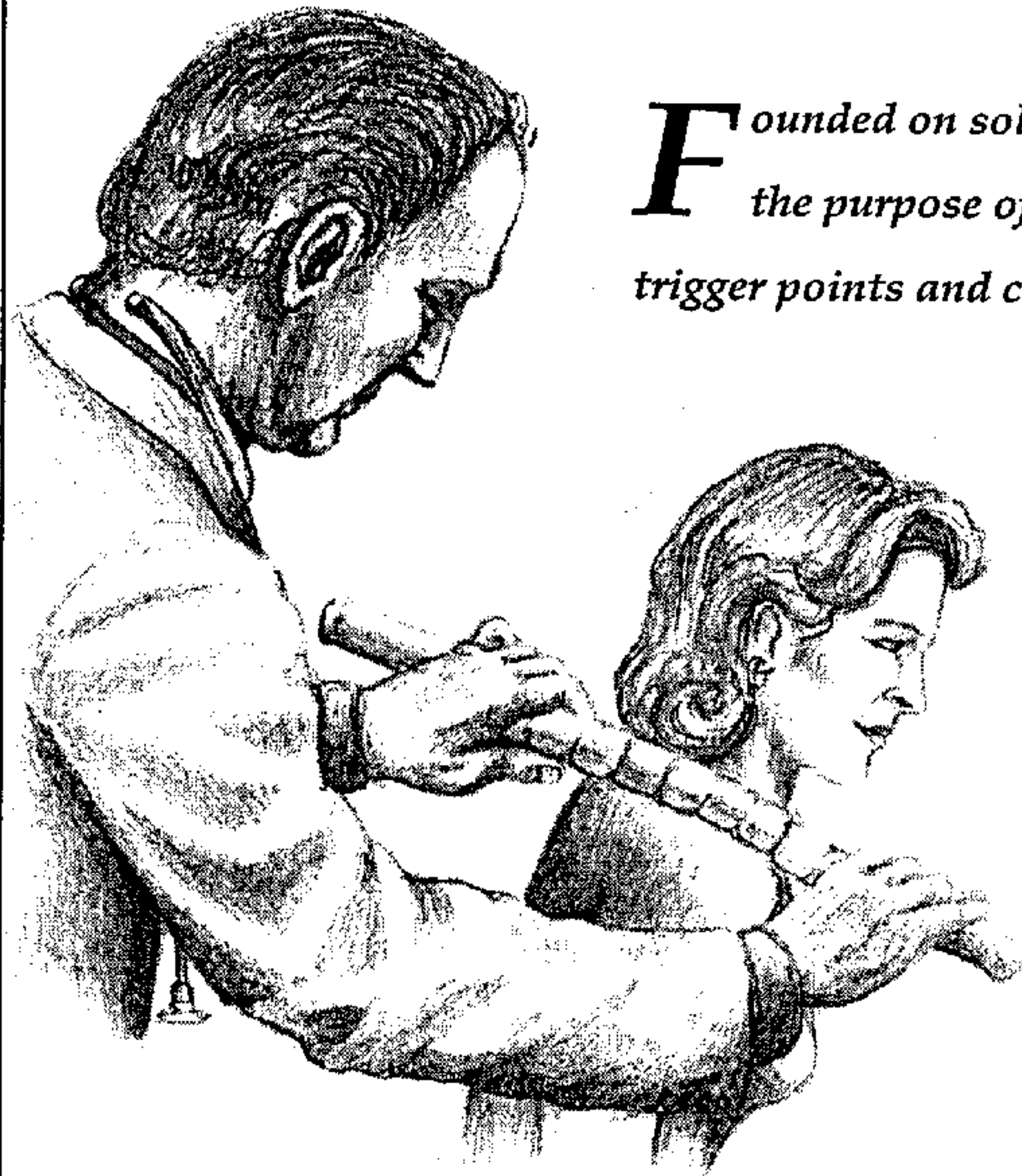


# INTRACELL®...Technology for Muscle



**F**ounded on solid scientific evidence in muscle physiology, the purpose of INTRACELL Technology is to extinguish trigger points and cause tight, contracted muscle to relax.

## TRIGGER POINTS

They cause pain, weakness and stiffness. Trigger points are identified as contracted fibers that feel like a knot or bump in the muscle. The host muscle often aches and fatigues during minimal exertion.

## FACT

The INTRACELL Stick rolls knots out of muscle, providing the many documented benefits of myofascial release and trigger point therapy.

## SUGGESTIONS

Try to keep muscles relaxed during rollout... You can use on skin or through light clothing... Excessive use may cause muscle soreness, however this will abate in a couple of days.

## FORCE

On a pain scale of 1 to 10 – use 5. Remember, it is not necessary to *hurt* the muscle in order to *help* the muscle.

## FREQUENCY

Always employ before and after periods of sleep and bouts of physical activity. Sessions require about 30 seconds per muscle group. Use other times as needed or as directed by your healthcare provider.

**I**INTRACELL Technology employs the use of a biomechanical instrument trademarked the INTRACELL Stick®. This instrument is to be used between visits with your healthcare provider. This page will provide you with general guidelines and procedures. Your healthcare provider may prescribe specific instructions for individual conditions on the reverse side.

## NOTE

When rolling out small areas like the calf, slide hands onto spindles for better control.

## INDICATIONS

The INTRACELL Stick is successfully used in the musculotendinous therapy of:  
pain...strain...stress...spasm...tension  
tone...cramp...trigger point...fatigue