

**LEGS & FEET:**

Set the therapy arm of the Rolflex to the appropriate adjustment channel slot to provide adequate leverage for the area of the body that you are working. The closer in to the stabilizing arm the more pressure will be applied.



FOCAL POINT: 1 2 3

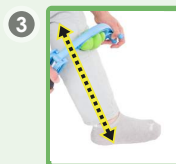
**CALF & SHIN**



1 Apply pressure with the green roller aligned on the calf. Keeping pressure on the handles slowly flex and point your foot.



2 Squeeze handles until a deep but comfortable pressure is felt on the calf. Keeping pressure on the calf, slowly move the Rolflex up and down.



3 Starting with the green roller on the front of your shin, apply pressure to the handles. Slowly move the Rolflex from your knee to your ankle.



FOCAL POINT: 1 2

**QUAD & HAMSTRING**



1 Using the extension handle if necessary, position the green roller on top of your thigh. Applying pressure to the handles, move the Rolflex back and forth on the thigh.



2 Position the green roller so that it is on your hamstrings. Applying pressure to the handles, slowly move the Rolflex back and forth on your thigh.



FOCAL POINT: 1 2

**FOOT & PLANTAR FASCIA**



1 Position the green roller so that it is on the top of your foot. Applying pressure to the handles, slowly point and flex your foot.



2 Position the green roller so that it is on the bottom of your foot. Applying pressure to the handles, slowly point and flex your foot.