

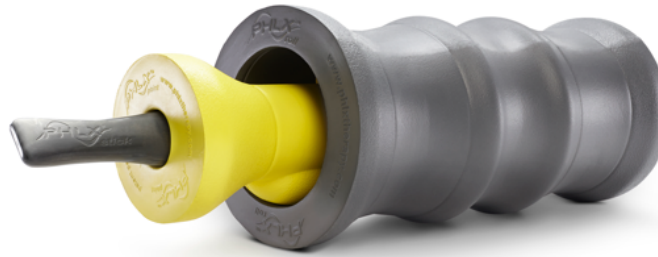


Foam Roller System

* pronounced flex

www.phlxtherapy.com

Instructional Guide



Step 1:
PHLX roll



Deep Tissue Massage

Step 2:
PHLX point



Trigger Point Therapy

Step 3:
PHLX stick



Myofascial Release

Introduction

The PHLX Foam Roller System gives the user the ability to recreate effective hands-on techniques used by skilled massage therapists, physical therapists and chiropractors. Each PHLX tool is specifically designed to perform a unique type of treatment. The PHLX roll administers deep tissue massage, the PHLX point administers trigger point therapy and the PHLX stick administers myofascial release. Used together in a 3-step process, the tools create an extremely powerful and revolutionary home system for treating aches and pains, enhancing performance, preventing injury and accelerating recovery.

Each tool can be used individually (and in some cases this may be necessary), but in general, it is most effective to utilize them together as part of the three step process outlined below.

Step 1: Use the PHLX roll to iron out the entire muscle. Slowly roll up and down the tissue 5-10 times. Start by using the outside valleys to cup the muscles and then shift to the center ridges for a more pointed contact.

Step 2: Use the PHLX point to treat any specific tight spots that you encountered while using the PHLX roll. Start with the largest of the three sets of knobs. Hold on a tight spot for up to 30 seconds before slowly moving the roller OR your body back and forth with very small controlled movements. After the area has started to loosen, maintain pressure and slowly stretch the muscle and then return to the initial position. Start with small movements and gradually increase the range of motion over 5-10 repetitions. Use the other two sets of knobs to impact the muscles differently.

Step 3: Finish by using the PHLX stick. It can be used over your clothes, directly against the skin or with the PHLX wax as a lubricant. Stroke back and forth over the entire muscle. If you encounter any areas where the stick does not slide smoothly (described as a "catching" or "gravelly" feeling), perform quick back and forth strokes over the area until it begins to smooth out.

For more exercises, guides and instructions, go to **www.phlxtherapy.com**.

**** Please consult with a health care professional before using the PHLX Foam Roller System.***

Neck Treatment

Step 1 (PHLX roll)



- Place neck into the center groove.
- Let neck muscles sink into ridges.
- Use hands to move PHLX roll back and forth.

Step 2 (PHLX point)

- Make contact with two of the knobs.
- Target tight knots and bands.
- Turn head from side to side.
- Look up and down.



Step 3 (PHLX stick)

- Stroke *down* your neck.
- Find areas that "catch" or feel "gravelly".
- Perform quick, light, back and forth strokes over these areas.



Upper Back and Mid-Back Treatment

Step 1A (PHLX roll)



- Let back muscles sink into center ridges.
- Roll up and down the back.
- Bring elbows together to work between the shoulder blades.

Step 1B (PHLX roll)

- Place PHLX roll under the mid-back.
- Let your back arch into and out of extension.
- Rotate your torso to the left and right.



Step 2 (PHLX point)

- Place PHLX point between shoulder blade and spine.
- Target tight areas.
- Rest arm on chest.
- Slide arm back and forth across your body.
- Place hands behind head and bring elbows together.



Low Back Treatment

Step 1 (PHLX roll)



- Place lumbar spine (low back) into the middle groove.
- Allow muscles of the low back to sink into center ridges.
- Use hands to move PHLX roll back and forth.
- Keep one foot on the floor and bring opposite knee to chest.

