

# THERA CANE® OWNER'S MANUAL



***For Deep Pressure Massage***



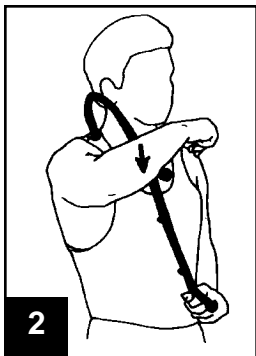
***Thera Cane is a self massager used to apply pressure to sore muscles. The unique design of the Thera Cane lets you apply deep pressure massage to hard to reach areas of your body on your own.***

**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. By using the T h e r a Cane along with a daily stretching routine he has obtained long lasting relief.

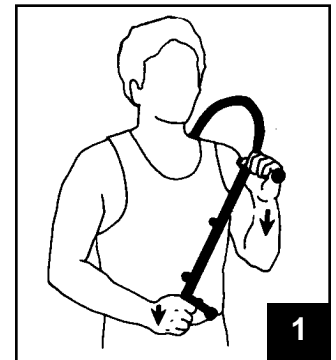


## **THE LEVERAGE MAKES IT EASY TO USE!**

**POSITION YOUR HANDS AND CANE** as shown in illustration #1, with the ball in place on top of your shoulder. Next, push both your hands straight down while at the same time pushing outward with your right hand 1 to 2 inches. Your left arm is held in close to your side and remains motionless. Once sufficient pressure is attained move your left arm back and forth so the applicator ball, along with your skin, slides across the muscle. This pressure should be contained within an area the size of a quarter. The more concentrated the pressure, the more effective the response.



Now look at illustration #2. By resting your forearm on the upper handle you are able to relax your left arm muscles and achieve the same pressure. Proper leverage reduces excessive hand and arm movement and makes the Thera Cane easier to use. The technique of using leverage is easy to learn after some practice. Be patient and follow the illustrations and instructions.



**KEEP THE BALL IN CONTACT WITH YOUR BODY** in order to maintain control of the Thera Cane and prevent it from slipping off the muscle. You will have control when your skin is depressed enough from the pressure to follow the movement of the ball across the muscle.

**BEGIN WITH LIGHT PRESSURE** and short periods of use as your muscles will require a breaking in period. A few minutes work on one or two troublesome points is sufficient. People enjoy using the Thera Cane so much that they tend to overdue it at first. If you do you may temporarily hurt more than you did to begin with. This added discomfort will go away after a restful sleep and certainly within 12-36 hours. The following day it will be helpful and soothing to work on the same area using a lighter touch. In addition, gentle stretching, an ice pack or perhaps a hot bath will make you feel better. With experience you will be able to use more pressure and enjoy extended periods of use.

**Prior to using the Thera Cane, stretch your muscles to help in locating areas of tenderness. When using the Thera Cane try to place a stretch on the muscle you are applying pressure to. This will assist you in defining the specific area of tenderness in the muscle. Also, soaking in a hot bath before using the Cane will allow deeper pressure without the residual soreness.**



**BY USING THE THERA CANE** from the three basic positions (standing, sitting and lying down), for one particular point, you are able to access the muscle from the most angles possible. This thorough approach will increase the likelihood of obtaining the proper angle of penetration to relieve the trigger point.

**THE LEVEL OF PRESSURE WILL DEPEND** upon the application. For example, back muscles need more pressure than forearm muscles. A level of pressure midway between painful and pleasurable (“hurts so good”) is suggested after the breaking in period. Apply pressure gradually increasing it as you work the ball into the muscle. If the tenderness decreases while pressing, press harder or move the ball slightly to relocate the most sensitive part of the trigger point. If a muscle is extra tender, work on the surrounding area before zeroing in on the more sensitive spot.

- While applying adequate pressure slowly move the ball back and forth across the trigger point. A gentle wiggle helps to burrow into the muscle.
- Press directly on the trigger point and hold for five to ten seconds, release and repeat a few times. It is advisable to avoid this technique for the front and side of the neck muscles since this area is very easy to overdo (use your fingers for these areas). This method is more suited for areas of thick muscle mass and only after becoming familiar with your own pressure limits.
- A systematic approach regardless of the technique used will heighten your awareness and give you the best results.

# STRETCHING

## IT FEELS GOOD...NATURALLY!

It is never too late to start stretching. In fact, the older we get, the more important it becomes to stretch on a regular basis. The basic method of stretching is the same regardless of differences in age and flexibility. Stretching properly means that you do not go beyond your own comfortable limits.

