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ROCK'N'ROLLER

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Patent-Pending

From the makers of
ROCKTAPE
 Go stronger, longer

JOIN THE MOVEMENT

The **ROCK'N'ROLLER**, from the makers of **ROCKTAPE**, is a foam roller and rolling system developed by industry-leading doctors and medical professionals. This system was developed to address everyone's mobility needs: from the professional athlete to the professional desk jockey, this system will keep you moving efficiently and pain-free.

OUR SYSTEM IS SIMPLE

1. **ROCK** from side-to-side (left-to-right) on tight, painful or sensitive areas
2. **ROLL** from top-to-bottom (head-to-toe) of the muscle group
3. **MAINTAIN** posture and breathe

This chart explores **THE 10 MOST COMMON PROBLEM AREAS** we face today. Whether from overworking or underworking, **ROCK'N'ROLL** and enjoy!

For more information please visit: ROCKTAPE.com

01 | ILIOTIBIAL BAND (ITB)

- 1 Start along the outside of the thigh, above the knee, and roll along the outside of the thigh to the hip bone
- 2 Roll from above the hip bone back toward the knee



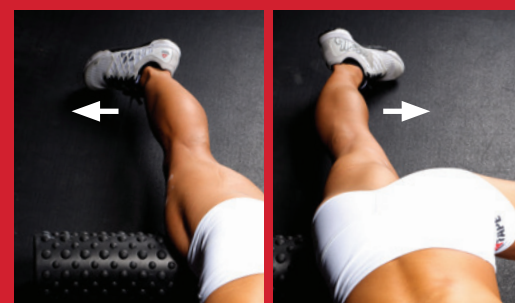
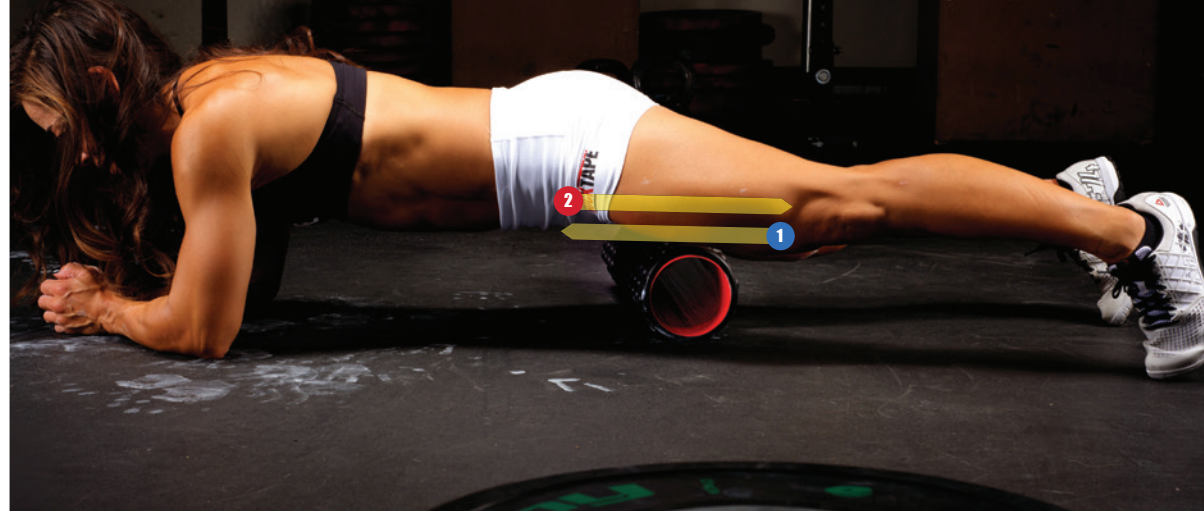
Brace your body with your hands and feet to reduce the amount of pressure applied



Roll above the hip bone while the hips are turned toward the ground at 45°

02 | QUADRICEPS (QUADS)

- 1 Start on the front of the thigh, above the knee, and roll to the hip crease
- 2 Roll from the hip crease back toward just above the knee



