

ROCKPODS™

From the makers of
ROCKTAPE
Go stronger, longer

QUICK START GUIDE



WHAT ARE ROCKPODS?

RockPods are a great complementary treatment to manual therapy for temporary relief of pain. These rubbery suction pods make for a simple, noninvasive alternative to traditional myofascial cupping therapy. RockPods use decompressive technology to loosen and lift connective tissue, and increase blood and lymph flow to the skin and the muscles, stimulating the body's natural healing process to treat chronic pain, relieve tension and sedate the nervous system.

QUICK START

1. Prep: Wipe skin clean. Skin should be dry and free of oil, sweat and lotion; any excess hair should be trimmed.



2. Identify target area and select pod size.



Small red pods are best suited for smaller body parts, hands and feet etc.

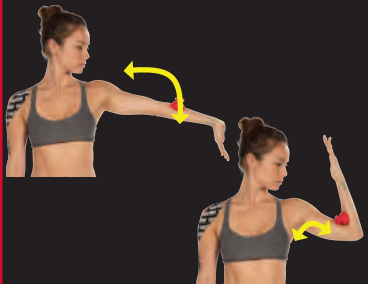


Large black pods are best suited for larger muscle groups, back, hamstrings etc.

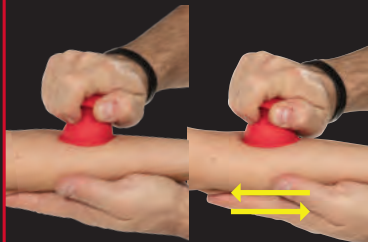
3. Apply pod, depress plunger and release to create suction.



4. **INTERNAL GLIDE (MANUAL)** - start at an extended position then move body part through range of motion. Perform movement for 30 seconds.



5. **EXTERNAL GLIDE (ASSISTED)** - with pod positioned on target area, take hold of the plunger and manipulate plunger in order to shear tissue. Perform movement for 30 seconds.



6. Troubles with suction? Apply a small amount of RockRub to target area.

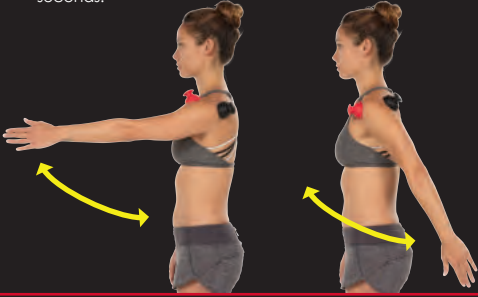
To purchase RockRub visit shop.rocktape.com



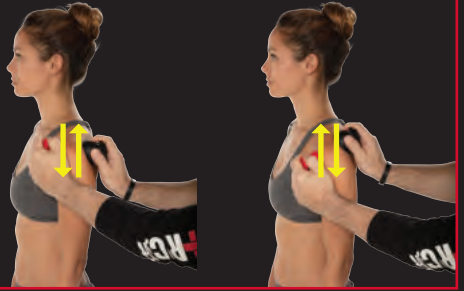
WARNING: SLIGHT DISCOMFORT AND BRUISING MAY RESULT. IF EXCESSIVE PAIN IS PRESENT DURING TREATMENT, DISCONTINUE USE IMMEDIATELY. CONSULT YOUR PRIMARY PHYSICIAN BEFORE USE. FOR PROFESSIONAL USE ONLY. NO OPEN WOUNDS, NOT OVER AREAS OF ACTIVE CANCER/INFECTION, NOT OVER THE BELLY OF PREGNANT WOMAN, NOT ON CHILDREN THAT CAN'T COMMUNICATE, NOT WITH PEOPLE WITH BLEEDING DISORDERS.

PRO TIPS SHOULDER

1. After pods are applied to target tissue, run through range of motion. *In this example a small pod and a large pod are used to best address target area. Perform movement for 30 seconds.



2. Two RockPods can be placed on either side of a target limb or tissue area and then pulled in opposite directions to create a powerful fascial shearing effect. Perform movement for 30 seconds.

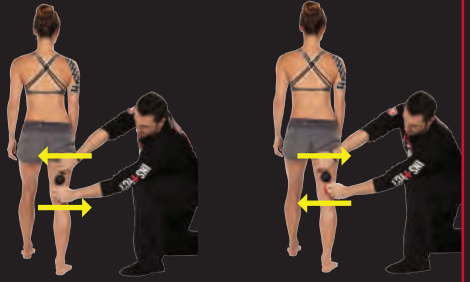


PRO TIPS HAMSTRING

1. After pods are applied to the hamstring, extend the foot and reach for your toes. *In this example a small pod and two large pods are used to best address target area. Perform movement for 30 seconds.



2. RockPods can be placed along the muscle group or tissue area and then pulled in opposite directions to create a powerful fascial shearing effect. Perform movement for 30 seconds.



FMT ROCKPODS
MYOFASCIAL CUPPING CERTIFICATION

FMT RockPods Certification introduces the concept of skin/fascial decompression to help improve tissue mobility, improve movement and modulate pain with myofascial cupping. This course will cover the anatomy, physiology and neurology of the effects of myofascial cupping on connective tissue gliding, tissue traction and tissue decompression. FMT RockPods Certification will explore skin and fascial decompression with myofascial cups by evaluating the dermal and fascial systems. Interventions with cupping (RockPods) will be reviewed based on the literature and integrated into current rehabilitative concepts.

LOOKING FOR A CUPPING CLASS?

Learn more at rocktape.com/education

WARRANTY

- 3-month warranty on any manufacturing defects during normal use. Effective from date of purchase.
- Warranty on RockPods is void if used in conjunction with non-RockTape approved products.
- This warranty does not cover any damage resulting from careless handling or non-standard use.
- Warranty claim requires proof of purchase.

ROCKTAPE™