



## Guidelines for Use

### Intensity

The intensity of a MassageBlocks.com tool is controlled by the amount of body weight you align above it. Choosing a smaller tool can increase a session's intensity. Always start with a small amount of body-weight until you know how you will respond then, when relaxed, gradually provide more body-weight to the tool.

### Duration

Initially begin with short 5 minute daily sessions. Gauge your response. If your pain lessens and relief is gained increase duration to 10 minutes, or consider adding a second session later in the day. Again gauge your muscles response to 10 minutes. If your tightness decreased then consider increasing to 12 or 15 minutes / day. If 10 minutes caused soreness ,reduce to 5 minutes for 1 to 2 days and then progress to 10 as your tolerance increases. It is normal to feel some soreness in the muscles after the first couple MassageBlock.com sessions. While using the MassageBlocks.com tools you should feel pressure and may feel minor soreness, but you should never feel a worsening of pain. Nor should you experience severe pain or any type of symptoms that radiates into your extremities.

### Frequency

Massage blocks can be used every day or anytime your muscles feel sore or tight. When beginning with MassageBlocks.com tools start slowly once per day. It is common for deep tissue massage to produce some minor temporary soreness. However, as your muscles learn to relax your personal tolerance should build. If you are not feeling pain, you can use massage blocks several times per day. For best results be consistent and use them often.

### Response

You should place only enough pressure onto the tool to create an uncomfortable feeling (some may feel the urge to laugh) but it should not produce pain. If you feel yourself tensing, bracing, or tightening up you are defeating the purpose. The goal is to provide deep pressure into the muscle to get it to relax. If you use too much pressure the increased tension in the muscle will prevent expected benefits. Redness in the area is considered normal after the session. Be sure to monitor the area the first couple sessions. If bruising appears wait a couple days and decrease the amount of body weight you are putting into the tools. Following a MassageBlocks.com session with some targeted gentle stretching allows for further relaxation and decreased soreness.

**Session Progression:**

In summary, progress slowly. Build up your tolerance by using the Massage Blocks over several days. Start with a shorter duration and less pressure, then progress either the pressure or duration. Do not progress both parameters from one session to the next. Progress duration first, then after you have added 5 minutes without increasing soreness, increase the amount of body weight levered.

Example 7 day progression

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Duration	5min	10 min	5min	10	15	5	5
Intensity	Low Pressure	Low Pressure	Moderate Pressure	Moderate Pressure	Moderate Pressure	Moderate Pressure	Higher Pressure
Freq.	1x/day	1-2x/day	2x/day	2x/day	2x/day	2-3x/day	1-2x/day