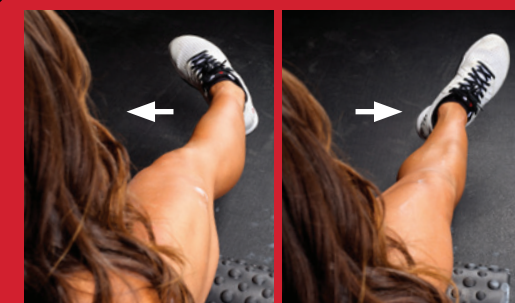
Remember to turn your foot in different directions to find the target areas



Do not roll over the knee cap

03 | HAMSTRINGS (HAMS)

- 1 Start on the back of the leg, above the knee joint, and roll to the glute crease
- 2 Roll from the glute crease to just above the knee joint



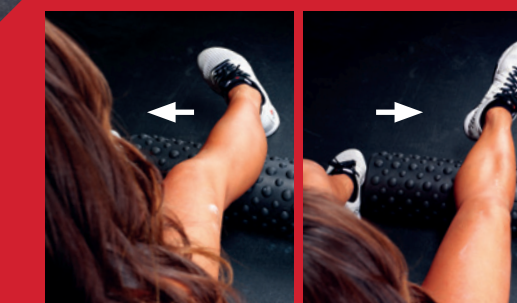
Remember to turn your foot in different directions to find the target areas



Do not roll in the back of the knee joint

04 | CALVES

- 1 Start at the Achilles' tendon, and roll to below the knee joint
- 2 From below the knee joint, roll toward the Achilles' tendon



To get both sides of the calf, point your foot outward and inward



Remember to keep your foot relaxed

05 | SHINS

- 1 Start above the ankle joint, and roll to just below the knee
- 2 From below the knee, roll toward the ankle joint.



You can roll one shin at a time or both shins simultaneously



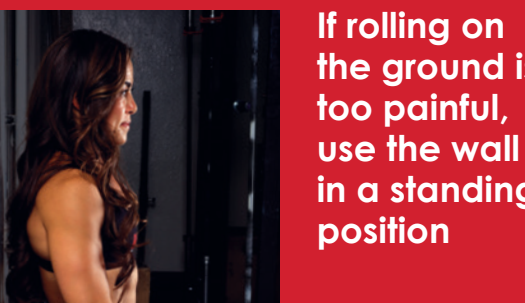
Remember to roll the outside lower leg

06 | LOW BACK

- 1 Roll from the top of the glutes, up toward the bottom of the ribcage
- 2 From the base of the ribcage, roll towards the top of the glutes



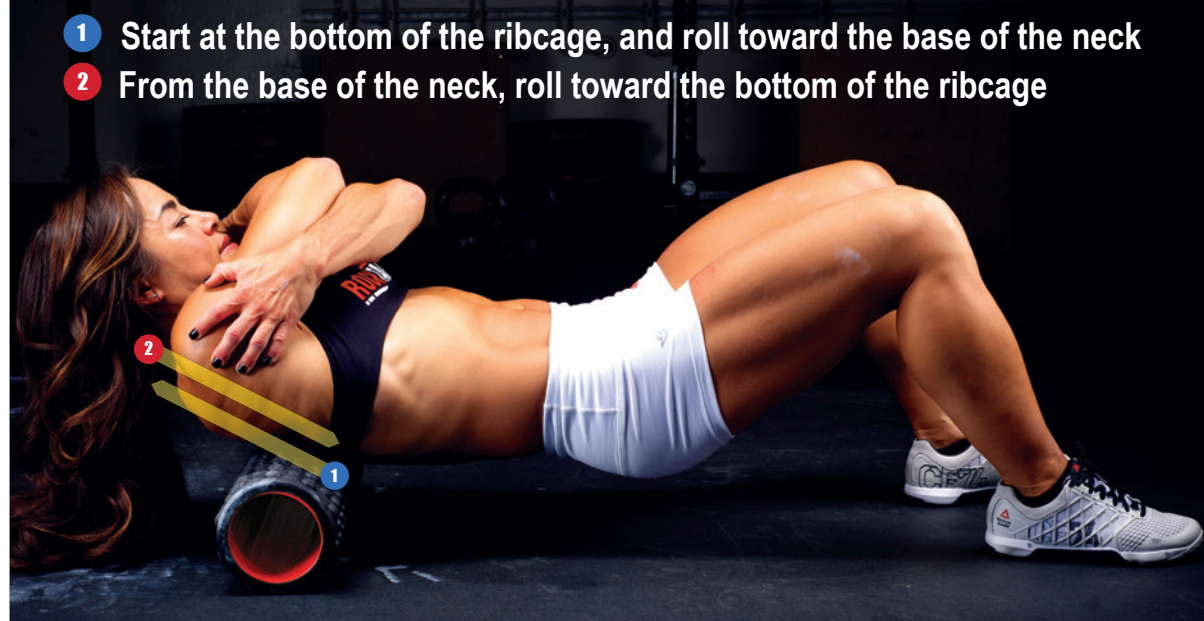
The low back is a small area. Total rolling length is between 6"- 8"



