

## HANDS & ARMS:

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

### HAND & WRIST



1 Squeeze handles until deep but comfortable pressure is felt on the hand. Keeping pressure on the hand, slowly open and close your hand.



2 Apply pressure with the green roller aligned on the wrist. Keeping pressure on the handles, slowly flex and extend your wrist.



3 Starting with the green roller at the inside of your elbow, apply pressure to the handles. Maintaining pressure, slowly move your arm back and forth.



FOCAL POINT: 1 2

### ELBOW & FOREARM



1 Position the green roller on the back of your forearm near your elbow. Keeping pressure on the handles slowly rotate your wrist in small circles.



2 Position the green roller at or just above your elbow. Apply pressure to the handles and press and pull your arm from your biceps to your wrist.



FOCAL POINT: 1 2

### BICEPS & TRICEPS



1 Rotate your arm so that the green roller is positioned on your biceps. Applying pressure to the handles slowly bend and straighten your elbow.



2 Position the green roller so that it is on your triceps. Applying pressure to the handles, slowly bend and straighten your elbow.