

PREPARATION AND GENERAL MOBILIZATION

USE FOR THE CARE AND PREVENTION OF SOFT TISSUE DYSFUNCTION

Benefits include - increasing flexibility, range of motion and circulation, and decreasing soft tissue tension and adhesions.

ACTIVE WARM UP PRIOR TO MOBILIZATION

The goal is to warm-up and activate soft tissue for 5-15 minutes before mobilizing. Using a stationary bike, going for a brisk walk, doing arm circles, etc. are good warm up exercise choices.

PREPARE SKIN FOR STROKING TECHNIQUE

Hold FlexEdge™ at 45 degrees and use light level 1 pressure to apply a light coat of high quality massage lotion over treatment area. Using edge 2, scan and feel for harder, inflexible soft tissue areas that do not move well and need to be mobilized. This will also help warm-up an activate underlying soft tissue.

USE MASSAGE CREAM FOR ALL STROKING TECHNIQUES

Most lotions can be used but a high quality sports cream (available through pro-tecathletics.com) is advised to ensure smooth stroking and to prevent damaging skin.

LEVELS OF PRESSURE PLACED ON SOFT TISSUE

- Level 1: Light, non-aggressive pressure affecting superficial soft-tissue layers.
- Level 2: Moderate pressure to activate slightly deeper soft tissue layers.
- Level 3: Rarely necessary aggressive pressure to activate deeper soft tissue.

Always begin treatment with Level 1 pressure and gradually increase to Level 2 when tissue quality improves and sensitivity decreases. Level 1 and 2 are usually sufficient for effective treatments.

MOBILIZATION

Exert downward pressure on FlexEdge™ into the underlying soft tissue and stroke in multiple directions. For best results, also mobilize surrounding areas adjacent to restricted regions. Mobilization time is 20-60 seconds per area.

WARNING: Do not over mobilize. Over mobilizing may cause the tissue to become bruised and painful. Avoid this by gradually working deeper into the tissue over several treatments. For both Stroking and Pin and Release, we recommend two mobilization sessions per week with 2-3 days in between sessions. Any soft tissue pain or inflammation from a previous session should be allowed to subside before beginning the next mobilization session on that area.

MOBILIZATION METHODS WITH LOTION

STRAIGHT EDGE STROKING Most common technique used to promote flexibility and range of motion. To begin, use the duller edge 1 progressing to sharper edge 2 when tissue quality and sensitivity improves. Both edges are double beveled. This allows you to exert back and forth stroking pressure without picking up FlexEdge™ off of the skin.

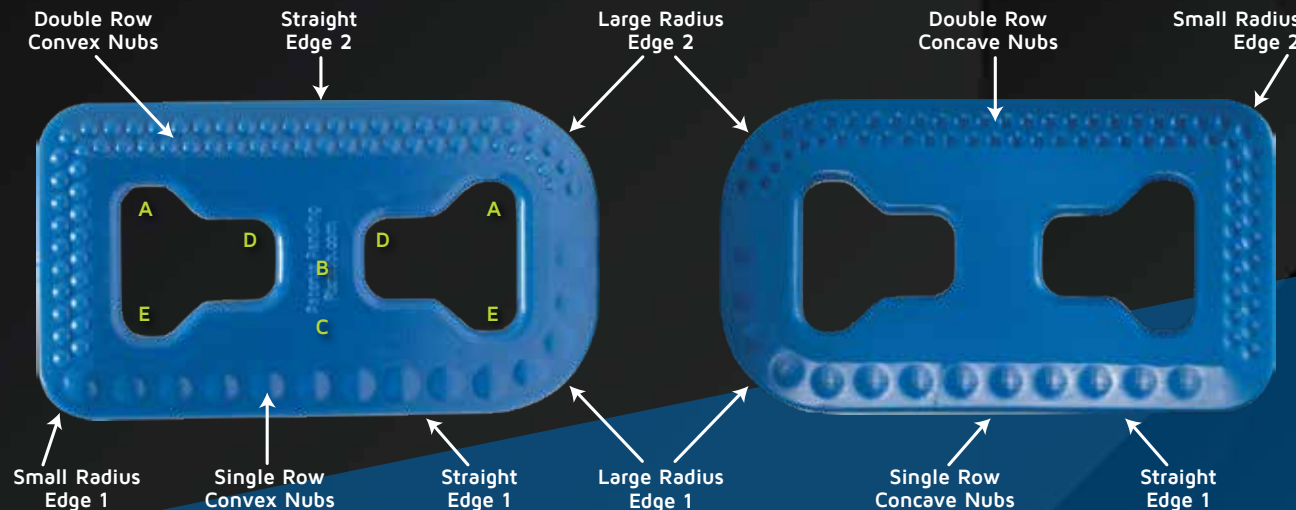


RADIUS EDGE STROKING

Technique used to target more precise soft tissue locations. To begin, use a larger radius edge 1. Progress to one of the other three radii when appropriate. Continually check to see and feel if the skin is adequately lubricated.