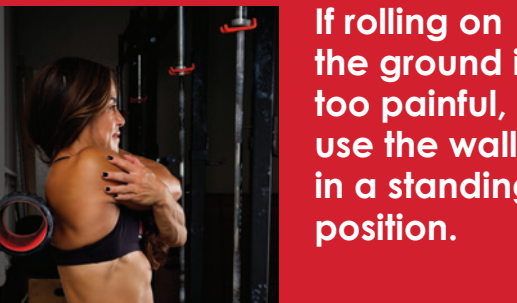
If rolling on the ground is too painful, use the wall in a standing position

07 | MID BACK

- 1 Start at the bottom of the ribcage, and roll toward the base of the neck
- 2 From the base of the neck, roll toward the bottom of the ribcage



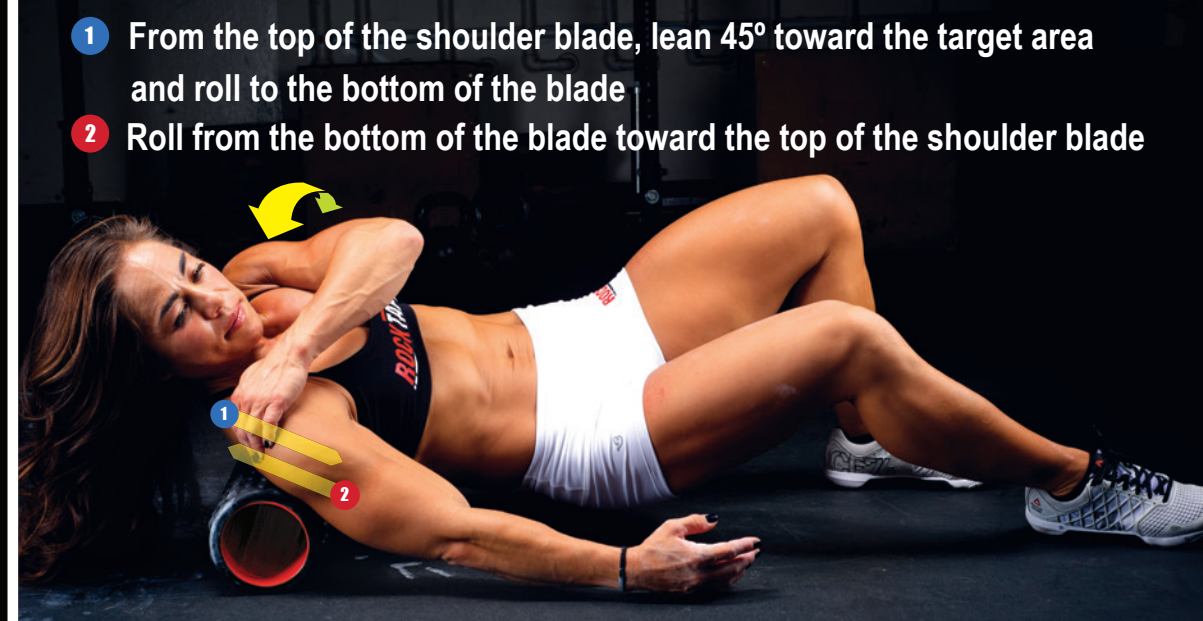
Hug yourself to move the shoulder blades out of the way



