

# TIGER TAIL®

## Rolling Muscle Massager

♥ **HAPPY MUSCLES!**®

### The Tiger Tail Helps Roll Pain Away!™

- Muscle friendly!
- Easy-to-use self-massage tool with trigger point thumb tool
- Cushioned, foam covered center spins smoothly
- Trigger point therapy and myofascial release tool
- Helps accelerate muscle recovery
- Even, consistent distribution of pressure
- Saves fingers and hands from fatigue
- Closed-cell, non-porous, non-deteriorating foam
- Easy to clean (soap & water or antibacterial gel)
- Take it anywhere – portable, easy-to-pack design
- Apply as little or as much pressure as needed – won't bend!
- Patent pending
- Made in USA

### Just say no

- No muscle torture
- No hard, cold plastic or wood
- No spindles, balls or beads
- No rolling on the ground
- No pinched skin
- No pulled out hair
- No breaking or bending out of shape
- No breaking the bank

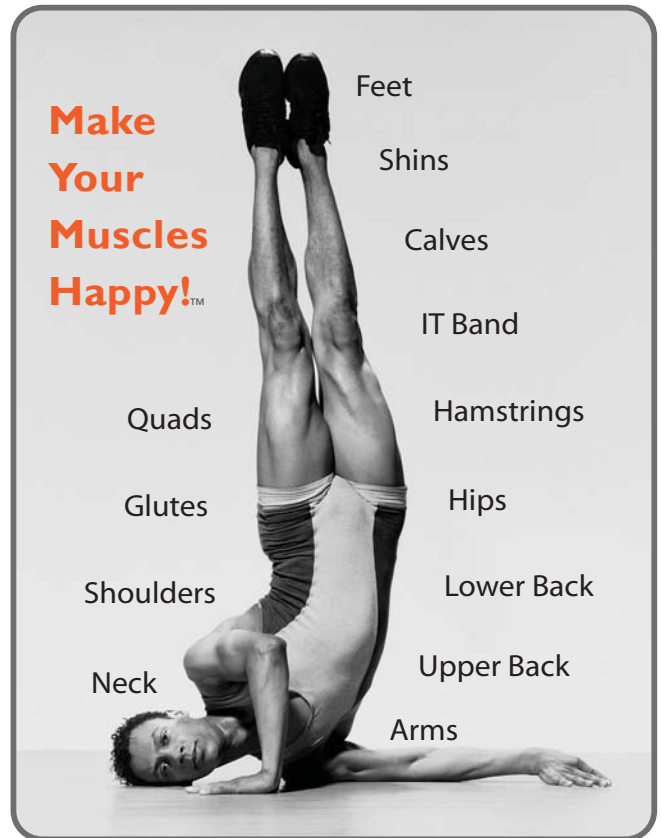
### Use the Tiger Tail all the time!

- 1) Before you workout to help warm up muscles and help prepare them for exercise or competition.
- 2) During activity to help relieve cramps and tightness.
- 3) After a workout or competition to help prevent the onset of post-activity soreness and pain. Also accelerate muscle recovery.

### Recommended by professionals

The Tiger Tail is recommended and used by doctors, physical therapists, chiropractors, massage therapists, sports trainers, professional and elite athletes, and thousands of everyday fitness lovers.

PLEASE NOTE: Before beginning any type of massage therapy or treatment, seek the advice of a physician.



*"I was recently introduced to the Tiger Tail Rolling Massager and was very impressed with the design, quality and performance. As a doctor of physical therapy, I am always looking for home products for my patients that are easy to use and that supplement the treatment I give in the clinic. The Tiger Tail is a perfect tool for self soft tissue mobilization. I highly recommend the Tiger Tail to my patients as an adjunct to therapy. -Dr. Jeff Hill, DPT, MA, CSCS*



22" \$29.99

Made in USA  
Patent Pending



  
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## How the Tiger Tail is different!

