

USE THE FASCIA BUDDY FAMILY OF SILICONE CUPS IN THE FOLLOWING AREAS:



ELBOW
WRIST
HAND



SOLE OF FOOT
ANKLE
CALF



NECK
SHOULDERS
UPPER ARMS



THIGHS
HAMSTRINGS
KNEES
IT BAND



HIPS
LOWBACK

SUGGESTIONS FOR RECOMMENDING FASCIA BUDDY TO PATIENTS

Fascia Buddy - Extra Small

- Tennis/golfer's elbow
- Wrist/carpal tunnel pain
- Dupuytren's contracture
- Carpal stiffness and pain
- Neck stiffness/tightness/pain
- Sinus congestion
- Achilles and calf tightness
- Plantar pain/tightness
- Tarsal stiffness/pain
- Medial and lateral ankle issues

Fascia Buddy - Small

- Same as the X-small cup, but on a larger body
- Medial and lateral knee issues
- Shin splints
- Calf tightness
- Upper arm and shoulder

Fascia Buddy - Medium

- Same as the X-small and small cups, but on a larger body
- Shoulder/upper arm
- Quads
- Hamstrings
- IT Band
- Hip Girdle

Fascia Buddy - Large

- Same as the X-small, small, and medium cups, but on a larger body
- IT Band
- Sacrum
- Glutes