Step 2 (PHLX point)

- Make contact with the two large knobs.
- Rotate pelvis up toward the ceiling and then back toward the floor.
- Keep both feet on the floor and rotate your knees from side to side.
- Use another set of knobs to impact the muscles differently.



Shoulder and Chest Treatment

Step 1 (PHLX roll)



- Place armpit between the two center ridges.
- Roll torso backward to focus on rotator cuff.
- Roll torso forward to focus on chest.
- Let muscles sink into ridges.

Step 2A (PHLX point for rotator cuff)

- Place armpit between the two large knobs.
- Roll torso backward to find a tight spot in the rotator cuff.
- Bend elbow and slowly bring palm of hand toward the floor.
- Rotate arm back and forth.



Step 2B (PHLX point for chest)

- Place chest on two of the knobs of the PHLX point.
- Reach arm up over your head.
- Move arm up and down as if making a snow angel.
- Use another set of knobs for a different effect.



Glute and IT Band Treatment

Step 1 (PHLX roll)



- Make contact with outside valley.
- Roll up and down the outside of the leg between the top of the hip and knee.
- Place top leg behind body to focus on the back of the glutes and IT Band.
- Place top leg in front of body to focus on the front of the glutes/TFL and ITB.

Step 2 (PHLX point)

- Make contact with the two large knobs.
- Rotate body forward to focus on the front of the glutes and the TFL.
- Rotate body backward to focus on the back of the glutes.
- Straighten bottom arm to stretch the tissue during the treatment.
- Use another set of knobs for a different effect.



Step 3 (PHLX stick)

- Slide up and down the outside of the leg.
- Find areas that "catch" or feel "gravelly".
- Perform quick, light, back and forth strokes over these areas.



Hip Treatment

PHLX roll for hip flexors

- Place front of the hip on the outside lip of the PHLX roll.
- Opposite hip should be off the roller.
- Focus pressure onto the soft tissue on the inside of the hip bone.
- Place hands flat on the ground and straighten arms to initiate a stretch.



PHLX point for piriformis and glute max

- Make contact with the two large knobs and cross leg.
- Focus on tight areas and let muscles sink into knobs.
- Move knee towards and then away from chest.
- Use another set of knobs for a different effect.



Hamstring Treatment

Step 1 (PHLX roll)



- Roll in the outside valleys between hips and knees.
- Place one hamstring on the two center ridges.
- Cross legs for added pressure.

Step 2 (PHLX point)

- Focus on tight areas with the pyramids.
- Rotate leg in and out.
- Cross legs for additional pressure.
- Keep back straight and bend forward from the waist.
- Sit in a chair and straighten and bend knee.



Step 3 (PHLX stick)

- Slide PHLX stick up and down the hamstring.
- Find areas that "catch" or feel "gravelly".
- Perform quick, light, back and forth strokes over these areas.

Quadriceps Treatment



Step 1 (PHLX roll)

- Roll in the valleys between your knees and hips.
- Place one thigh onto the two center ridges.
- Cross one leg over the other for added pressure.
- Bend and straighten knee.

Step 2 (PHLX point)

- Focus on tight areas with the large knobs.
- Rotate leg in and out.
- Cross legs for additional pressure.
- Bend and straighten knee.

Step 3 (PHLX stick)

- Slide up and down the quad.
- Find areas that "catch" or feel "gravelly".
- Perform quick, light, back and forth strokes over these areas.
- Bend and straighten knee while holding on tight spot.
- This can also be performed sitting in a chair.



Calf Treatment

Step 1 (PHLX roll)



- Roll in the valleys between your knees and heels.
- Place one calf on the two center ridges.
- Cross legs for added pressure.

Step 2 (PHLX point)

- Make contact with the pyramids.
- Rotate leg in and out.
- Flex and extend your foot.
- Cross legs for added pressure.



Step 3 (PHLX stick)

- Slide up and down the calf.
- Find areas that "catch" or feel "gravelly".
- Perform quick, light, back and forth strokes over these areas.



*Have you **PHLX**ed your muscles today?*