1. **Recognized and recommend by professionals.** The Tiger Tail is the ONLY rolling massager on the market recognized and recommended by trigger point experts Clair and Amber Davies, authors of the Trigger Point Therapy Workbook. We're also recommended and used daily by Doctors (MDs, Physical Therapy, Orthopedic, Chiropractic, Podiatrists, etc.) as well as Physical Therapists, Massage Therapists, Athletic Trainers, Personal Trainers, Professional and Elite Athletes, and thousands of everyday athletes.
2. **Soft cushy cover.** The Tiger Tail is very muscle friendly.
3. **No spindles or beads.** No pinched skin, pulled out hair or snagged clothing.
4. **No rolling on the ground.** Get muscle pain relief without having to get on the floor or getting into any cumbersome, "old fashioned" foam rolling positions.
5. **More surface area.** The distribution of pressure is consistent, even and much more comfortable. "Skinny" products can cause an extreme amount of pressure to be put down on muscles causing unnecessary "pinching" pain. Products with large spacing/surface gaps just don't get the job done.
6. **Will not bend or break out of shape.** Because the Tiger Tail won't bend, it won't "slip off" of pesky trigger points. The user knows exactly where the pressure is going to go. It also allows the user to be able to put down as much - or as little - pressure they need to get the job done.
7. **Built-in thumb tool.** Our built-in thumb tool in each of our grips emulates the thumb exactly. These thumb tools help apply deep, steady pressure to trigger points without damaging surrounding muscle tissue.
8. **People switch to the Tiger Tail** at every tradeshow.
9. **Ergonomic lengths and grips.**
10. **Easier to clean.** The foam is non-absorbent, closed cell foam that's super easy to clean with antibacterial gel or spray. Without multiple beads or surface gaps, skin shed and other debris can't collect.
11. **Environmentally friendly!** Because our foam won't deteriorate, the Tiger Tail will last more than one year with proper care—unlike huge, foam rollers that end up in landfills.
12. **Easier to pack.**
13. **Easier to understand.** We only have two models. An 18" version and a 22" version. They are constructed exactly the same way so the only difference is length. People don't get confused by a variety of different models.
14. **The Tiger Tail price point is very affordable.**



## Rolling Muscle Massager

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## Pictorial Demonstration

### General Instructions:

- For best results **disengage or try to relax your muscles when using the Tiger Tail**. This allows you to massage into the belly of the muscle. To relax your leg, remove your weight by sitting down or elevating your leg on a chair, step, bench, etc.
- You are always the best judge of how much pressure to apply, but a "good pain" is what you should strive for—which will be between a level 5 and level 7 pain (with 10 being the most pain you've ever been in).
- Always follow muscle paths. Roll gently over protruding bones such as the spine, shoulder blades, collar bones, shins, etc.
- It typically takes 10-20 rolls over the muscle to warm up healthy muscle tissue. This equates to working each muscle area for about 10-20 seconds. To be most effective, it works best to progressively press harder on the muscle area with each roll.
- Massage therapists refer to tender "knots" in the muscle as "trigger points." Trigger points can hinder athletic performance because they can prevent full range of motion, while causing a lot of pain and fast muscle fatigue. Trigger points range in size of a small pea, noodle or even pickle.
- When the Tiger Tail passes over a "trigger point" discomfort or pain may be experienced; however, most people find this feeling to "be a good pain" —especially when the Tiger Tail assists the muscle with releasing the "cramp". To roll out a tough trigger point, we recommend 3 sets of 10 seconds of firm, constant pressure with little movement, with light but firm rolling in between 10 second sets. Remember: level 5-7 pain.
- Chronic trigger points often need additional attention. Slowly and gradually work the Tiger Tail deeper into the muscle to work out the trigger point. Using the Tiger Tail 2-3 times a day may be necessary. Over the course of time, trigger points should lessen in severity.
- The ends of each Tiger Tail handle feature "built-in" trigger point "Thumb Tools" (see photo), offering the firmness and density of the human thumb. The Tiger Tail Thumb Tool saves thumb, finger and hand fatigue! Use the end handles to work trigger points in difficult to reach or in areas where you may otherwise have difficulty applying pressure (ie. hips, hip flexors, shoulders, sciatica, back, glutes, etc.)
- To learn more about Trigger Points, we recommend the "Trigger Point Therapy Workbook" by Clair & Amber Davies.

**Pre-Workout**—Use the Tiger Tail to help prepare your muscles for activity by rolling 10-20 seconds over each muscle group.

**Post-Workout**—Use the Tiger Tail to help muscles recover faster after activity by performing a complete and thorough body rubdown.



PLEASE NOTE: Before beginning any type of massage therapy or treatment, seek the advice of a physician, especially if you have any circulatory problems.