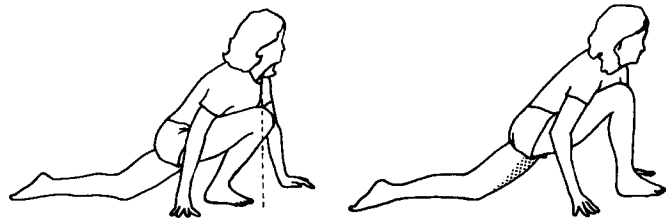
### HIP & GROIN

Relax with knees bent and soles of your feet together. Hold for 30 seconds. Let the pull of gravity do the stretching.



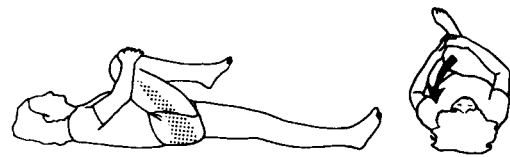
### HIP & GROIN

Move leg forward until the knee of the forward leg is directly over the ankle. Your other knee rests on the floor. Next, lower the front of your hip downward for the stretch. Hold for 30 seconds, alternate & repeat.



### BACK & LEGS

Keep your head down and your lower back flat. Pull your knee to your chest and hold for 20 seconds. Variation: Pull your knee across your body toward opposite shoulder. Hold for 20 seconds, alternate and repeat.



Stretching for 10-30 minutes in the evening is a good way to keep your muscles well tuned, so you feel good the next morning. If you have any tight areas, or soreness, stretch these areas before retiring and feel for yourself the difference in the morning. If you don't have much uninterrupted time available, use short periods of stretching (5 minutes) every few hours. This will help you to feel good throughout the day.

# IT IS BETTER TO UNDERSTRETCH THAN TO OVERSTRETCH

Always be at a point where you can stretch further, and never at a point where you have gone as far as you can go. Learn to stretch your body without force - stretch by how you feel.

## UPPER & LOWER BACK

Sit with your right leg straight.

Cross your left leg over and rest it outside your right knee.

Bend your right elbow and rest it just above the knee.

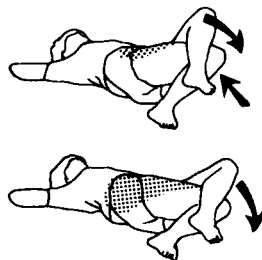
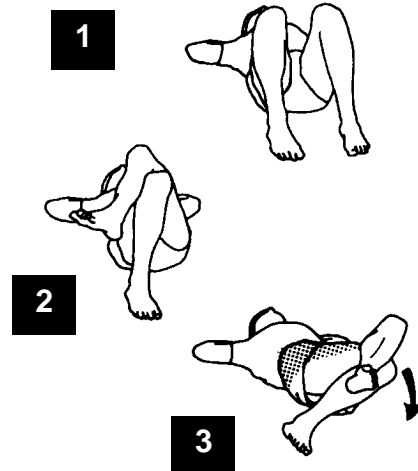
Next, with your left hand

resting behind you, slowly turn your head to look over your left shoulder and at the same time rotate your upper body toward your left hand and arm. Hold for 15 seconds, alternate and repeat.



## LOW BACK & TOP OF HIP

1. Bring your knees together and rest your feet on the floor. Interlace your fingers behind your head and rest your arms on the floor.
2. Lift the left leg over the right leg. Use the left leg to pull right leg to floor.
3. Pull downward until you feel a good stretch along the side of hip or the lower back. Repeat stretch for the other side.



**Variation:** To create opposite tension. Hold down the right leg with the left leg and attempt to lift the right leg. By resisting with the left leg you create a stretch using opposite tension.

Get used to doing variations of basic stretches. In each variation you will use your body in a different way. You will become more aware of all the stretch possibilities when you change the angles of the stretch tension, even if the changes are very slight.

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# NECK

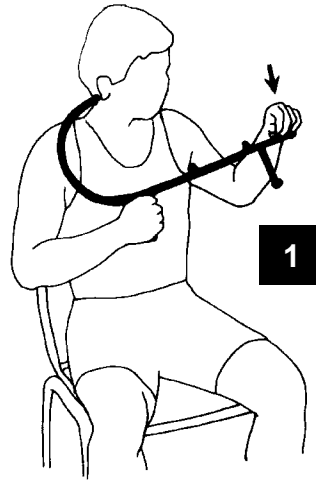
## FOR ALL NECK POSITIONS.

