

# FootFixx

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M A S S A G E | T H E R A P Y

## USER GUIDE



by FlexFixx

# FootFixx Massage Ball Set

When your feet or back are sore your whole body suffers and affects your ability to be comfortably active and mobile. The FootFixx helps provide quick relief of these areas so you can get on with your day with more comfort and vitality.

There are many reasons and ailments that cause foot and back pain. All can be effectively treated with manual massage, deep tissue, trigger point access and acupuncture using a simple tool by you such as the FootFixx Massage Ball Set.



Great for thorough, all over massage of feet. Good ball to start with to loosen the fascia and increase blood circulation. This step alone starts instant relief of tired feet after a long day.

**RED BALL**

**9CM | 3.5" DIAMETER**

This one is smallest and smooth ball for accessing and pinpointing tight muscles and areas that are very specific and harder to access. It is also very effective for applying deep tissue pressure to knots in back, gluts, and shoulders.



**GREY BALL**

**7.5CM | 3" DIAMETER**



Spikes are a little more defined and easier to get more direct pressure into areas of feet and body for trigger point access.

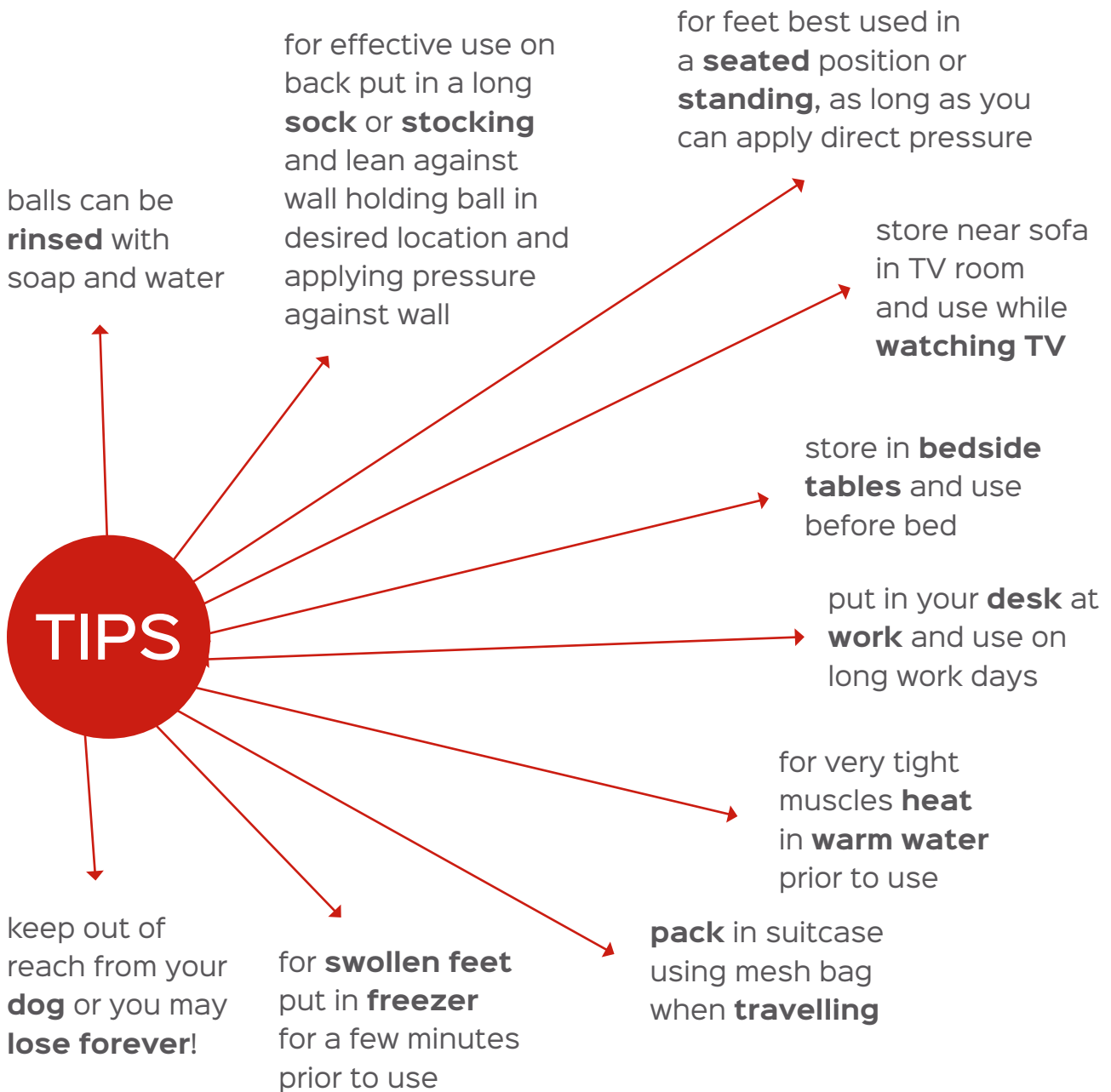


**BLACK BALL**

**6CM | 2.4" DIAMETER**

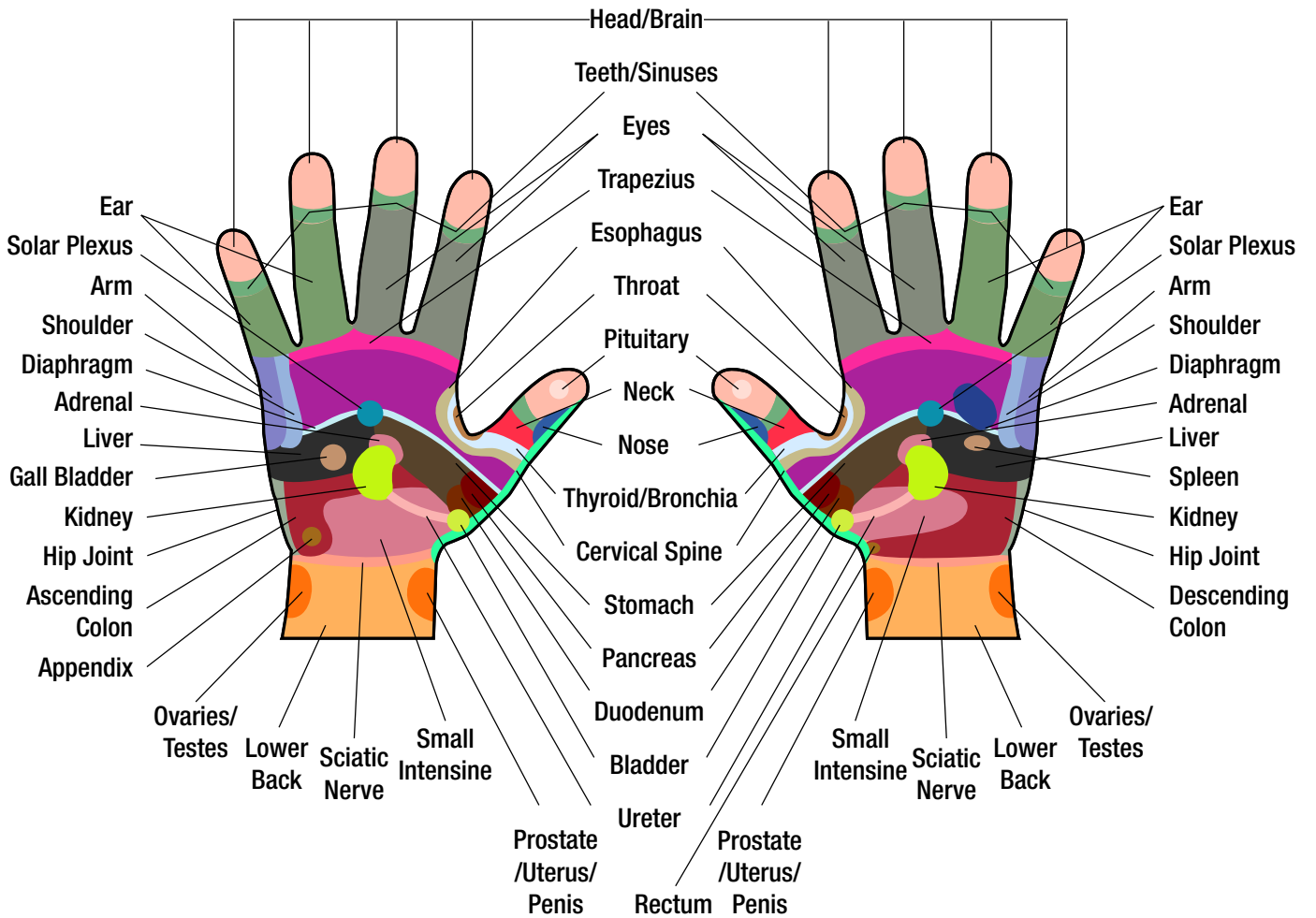
## HOW TO

Pressure can be controlled depending on how hard you push down on the area in question. It is good to start with lighter pressure applying more over time. Only use the pressure that feels comfortable for you. This will vary from person to person. Once finished with massage balls put your feet up to rest for a few minutes and relax.



Foot Fixx by Flex Fixx... Feel better. Live better

# REFLEXOLOGY HAND



# REFLEXOLOGY FOOT