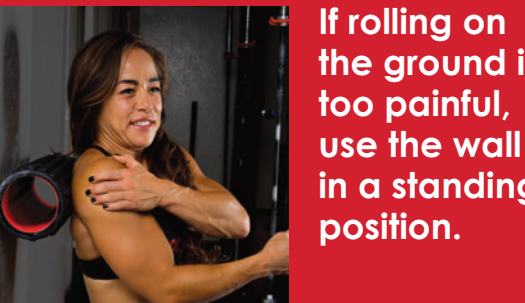
If rolling on the ground is too painful, use the wall in a standing position.

08 | SHOULDER BLADE

- 1 From the top of the shoulder blade, lean 45° toward the target area and roll to the bottom of the blade
- 2 Roll from the bottom of the blade toward the top of the shoulder blade



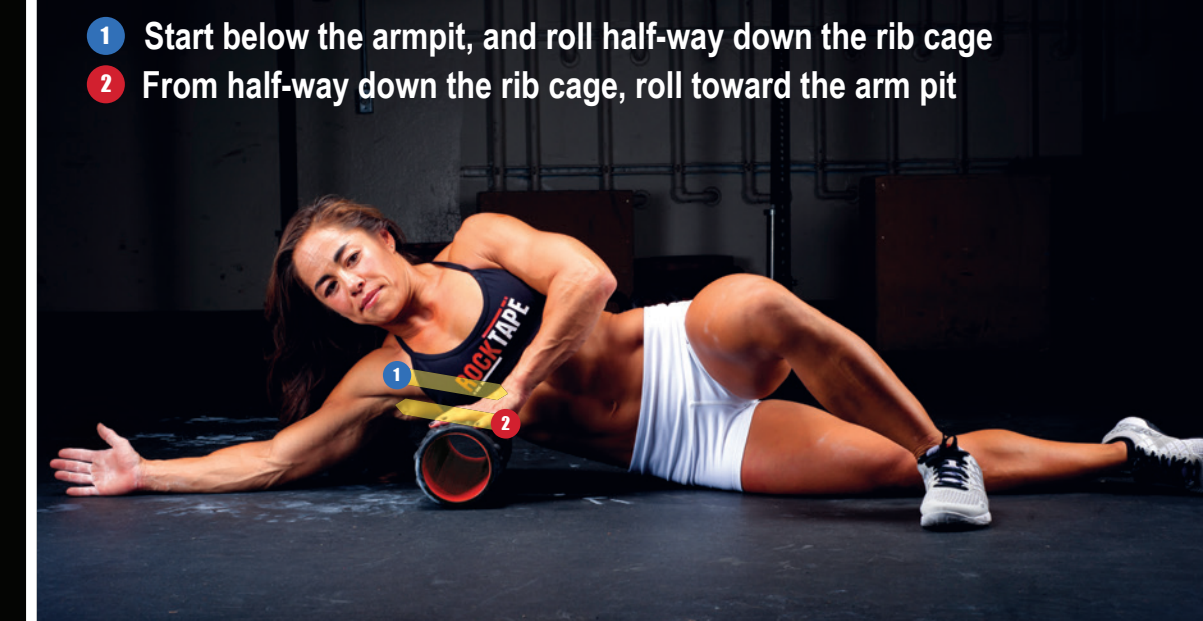
To make rolling the shoulder blade easier, grab your shoulder on the rolling side



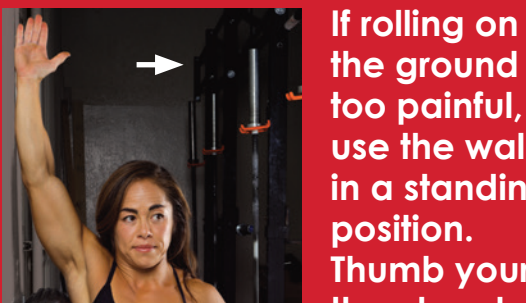
If rolling on the ground is too painful, use the wall in a standing position.