Lean neck into ball,  
hands & Cane remain still.

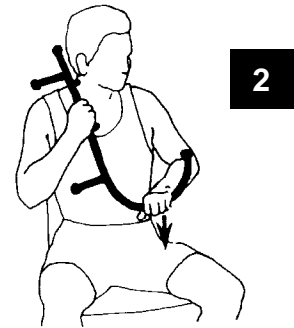
Move neck side to side &  
up & down for pressure.

Also try these in  
the supine position.  
Elevate head with pillows.

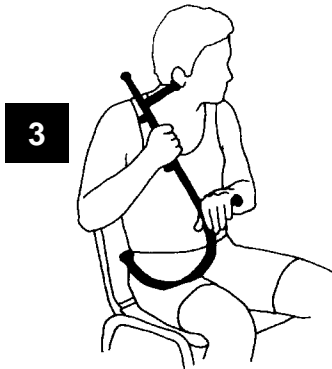
Use your fingers for  
the front and side of  
neck muscles.



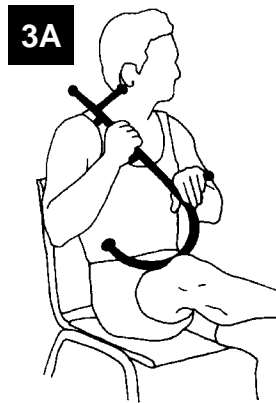
#1 NECK



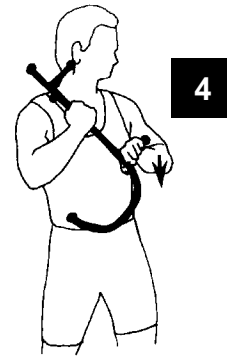
#2 NECK



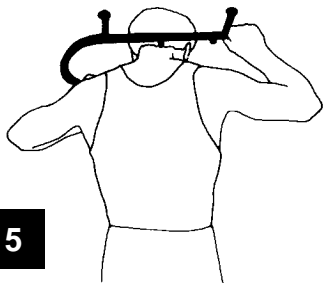
#3 NECK



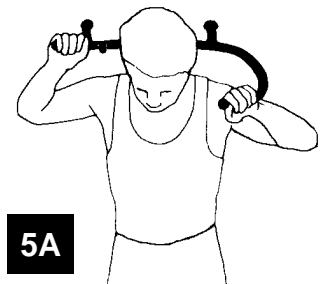
Cross legs to adjust position.



#4 NECK



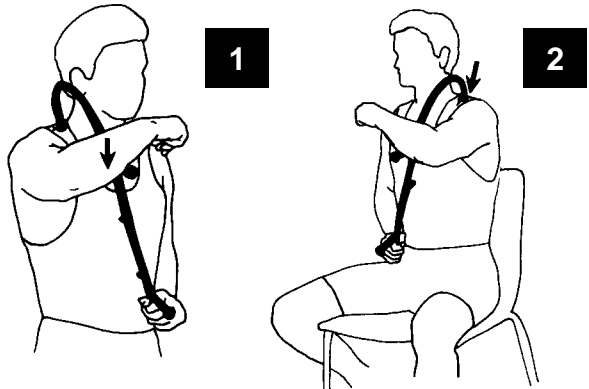
#6 NECK  
Push R hand  
forward for pressure.



**FOR BEST RESULTS LIMIT HAND & ARM MOVEMENT.**

# SHOULDERS

**FOR ALL SHOULDER POSITIONS.**



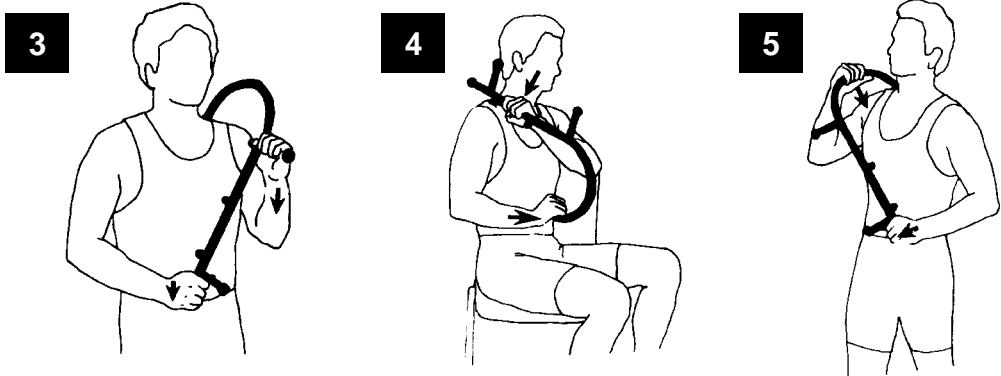
Push down in the direction of the arrows for pressure.

