

Dr. Pat E. Belcher
Founder • Intracell Technology

RPI of Atlanta

manufacturer & patent holder of:
INTRACELL[®] • The[®]Stick
TriggerWheel[®] • FOOTWHEEL[™]

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!

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

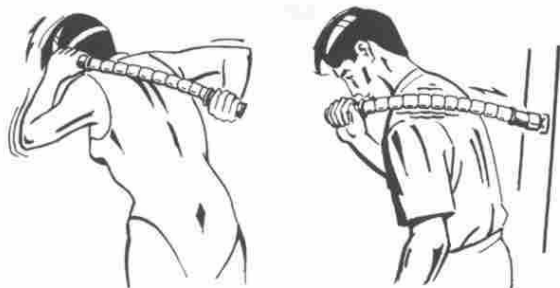
- A typical warm-up for healthy muscle tissue is about 20 progressively deeper passes over each muscle group [about 30 seconds per area].
- Discomfort or pain is experienced when the spindles locate a bump or tender knot in the muscle – this is known as a trigger point.

arms



Standing or seated the arm is relaxed.
Movement is performed by **The®Stick**.

shoulders



Bow the back to expose the muscles.
Use short back & forth strokes.
Anchor one end if desired.

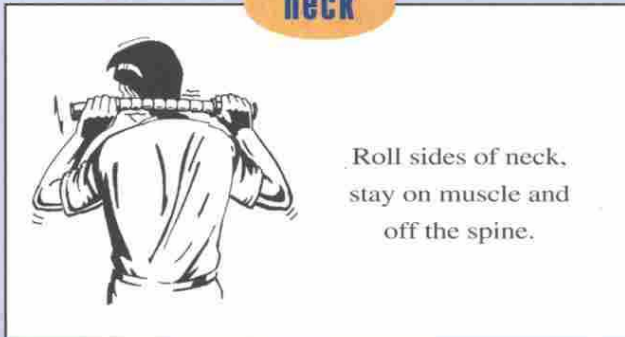
legs & feet



Standing or seated, muscles must be relaxed for best results.

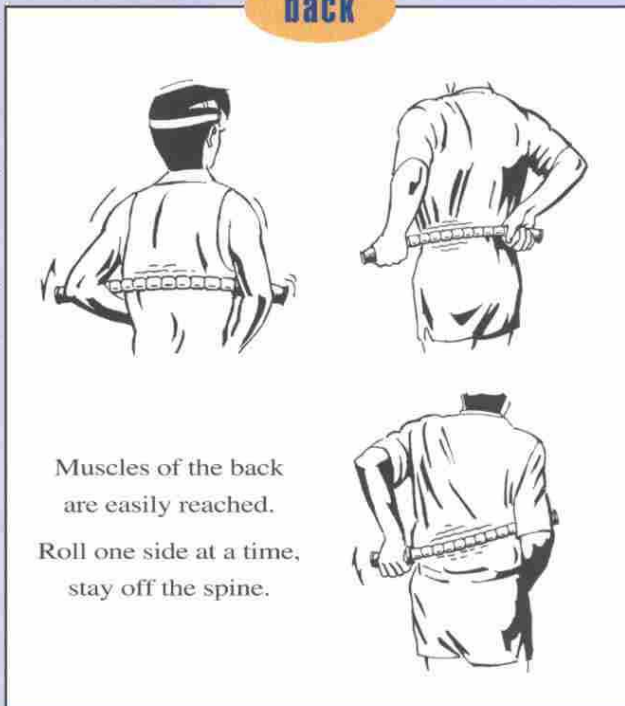
- Muscles containing trigger points are often weak, stiff and sore. They are frequently tight, easily tire and often hurt.
- Muscles containing chronic trigger points need 20 additional passes over the involved area, and may require attention several times daily.

neck



Roll sides of neck,
stay on muscle and
off the spine.

back



Muscles of the back
are easily reached.
Roll one side at a time,
stay off the spine.

Use on front and back of
the leg. Stay off the shin.

Elevate one or both
handles, allowing free
movement of spindles.