

1 PLANTAR ROLL



The Plantar Roll alleviates general heel pain, or plantar fasciitis when inflammation occurs. For added relief add water to the rollers core and freeze. You can also increase circulation to the area by adding hot water to the core prior to use. Simply unscrew the cap and the water.

Place the roller under the arch of your foot. Roll to and from the arch and heel of the foot. This exercise is best used when standing, to allow the right pressure onto the roller. With the right amount of pressure, the roller will massage and stretch the plantar fascia. The nubs stimulate and release tension from the heels.

2 HEEL ROLL



The foot heel is often overworked from the wear and tear of its connective tissues (plantar fascia.) The heel roll can be utilized for prehab and light rehab. Not only athletes find this item useful, those who experience fatigue can also easily find relief with this product in the cases of incorrect walking biomechanics, lack of arch support in shoes, or general tension in the feet.

Place the roller underneath the heel. Roll or press on the roller. The nub texture allows for a more efficient massage experience. Compared to hand massages, you can get an evenly distributed pressure.

3 INNER CALF



Put the roller on the floor. Sit on the floor, then prop yourself up with your hands to make room between your leg and the floor. Turn your body sideways so the roller is against your inner calf. To roll, you are doing a sliding motion with your body.

The key to relief soreness is not only to roll back and forth, but to also locate more precisely where soreness occurs. The area is also intimately connected to the area of injury/tiredness on the foot and must also be treated to ensure full recovery. Once you located the sore point, stop rolling, and apply pressure against the point with your hands or your other leg. This allows for the deeper massage into the muscles.

4 LOWER CALF



Put the roller on the floor. Sit on the floor, then prop yourself up with your hands to make room between your leg and the floor. To roll, you are doing a sliding motion with your body.

The key to relief soreness is not only to roll back and forth, but to also locate more precisely where soreness occurs. Once you located the sore point, stop rolling, and apply pressure against the point with your hands or your other leg. This allows for the deeper massage into the muscles.

5 OUTER CALF



Put the roller on the floor. Sit on the floor, then prop yourself up with your hands to make room between your leg and the floor. Turn your body sideways so the roller is against your outer calf. To roll, you are doing a sliding motion with your body.

The key to relief soreness is not only to roll back and forth, but to also locate more precisely where soreness occurs. Once you located the sore point, stop rolling, and apply pressure against the point with your hands or your other leg. This allows for the deeper massage into the muscles.

6 SHIN



The shin often sustains pressure from running, training on hard surfaces, and many sports with intensive use of the tibia. Also for prehab and rehab, ease the shins by the same methods for outer calf massage, except aim to roll against the sides of your calves.

Additionally, you can be on your all fours and applying appropriate body weight on the shins as you roll the roller against the floor.

7 HAND CALF ROLL



With the use of your hands, you can apply different pressures according to the curvature of your legs, be it inner calf, outer calf, or the shins. This is also a more gentle method suitable for warm-up, rehab for injured areas, massaging while in sitting posture, or when you provide massage for someone else.

8 FILL SHOT



The roller can be twisted open on one end. To utilize hot therapy, add hot water to the roller, screw the end of the roller back in place and complete the exercises listed here. To activate cold therapy, add water to the roller, screw the end of the roller back in place, and put in the freezer. Once frozen (approximately 2 hours,) complete the exercises listed here. These options provide 3 rollers in 1 and make it much more versatile compared to normal rollers.

9 THE SPIRIT TCR HOT/COLD FOOT ROLLER



The Hot/Cold Foot Roller features hot, cold, and standard foot therapy. Nubs are for comfort and massage. The curved design works deep into arch.

This product can relieve tension, revitalize and improve circulation.

Specs and Features

- Size: 58mm dia. X 180mm L
- Material: PP/ PVC
- Weight: 0.4 lbs

Imagine a world where feet could recover from injury and where they could live a life in comfort and peace. Now they can, thanks to the Hot/Cold Foot Roller from Spirit TCR there is now unlimited potential for your feet to be in the best shape of their lives.

Carefully designed to massage all areas of your feet up to the lower calf and shins, the nubs on the roller draw extra stimulation and creates increased blood flow. All this means you feel better, heal quicker and give yourself the best opportunity for comfortable living, increased level of performance and overall foot health.

If that isn't enough the hot and cold options bestow greater value and accelerates all areas of use. From tired feet to plantar fasciitis isn't it time you treat your feet?

Spirit TCR

Spirit Training, Conditioning and Rehab (Spirit TCR) enables a unique crossover between sporting goods, fitness, yoga and rehabilitation. Enjoy the benefits from a versatile spectrum of applications to meet your personal goals no matter what they are. Utilizing nothing but the safest and most premium materials Spirit TCR cuts no corners to ensure the best and safest products possible.

Spirit TCR's mission has been to develop an integrated system that will influence a decrease in national health care cost while increasing the nation's health status through a comprehensive network which provides: product, education and rewards for documented compliance and adherence to systematically designed health management and maintenance programs.

Precautions and Care

- Use extreme caution when using this product.
- Use this product only as described and for purpose recommended by Spirit TCR.
- Consult your physician before starting any exercise program.
- Not for use by Children under the age of 12.
- This product is not a toy.
- If this product has any damage please report immediately to the manufacturer. Information is provided on www.spirittcr.com
- Keep this product clean. Wipe down with antibacterial wipe after each use.
- Store in a safe place away from damaging objects.
- Store away from children or anyone who may misuse this product.
- Keep away from heat sources.
- If any damage does occur please report immediately to the manufacturer and DO NOT at anytime try to repair or make changes to this product