Move upper arms back & forth 1-2 inches for cross friction massage.

Keep arms in close to side.

#1 SHOULDERS

#2 SHOULDERS

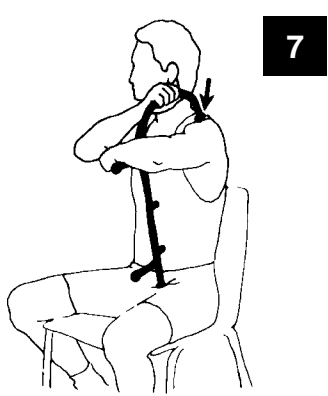
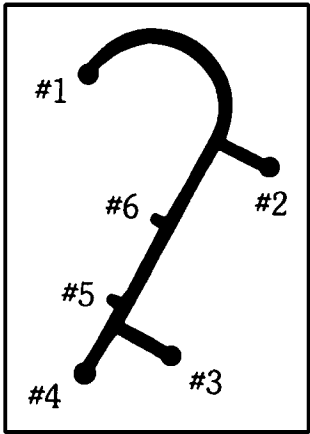


#1 SHOULDERS

#5 SHOULDERS

#1 SHOULDERS

EACH BALL IS NUMBERED AS SHOWN.



**FOR MAXIMUM LEVERAGE & STABILITY, REFER TO THESE ILLUSTRATIONS.**

# BACK

Loop over L shoulder to work on R shoulder blade.

## #1 UPPER BACK

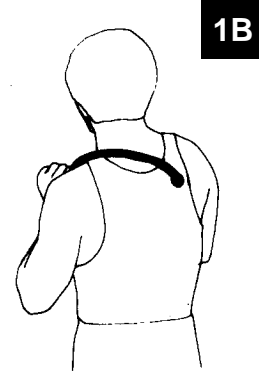
Push L hand downward then push R hand forward 1-2 inches for pressure.



1



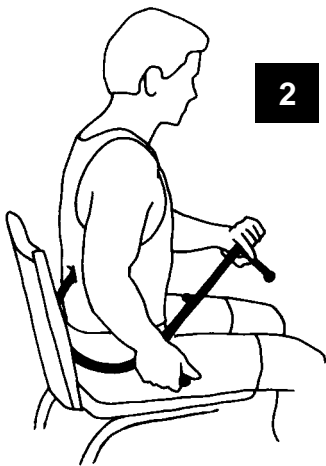
1A



1B

Alternate hand position.

Rotate R shoulder blade forward for hard to get points.



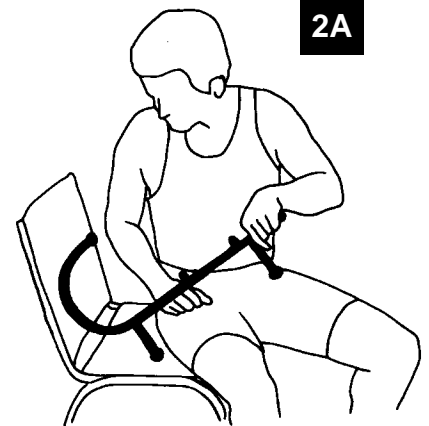
2

## Best back position for big bodies.

Keep back & buttocks 2-3 inches from the back of the chair.

Cane held off to side.

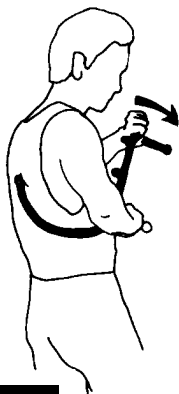
Move side to side for cross friction massage.



2A

## #1 LOW BACK

Stabilize against chair & lean into ball.



3

## #1 UPPER & MID BACK

Tilt Cane upward for best leverage. Push L hand downward 1-2 inches for pressure. R arm remains still.

Push R hand outward 1-2 inches for pressure, then move upper body side to side for cross friction massage.

## #1 LOW BACK

Lean back in chair directly against the ball.