09 | LATTISIMUS (LATS)

- 1 Start below the armpit, and roll half-way down the rib cage
- 2 From half-way down the rib cage, roll toward the arm pit



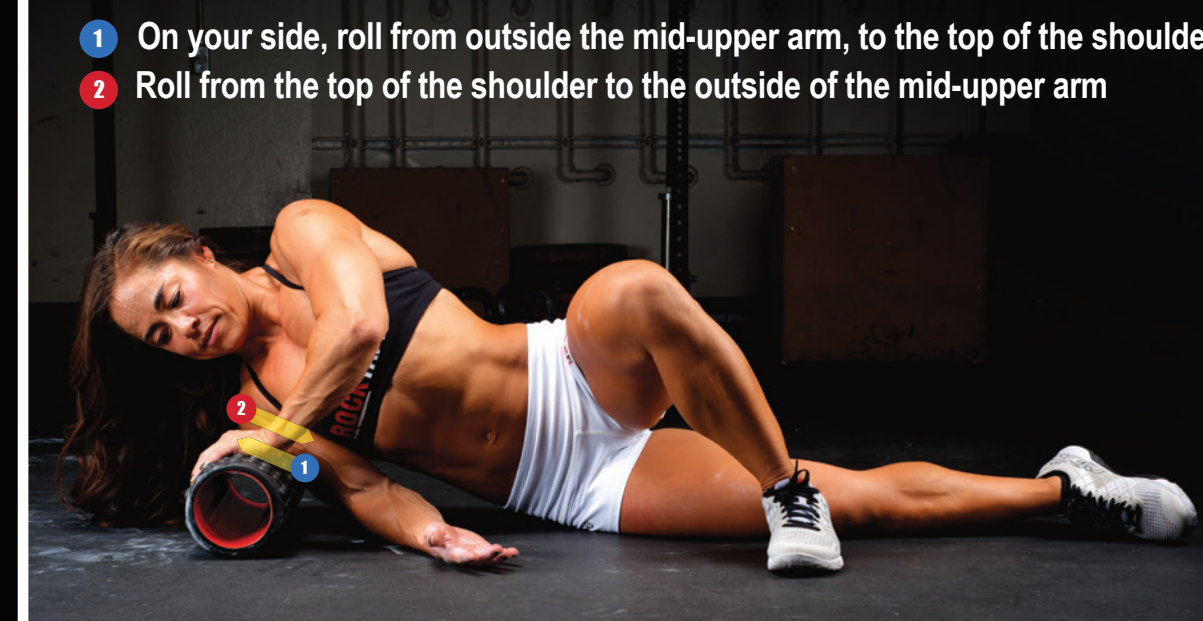
Point your thumb toward the ceiling to expose the lat



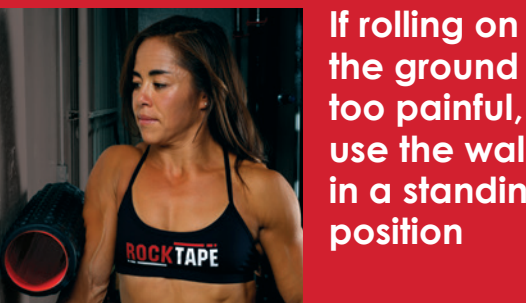
If rolling on the ground is too painful, use the wall in a standing position. Thumb your thumb out to expose the lat

10 | SHOULDER

- 1 On your side, roll from outside the mid-upper arm, to the top of the shoulder
- 2 Roll from the top of the shoulder to the outside of the mid-upper arm



While rolling, lean forward and backward to roll all three parts of the shoulder (deltoid): front, middle and back



If rolling on the ground is too painful, use the wall in a standing position

Any information or advice contained in the Rock'N'Roller educational rollout should not be considered a medical evaluation or form of treatment. Users who experience continued pain or problems are encouraged to consult a physician. RockTape, Inc. does not assume responsibility of any kind for improper use of the Rock'N'Roller system or product. Please consult your primary care provider before you use this system or product, especially if you are pregnant, have been diagnosed with cancer, or any other form of lymphatic disease. RockTape, Inc. all rights reserved. TM