

Massage-A-Mia tm Use/Care Instructions

Thank you for purchasing Massage-A-Mia, the new combined massage and exercise device. Massage-A-Mia provides relaxing, revitalizing self massage to the back, shoulders, head, neck and feet. It also provides light to moderate exercise to most major muscle groups of the body.

Consult your MD before using the Massage-A-Mia for exercise and/or massage. You see this a lot ... in this case it is crucially important as there are many conditions where massage or exercise is contraindicated including:

Infections, skin conditions, cancer, kidney or liver conditions, pregnancy, recent fracture, undiagnosed pain, varicose veins, vascular disease, hematoma and DVT among others.

Deep Venous Thrombosis: A Deep Venous Thrombosis (DVT) is a blood clot that can form in any vein but more commonly forms in one of the veins in the leg. Signs of a DVT may include swelling distal to the clot. A clot may be present in the legs without any visible signs. Massage can dislodge a clot in the legs. This can result in the clot travelling to the lungs and then blocking blood flow to the lungs which can result in a **fatality**. For this reason we recommend not using the device to massage the legs with the exception of the feet unless specifically approved by your MD. Also, for the same reasons as with massage you should not perform resistive exercise of the legs with Massage A Mia other than via foot contact. Again, consult your MD before performing resistive exercise.

Warning: This product contains natural rubber latex. If you are allergic to natural rubber latex you may return Massage-A-Mia for a full refund.

Prop 65 Warning: This product contains materials that have been determined by the state of California to have the potential to cause a risk for cancer or reproductive harm.

Massage: Massage should not be painful. With Massage-A-Mia you can perform an invigorating massage that feels good! Use your desired pressure as you grasp the handles to move the roller and perform massage. You will notice that Massage-A-Mia will conform to your muscles well in comparison to other devices. You will also be able to massage the entire back and neck area in comparison to other devices.

Exercise: Massage-A-Mia is a versatile exercise device designed for light to moderate exercise. It is easy and fun to use, meaning you will tend to exercise more and more regularly. As with massage, please consult with your MD before starting any exercise program. You will notice that all leg exercises are performed with foot contact, to minimize the potential for disrupting a DVT.

Cleaning: You can clean Massage a Mia with soap and water as needed.

Keep out of reach of small children: The end caps are pressed on securely but could be a choking hazard for children if they come off.

Exercises: Please consult your MD before beginning an exercise program. Start with 10 repetitions of each exercise.



1. Hold with the elbows straight then bring the two ends together. This exercise works the Pectoralis Major.



2. Hold at your side with one hand down and the other up. Bring the upper hand down. Start with sets of 10 and repeat on other side.



3. Hold in front of the body with palms up. Rotate your trunk to the left and then back. Repeat on the right side. This exercise works the Pec's and the Internal and External Obliques.



4. Hold in one hand with the Massage A Mia in a vertical position. Rapidly alternate between moving forward and backward in a rapid whip like motion. This exercise strengthens the muscles that move your wrist and hand from side to side. (Radial and Ulnar Deviators.)



5. Grasp the foam roller itself with both hands. Move one wrist forward while the other wrist moves backward. This exercise works all of the wrist muscles.

Exercises Cont.



6. Hold the Massage A Mia with the roller under the sole of the foot and then lift your foot around two feet off the ground, then press your foot down while holding onto the handles. This will exercise your Glut's. Repeat with the other leg.



7. Hold the foam roller on top of the foot with the Massage A Mia in the U position. Lift the leg up slightly then repeat. This exercise works the Hip Flexor muscles.



8. Lift your forefoot off the floor. With your heel still on the floor place the foam roller on the sole of the foot near the toes. Press your foot down against the foam roller as in pressing on a gas pedal. This exercise works the Gastroc/Soleus muscles, important muscles for standing and walking.



9. Place the foam roller on top of your foot near the toes. Keeping the heel of the foot on the floor, lift your forefoot up against the resistance of the rod. This exercises the ankle Dorsi-flexor muscles which are also important for walking.