4

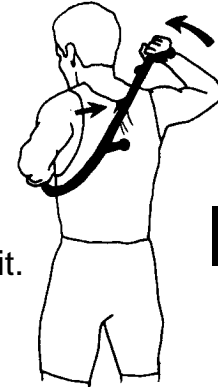
**FOCUS YOUR ATTENTION ON THE MUSCLE YOU ARE WORKING ON.**



# BACK



#6 UPPER & MID BACK  
Push R arm forward for pressure.



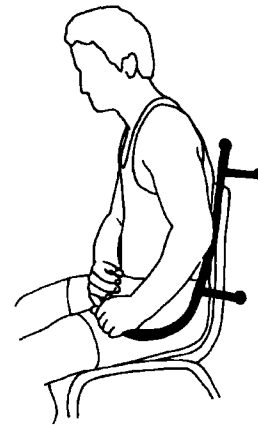
Hook is up  
under armpit.



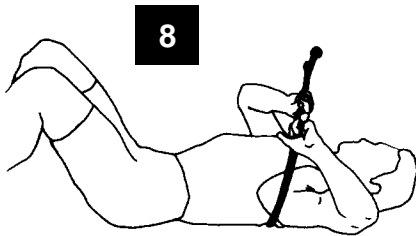
#1 MID BACK  
Lean back in chair  
directly against ball.  
Keep R arm locked  
in place.



Stabilize against  
chair & lean into ball.  
Move side to side  
for cross friction  
massage.



#5  
UPPER BACK



#1 BACK  
Elevate your head  
with some pillows.

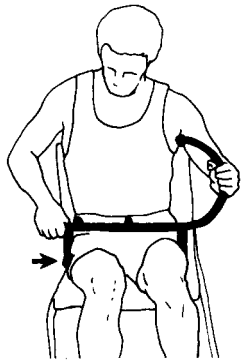


Vary hand grip  
open palm is easy.

The supine position is the most versatile. Experiment on your own!

**LEAN INTO OR AGAINST THE BALL FOR PRESSURE.**

# LEGS



1

Cane fits over legs  
Push legs outward  
for pressure.

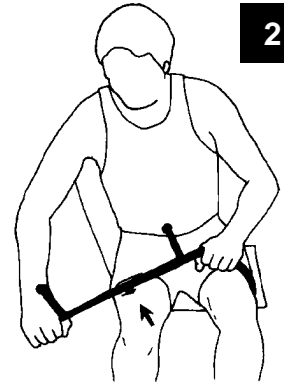
#3 OUTSIDE OF LEGS  
Slide R hand back & forth to  
locate points & then up & down  
for cross friction massage.

Sit sideways  
in chair.

Loop Cane  
around L leg.

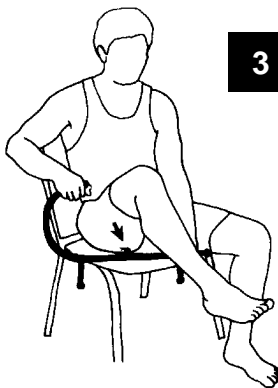
Push R hands  
downward  
for pressure.

Position L leg  
slightly  
forward to  
stabilize.



2

#6  
TOP OF LEGS



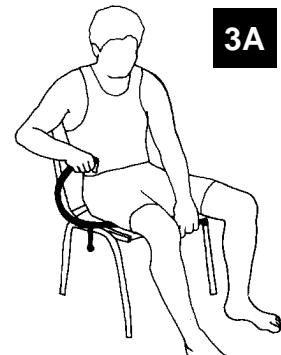
3

Position Cane  
kitty corner  
on seat of chair.

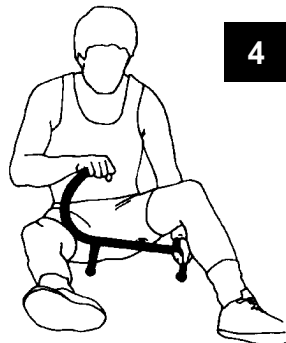
**FOR ALL LEG POSITIONS.**

Arm holding the hook  
portion of the Cane  
remains still.

#6 BACK OF LEGS  
Move leg side to side  
for cross friction massage.

