

DO SOMETHING TODAY
THAT YOUR FUTURE SELF
WILL THANK YOU FOR.

As a doctor of physical therapy, I see cases of neck, shoulder and back pain on a daily basis. To share my expertise and to positively impact as many people as possible, I combined my hands-on clinical experience with the science behind myofascial trigger points to create the Trigger Point Rocker. I've seen so many "ahh" moments from people using the TPR in our studies — finally I'm elated to bring that feeling to you!

Aaron Fu
Dr. Aaron Fu, PT, DPT
FOUNDER & CREATOR

INSTRUCTIONS

- Perform only the curated exercises and stretches provided by Trigger Point Systems
- SCAN QR CODE BELOW TO SEE VIDEOS & PHOTOS OF EXERCISES, STRETCHES & MORE!



USAGE INSTRUCTIONS

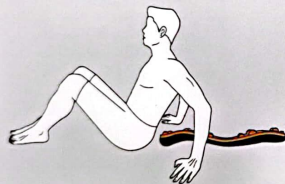
PLEASE READ PRIOR TO USE

GETTING ON

Lay the Trigger Point Rocker on a flat stable surface



Sit at the base of the Trigger Point Rocker



Slowly lie down on the Trigger Point Rocker



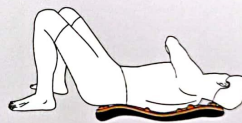
Adjust position on the Trigger Point Rocker by shifting body up/down or to the side to target specific areas

GETTING OFF

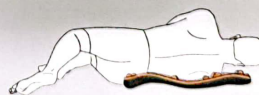
Return to starting position



Initiate a roll by bringing arm across the chest to either side of body



Slowly lower body to the ground/stable surface



Take a moment to breathe and tune into your body to feel the relief.

EXERCISES & STRETCHES

SEE MORE ON WEBSITE

BRIDGES



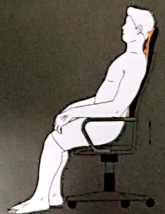
Engage core, tighten gluteal muscles to lift pelvis and hold for 3 seconds. Increase difficulty by adding TPS Bands (available on website) and raising a weight overhead

DEAD BUGS



Place your feet shoulder width apart, engage your core, concurrently raise 1 arm and the opposite leg in a controlled manner. Repeat on opposite side

SIT SMART



Use the TPR as a posture reminder. When you feel the top knobs on your back, depending on chair design, this means your back is likely straighter & you're sitting healthier