

# VYPER VIBRATING FITNESS ROLLER

PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## 1. VYPER CALF

Position Vyper on your calf muscle and lift hips off the floor. Slowly move roller throughout calve muscle as tolerated, for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



## 2. VYPER HAMSTRING

Position Vyper on your hamstring muscle and lift hips off the floor. Slowly move roller throughout hamstring muscle as tolerated, for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



## 3. VYPER ILIOTIBIAL BAND

Position Vyper on the side of the leg and slowly move throughout outer thigh, from hip to knee as tolerated, for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



## 4. VYPER QUADRICEP

Position Vyper on thighs as you pull your body forward with arms, slowly moving roller throughout thighs as tolerated, for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



## 5. VYPER GLUTE MAX

Begin sitting on the Vyper with on leg crossed over the other with the ankle resting on the opposite knee. Lean slightly to the crossed leg side and gently roll forward and back for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



## 6. VYPER MID BACK

Begin with the Vyper positioned in the middle of the back. Cross the arms to open up the shoulder blade region and lift hips off the floor. Slowly massage the upper back, rolling up and down as tolerated, for a duration of 1 – 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.