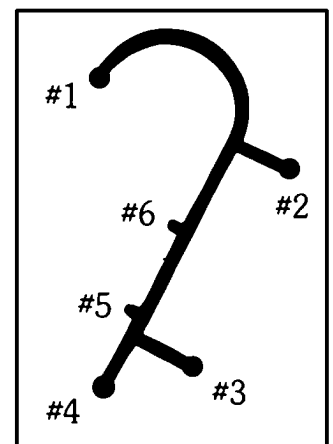


3A



4

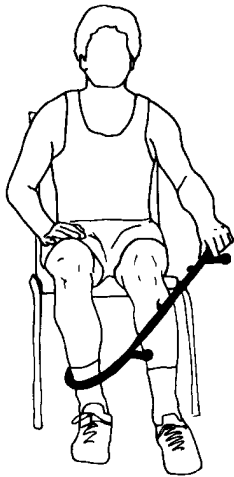
EACH  
BALL IS  
NUMBERED  
AS SHOWN.



**STRETCH YOUR MUSCLES BEFORE & AFTER USING THE CANE.**

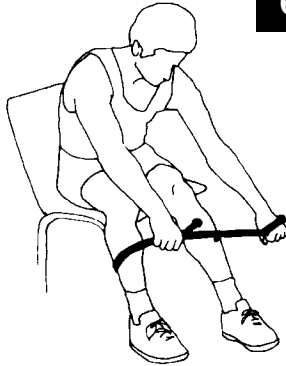
# LEGS

Pull L arm back to apply pressure.



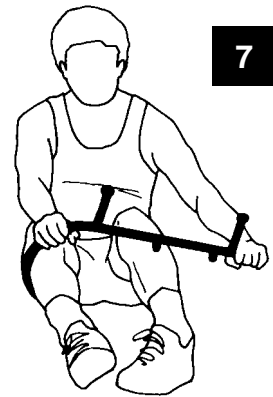
5

Tilt Cane upward for leverage.



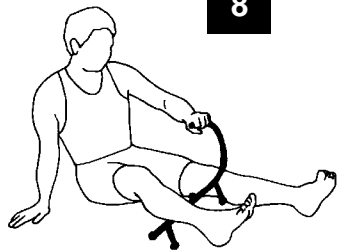
6

#6 LOWER LEGS  
Loop Cane around R leg.



7

Position L leg slightly forward to stabilize.



8

Position #2 ball inside calf to stabilize.

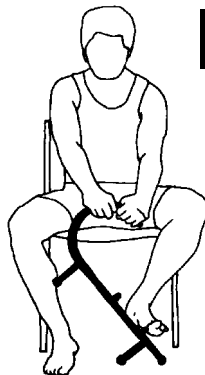
Lean back against a wall or a couch.

#5 & #6 LOWER LEGS  
Lower calf onto ball then move leg side to side.



9

#4 INSIDE OF LEGS  
Place #2 ball shaft under armpit then lean into leg.



10

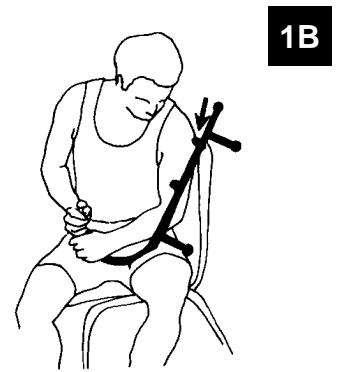
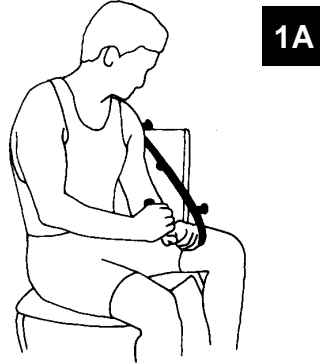
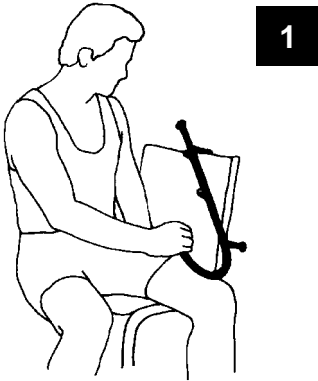
Press foot into ball for pressure.

Also try while supine.

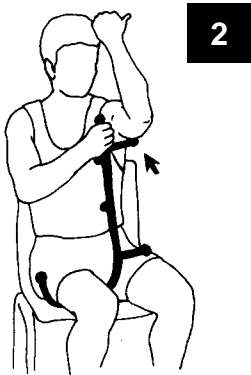
#5 FEET  
Stabilize against the floor or R foot.