PRODUCT FEATURES



ONE HAND GRIP

- A, B, C, D, E Symmetric grip zone for both right and left hands
- A, D Grip zone for 4th, 5th fingers
- B Support post, enhancing stability and feel
- C Flat area, functioning as gripping area for thumb, index and middle fingers to gain precise control.

Opposite straight edge not in use rests in palm of hand.



Right Hand Back View



Right Hand Front View



One hand grip to partially flex. Slide thumb off post and press thumb and fingers together (or slide fingers off post and press together with thumb).

TWO HAND GRIP

Two hand grip is symmetrical for either edge. It is used when flexing the instrument to match the contour of the area being mobilized and when working on broader areas.

The four fingers on each hand are positioned over one of the nubs surfaces while both thumbs are positioned on the under surface of Support Post B and are used as a fulcrum to shape the instrument.



Straight Edge Flexed



Radius Edge Flexed



Straight Edge

Alternative self-mobilization grip for posterior (calf, hamstring, back) areas

PRODUCT FEATURES

Treatment edges 1 and 2 are double beveled to allow user to reverse stroking direction while mobilizing without lifting instrument off skin.

STRAIGHT EDGE 1

The duller of the two straight edges located next to the single row of nubs. Used superficially and in early mobilization stages.

STRAIGHT EDGE 2

The sharper of the two straight edges located next to the double row of nubs. Used for deeper access in later mobilization stages.

RADIUS EDGES

A radius is formed at each of the four corners. Edges 1 and 2 continue around each corner to provide precise treatment.

CONCAVE TRACTION NUBS

Used for Pin and Release techniques (without lotion). Concave nubs will less aggressively grip soft tissue.

CONVEX TRACTION NUBS

Used for Pin and Release techniques (without lotion). Convex nubs will more aggressively grip soft tissue. Smaller double row of convex nubs provides the most traction on soft tissue.



FlexEdge™

SOFT TISSUE MOBILIZER
Instruction Guide



How-To
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Directions
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CLEANING INSTRUCTIONS

Clean off remaining lotion and wipe down all of FlexEdge™ surfaces with a 70% isopropyl alcohol after each use. Do not immerse in the alcohol.

PRECAUTIONS AND CONTRAINDICATIONS FOR TREATMENT

Any condition contraindicated for soft tissue mobilization and massage is contraindicated for use of FlexEdge™. The online list is not intended to be all inclusive. Consult a physician before using FlexEdge™ in you need more direction and definitive information on the appropriateness of using this treatment on yourself or others. See Online Manual at www.pro-tecathletics.com to read complete list of contraindications and additional information.

DISCLAIMER

Pro-Tec Athletics assumes no responsibility or liability for any injury that occurs while using this product.

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MOBILIZATION METHOD WITHOUT LOTION

PIN AND RELEASE

To be performed on skin that is clean and dry. This technique allows soft tissue layers to be stretched and laterally shifted in relation to each other, reducing scarring and fibrosis, improving flexibility. In the majority of cases a two-handed grip is used. Progression of treatment from conservative to aggressive: 1) concave nubs, 2) single row convex nubs, 3) double row convex nubs, 4) straight edge 1, 5) straight edge 2, 6) radius edges. All progressions are made when soft tissue mobility increases and sensitivity decreases.



Warning: Instrument is not allowed to move on the skin's surface. It must remain positioned on the skin where it started at beginning of treatment. If FlexEdge™ were to move over dry unlubricated skin, inflammation and injury to the skin may occur.

**STRAIGHT EDGE STROKING
WITH LOTION**



LOWER LEG SELF STROKING TECHNIQUE
Position yourself in a stable sitting position. We recommend a two-handed grip, but a one hand grip may be used. Relax lower leg. Stroke the soft tissue in multiple directions. Start with light scanning pressure to warm up the area and feel for hard inflexible soft tissue. Progress to deeper soft tissue stroking as detailed in the General Mobilization section of this manual.

**STRAIGHT EDGE STROKING
WITH LOTION**



KNEE, HAMSTRING SELF STROKING TECHNIQUE
Position yourself in a stable comfortable sitting position. We recommend a two-handed grip but a one-handed grip may be used. Relax the thigh and stroke the soft tissue in multiple directions along the knee/posterior thigh area. Start with light scanning pressure to warm up the area and feel for hard inflexible soft tissue. Progress to deeper soft tissue stroking as detailed in the General Mobilization section of this manual.

