

5-MINUTE LOW BACK, HIP AND IT BAND SELF-CARE RELEASE USING THE LARGE FASCIA BUDDY SILICONE CUP

NOTE: Before proceeding, please read the insert found in the Fascia Buddy kit to familiarize yourself with the basic principles of self-cupping. Remember, you can control the amount of suction generated by the cups. Always choose a level of compression that provides a fairly strong pull without causing intense pain.

Step 1: Apply an appropriate massage oil over the low back, buttock and IT band area. An alternative and convenient method is to do the all these steps in the shower. If choosing to perform these techniques in the shower, wet the area and then soap up the low back, hip and IT band with a creamy soap. Apply the cup to the mid-back using both hands. Use your fingers as shown in image 1 to compress the top of the cup while holding the cup in position with the thumbs.

Using both hands move the cup in pattern “A” over the low back area in the circular motion indicated in image 2 for 1 minute. Then perform pattern “B” across the back on one side first for 30 seconds and then the other side for an additional 30 seconds.

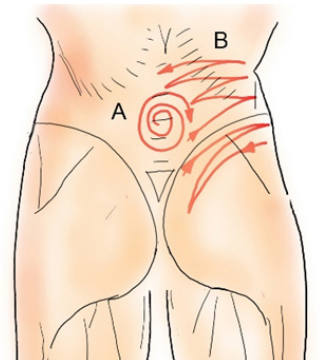
Step 2: Release the cup and apply the cup to the side of the hip as indicated in images 3 and 4 by clipping the bottom edge of the cup with the fingers, and then apply the top edge to side of hip and press with the heel of the palm to create suitable suction.

Then move the cup from the side of the hip down and up over the left buttock as indicated in image 5 for 30 seconds. Repeat on the opposite side 30 seconds.

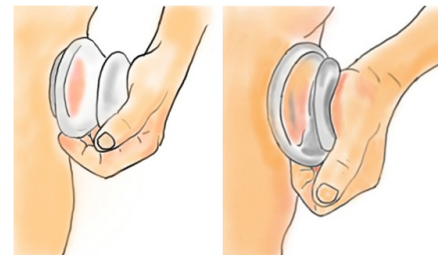
Step 3: Return cup to the side of the hip and re-apply as indicated in images 3 and 4. Then follow the movement patterns in image 6 along the glutes and the IT band for 30 seconds, traveling down the side of the leg and then returning up again, back and forth, on one side. Repeat for 30 seconds on the other side.



IMG 1

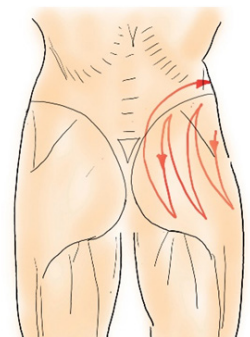


IMG 2



IMG 3

IMG 4

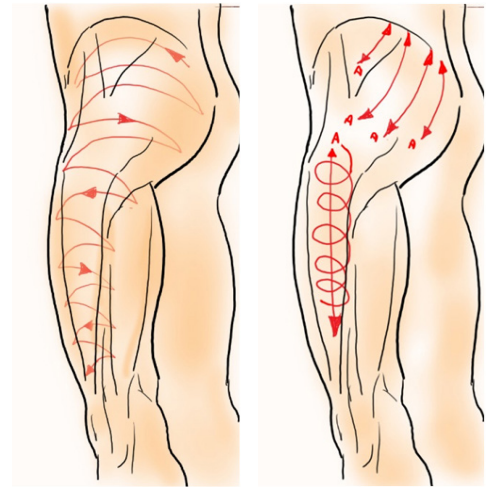


IMG 5

Step 4: Take cup and apply as in images 3 and 4 then slide it over to top of hip arch and then slide over the gluteus muscle to point A at which point start circling down the side of leg (as shown in image 7). Once you reach the top of the knee, return the same manner up the side of the leg in a circular pattern to the top of the leg and then over the glute to the top of the hip arch. Then repeat, as indicated in image 7. Repeat on the other side.

Step 5: Take the cup and place the Fascia Buddy cup on any point of restriction in the low back using the method shown in image 1. Once the cup is in place, perform gentle movements, like walking around, moving your hips left and right, front and back, do little hip circles and small bends all at to the place of comfort for 60 seconds. If you are performing this in the shower, just complete your shower with the cup in position as the gentle movements that you do while showering will stimulate tissues while the Fascia Buddy is in place. Remove cup and repeat daily to condition your connective tissues and promote healthy circulation in the low back, hips and IT band.

Note: As you move the cup over the areas indicated, some areas may become tight and provide some discomfort. This is an indicator of where you connective tissue may be binding. Simply decompress the cup, then re-apply again with less pressure and continue on with the process. You will find after repeated passes and days that you will be able to increase the pressure created by the Fascia Buddy. These are all signs of healthy progression.



IMG 6

IMG 7



5-Minute Low back, Hip and IT band Self-Care
Release using the Large Fascia Buddy
Silicone Cup