**BE PATIENT WITH YOUR PROGRESS.**

# ARMS



#5 UPPER ARMS

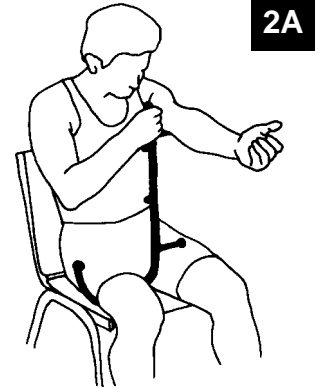


**FOR ALL ARM POSITIONS.**

Stabilize Cane securely on legs.

Lean into or against  
the ball for pressure.

Shift body weight into ball  
for added pressure.

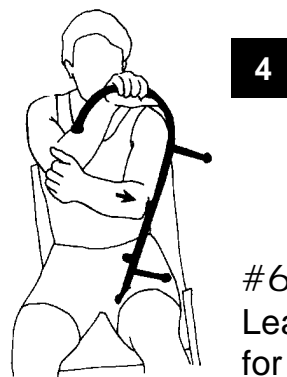


#3 UPPER ARMS



#6 FOREARMS & HANDS

Push legs outward  
to stabilize.



#6 MID ARMS

Lean into ball  
for pressure.

**CONCENTRATED PRESSURE  
WILL GIVE THE BEST RESULTS.**

# OTHER



**1**

## #2 CHEST & ABDOMEN

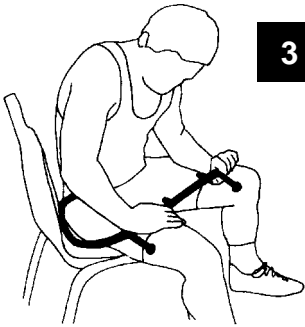
Push in from the wrist or forearm.

Lean forward to apply pressure.

**2**



## #4 CHEST

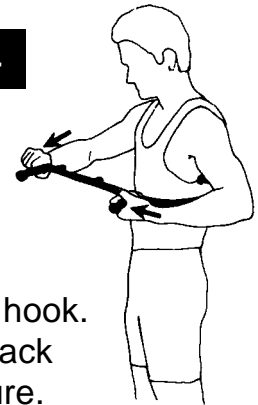


**3**

Lean into ball for pressure.

Sit sideways in chair.

**4**

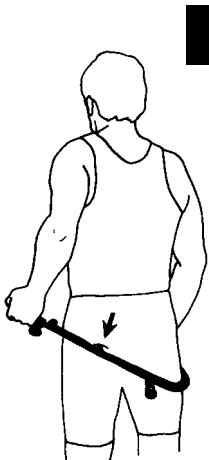


## #1 RIBS

L arm is wrapped around hook. Push L arm inward & back & forth to apply pressure.

## #1 HIPS

Stabilize firmly against back of chair.



**5**

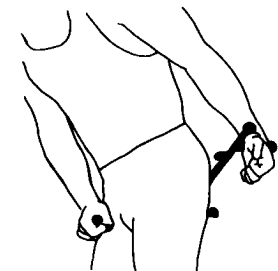
Cane is tilted up for leverage.

To adjust position raise or lower R arm.

## #6 BUTTOCKS

Also try #1 ball while supine.

**5A**



Vary hand grip.

Lean L buttock back & into the ball.

Hold R hand & arm against R leg at all times.