**STRAIGHT EDGE PIN AND
RELEASE WITHOUT LOTION**



*Starting Position
(Black lines for
demonstration
purposes)*
Mobilizing Laterally *Mobilizing Medially*
QUADRICEPS PIN AND RELEASE TECHNIQUE
Exert downward force on straight edge, pinning skin and underlying soft tissue. While maintaining downward pressure, move straight edge in multiple directions, releasing soft tissue.

**PIN AND RELEASE
WITHOUT LOTION**

Place FlexEdge™ in the center of the first area to be mobilized and exert light downward pressure pinning skin and underlying soft tissue. This is your starting position. While maintaining this pinning force, push FlexEdge™ back and forth in multiple directions into the end point of movement in each direction. Treat each area for 10-20 seconds. When you have finished mobilizing one area, pick FlexEdge™ up off the skin and relocate it to the next area to be treated. Continually check to see and feel if the skin is clean and dry.

**STRAIGHT EDGE STROKING
WITH LOTION**



IT BAND SELF STROKING TECHNIQUE
Position yourself in a stable sitting position. We recommend a two-handed grip, but a one hand grip may be used. Relax thigh and stroke the soft tissue in multiple directions along the lateral thigh. Start with light scanning pressure to warm up the area and feel for hard inflexible soft tissue. Progress to deeper soft tissue stroking as detailed in the General Mobilization section of this manual.

**STRAIGHT EDGE STROKING
WITH LOTION**



CHEST, FOREARM, FOOT SELF STROKING TECHNIQUE
Position yourself in a stable comfortable sitting position. We recommend a one-handed grip. Relax the area being treated and stroke the soft tissue in multiple directions along the chest, forearm, or foot. Start with light scanning pressure to warm up the area and feel for hard inflexible soft tissue. Progress to deeper soft tissue stroking as detailed in the General Mobilization section of this manual.

**RADIUS EDGE STROKING
WITH LOTION**



QUADRICEPS SELF STROKING TECHNIQUE
Position yourself in a stable comfortable sitting position. Start with a straight edge and light scanning pressure to warm up the soft tissue. Next use the radius edge two-handed grip as seen in photo above. Mobilize by stroking the soft tissue in multiple directions along the anterior thigh progressing as detailed in these instructions.

**RADIUS EDGE PIN AND
RELEASE WITHOUT LOTION**



*Starting Position
(Black lines for
demonstration
purposes)* *Mobilizing Laterally* *Mobilizing Medially*
KNEE PIN AND RELEASE TECHNIQUE
Shown being administered by a medical professional.
Position patient in a stable comfortable position. Be sure the thigh is relaxed. Use the radius edge two-handed grip as seen in photo. Mobilize by moving the soft tissue in multiple directions at the knee, progressing as detailed in these instructions.

**STRAIGHT EDGE STROKING
WITH LOTION**



LOW BACK, SHOULDER STROKING TECHNIQUE
Shown being administered by a medical professional.
Position yourself in a stable comfortable position lying down. We recommend a two-handed grip. Be sure the treatment area is relaxed and stroke the soft tissue in multiple directions along the lower back or shoulder. Start with light scanning pressure to warm up the area and feel for hard inflexible soft tissue. Progress as detailed in these instructions.

**STRAIGHT EDGE STROKING
WITH LOTION**



CHEST STROKING TECHNIQUE
Shown being administered by a medical professional.
Position yourself in a stable comfortable position lying down. Relax chest musculature. We recommend a two-handed grip but a one-handed grip may be used. Stroke the soft tissue in multiple directions along the chest. Start with light scanning pressure to warm up the area and feel for hard inflexible soft tissue. Progress as detailed in these instructions.

**RADIUS EDGE STROKING
WITH LOTION**



HAMSTRING STROKING TECHNIQUE
Shown being administered by a medical professional.
Position yourself in a stable comfortable lying down position. Be sure the thigh is relaxed. Start with a radius edge and light scanning pressure to warm up the soft tissue. Next use the radius edge two-handed grip as seen in photo above. Mobilize by stroking the soft tissue in multiple directions along the posterior thigh progressing as detailed in these instructions.

COMPLETE CARE

It is not the intent of this manual to guide you through the complete care of soft tissue dysfunction. The treatment of soft tissue requires many integrated steps. These instructions will only cover the use of FlexEdge™ in the soft tissue mobilization process and will not cover other methods such as injury evaluation, stretching, flexibility, strengthening, and bracing and support to name a few. Consult a medical provider concerning questions you may have regarding the complete care of soft tissue dysfunction.

Please visit www.pro-tecathletics.com to see additional treatment areas and more in depth information.