



How to get the best results from your Foot Roller



Exercise guide for Core Balance Foot Roller

Please read these instructions prior to use.

- ◆ Foot Rollers are an exercise aid and must always be used with correct technique.
- ◆ Always consult your doctor prior to commencing any new exercise programme.
- ◆ Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- ◆ If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- ◆ The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using a Foot Roller.

Product Specific Safety

- ◆ Before use, ensure that the Foot Roller are in a safe operating condition. Inspect the roller for any signs of wear and tear or damages, if these are apparent do not use the item.
- ◆ Do not attempt to repair any damages.

Using the Foot Roller

Take your shoes and socks off and place the roller beneath the arch of your foot whilst standing or sitting down. Gently roll your foot back and forth whilst gently applying pressure.

Pressure Bobbles

Our feet bear the weight of our entire body so it's common for them to develop aches, pains and problems, such as hard skin and plantar fasciitis. The foot roller has pressure bobbles which are designed to massage the feet, target trigger points and relieve symptoms.



Reflexology

Even if you don't suffer from foot problems, rolling can improve your circulation and enhance your health. For example, rolling before bedtime can promote a good night's sleep. Reflexologists also believe there are trigger points in your feet that can alleviate depression.

Massage Techniques

Foot rollers are more versatile than you might think. There are lots of techniques you can practise to pamper your feet, improve their flexibility and relieve aches and pains. We recommend treating your feet with the foot roller for 5-10 minutes at least 2 times a day.

Long Pressure Massage

Perfect for relieving cramps, aches and pains if you've been on your feet for a long period.

1. Find a comfortable chair to sit in and place the foot roller on the floor.
2. Place the sole of your foot on the foot roller and apply a gentle amount of pressure.
3. Slowly roll your foot back and forth on the roller, targeting your heel, arch and toes.



Outer & Inner Arch Massage

The tendons around the inner and outer arches of your feet are prone to inflammation. The following exercise is an excellent way to reduce inflammation and treat plantar fasciitis.

1. Whilst sitting, tilt your foot so that the inner arch is pressed down on the roller.

2. Gently roll the inner arch on the roller. Try not to roll up to the heel or toes.

3. Roll the inner arch 10 times. Repeat the technique with the outer arch of your foot.



Toe Stretch Massage

Stretching your toes is an excellent way improve your balance, increase flexibility and safeguard you from health problems, such as rubbing and Athlete's foot.

1. Place your toes on the foot roller and apply gentle pressure.
2. Gently roll your toes back and forth over the foot roller whilst applying pressure.
3. Roll your toes back and forth over the roller for 2-3 minutes.



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