**READ & REREAD THIS MANUAL.**

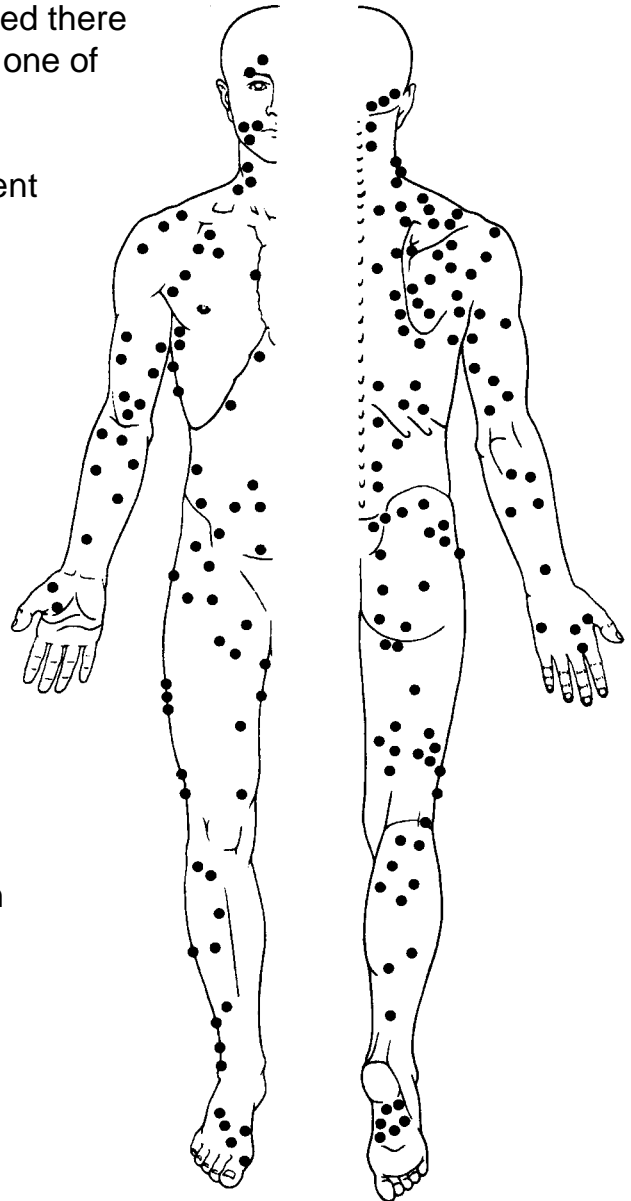
**TRIGGER POINTS DEVELOP AS A RESULT** of muscular injuries, strains and trauma. Additionally, structural imbalances, improper body mechanics, poor nutrition and mental or emotional stress are all factors. When muscle fibers, fascia, ligaments or tendons become weakened, overstretched or inflamed, tiny tears in the associated soft tissue can occur. As the tissue heals it contracts, becoming twisted and knotted. These knotted fibers restrict the fresh blood supply needed by the muscle cells. In addition there is often a shortening of the muscle fiber to protect itself from further injury. In effect, the muscle learns to avoid pain and guards against it by limiting its movement. This results in a loss of range of motion of the joint and the probability that the muscle and associated structures will develop trigger points.

Skeletal muscle, the largest single organ of the human body accounts for 40% or more of body weight. As reported there are 200 paired muscles, a total of 400 muscles, any one of which can develop myofascial trigger points.

The circles on the outline of the body form represent points located on the side of the body.

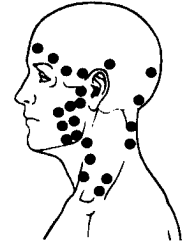
### **ACUTE PAIN RESULTS FROM ONE TIME**

sudden physical trauma including; auto accidents (whiplash), falls, improper lifting, sudden twisting or turning movements and excessive or unusual exercise. These types of injuries if minor, will usually resolve themselves with a few days rest and avoidance of further aggravation. Once the injuries have healed, stretching and strengthening exercises are necessary to recondition and restore the strength and flexibility of the injured muscle or joint. The associated trigger point(s) must also be inactivated once the injury has healed. If not treated effectively, a cycle of increasing pain, muscle spasm and loss of function can occur and develop into a chronic condition.



*Body form outline reprinted with permission of Williams & Wilkins.*

**TRIGGER POINTS ARE FOUND WITHIN A** hard, ropelike or knotted band of muscle. You will know when you have found one as it will be very sensitive to the touch. By sensing this tenderness you are given an opportunity to become aware of it and to consider its cause. Muscles involved in past surgeries tend to have painful trigger points as do muscles located around the joints. Some points, particularly those between the shoulder blades will be instinctively located, while others may require a bit of detective work on your part. Gentle stretching of your muscles on a regular basis will provide you with the clues needed to help you help yourself. Make the necessary commitment to personal wellness today.



Most muscles and trigger points are paired. A point on the right side of your body has a corresponding point on the left side. Normally the most tender of these parallel points or muscles will be on the same side that's painful. Pressure applied to this side will usually give the most relief. For best results, however, pay equal attention to points on both sides of your body.

**CHRONIC PAIN RESULTS FROM PAST** injuries and from numerous, uncorrected and underlying causes. Usually it is the initial trauma that initiates trigger point activity in a muscle, while other factors work together to prolong it. Poor sitting and standing posture, nutritional inadequacies (often vitamin B1, B6 and B12), postural and mechanical stress allow pain to continue for months and even years. The description of chronic pain is unique to each individual and may be described as burning, throbbing, stabbing, deep, dull and achy with varying intensities of discomfort. Treatment by your medical practitioner will be necessary to help unravel chronic cycles of pain.

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www.theracane.com  
U.S. Patent #D317,204