

IASTM Muscle Scraper Tool User Manual



UNLOCK YOUR BODY POTENTIAL

USER GUIDE & RECOVERY MANUAL

PROFESSIONAL IASTM MUSCLE SCRAPER TOOL Soft Tissue Mobilization & Myofascial Release Kit



⚠ IMPORTANT SAFETY INFORMATION

READ CAREFULLY BEFORE USE

■ Disclaimer:

This product is a massage tool designed for soft tissue mobilization, muscle relaxation, and recovery. It is NOT a medical device. It is not intended to diagnose, treat, cure, or prevent any disease. If you have a medical condition, consult your physician before use.

⊖ CONTRAINDICATIONS (DO NOT USE IF):

Please avoid using this tool if you have any of the following conditions:

- Open Wounds: Cuts, burns, scratches, or unhealed skin.
- Skin Infections: Rashes, boils, or contagious skin conditions.
- Blood Issues: If you are taking blood thinners (anticoagulants) or have a history of blood clots (DVT).
- Varicose Veins: Do not scrape directly over bulging varicose veins.
- Pregnancy: Consult your doctor. Avoid the abdomen and lower back areas.
- Implants: Avoid scraping directly over pacemakers or internal defibrillators.

■ Note:

If you experience sharp pain, extreme discomfort, or dizziness during use, STOP IMMEDIATELY.

■ GETTING STARTED: PREPARATION

Step 1: Cleanse

Ensure your skin is clean and dry. Wipe the stainless steel tool with an alcohol pad or soap and water before use.

Step 2: Lubricate (Crucial Step!)

Never scrape on dry skin. This can cause irritation. Apply a generous amount of Massage Oil, Lotion, Balm, or Coconut Oil to the target area. The tool should glide smoothly without dragging.



Step 3: Warm Up

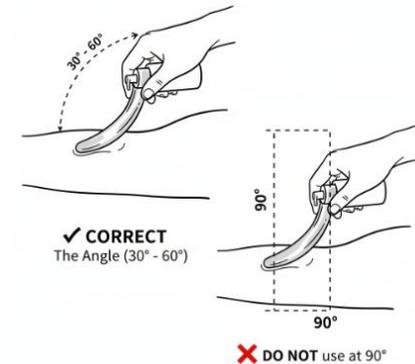
For best results, use the tool after a warm shower or a light workout when your muscles are warm and pliable.

■ THE SCRAPING TECHNIQUE

1. The Angle (30° - 60°)

Hold the tool at a 30 to 60-degree angle against your skin.

✗ Do NOT hold it at 90 degrees (perpendicular), as this may be painful.



2. The Direction

Scrape in one direction (not back and forth). Generally, scrape along the muscle fibers or towards the heart (to promote lymphatic drainage).

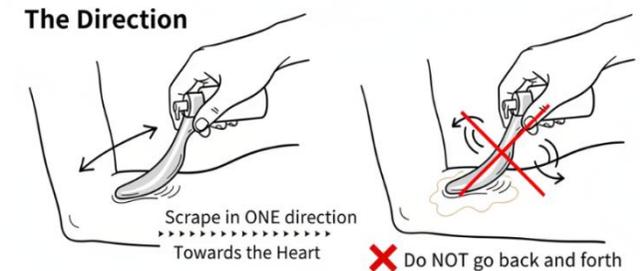
3. The Pressure

Apply moderate pressure. You should feel a stretch in the tissue, but it should not be painful.

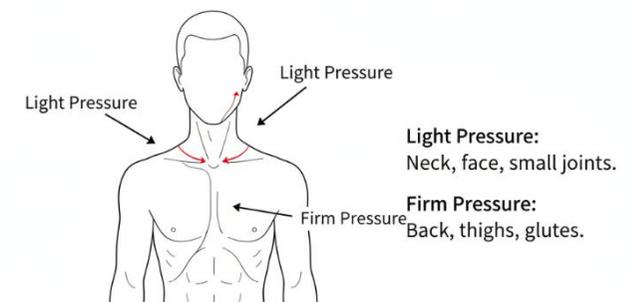
- Light Pressure: Neck, face, small joints.
- Firm Pressure: Back, thighs, glutes.

4. The Duration

Perform 10-20 strokes per area. Do not over-treat a single spot to avoid bruising.



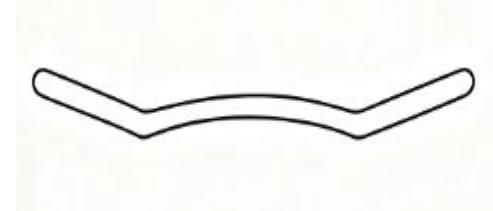
The Pressure



■ SELECT THE RIGHT TOOL

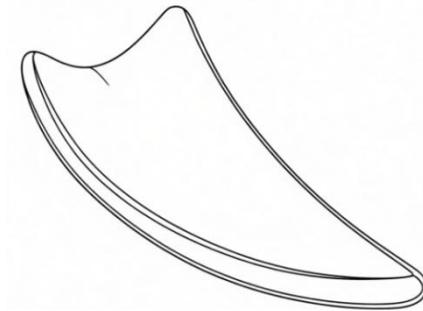
1. The Long Bar (M-Shape)

- Best For: Large muscle groups.
- Target Areas: Back, Thighs (Quads/Hamstrings), Calves.
- How to Use: Use the long edge to cover large areas quickly. Use the double handles for better leverage on the back.



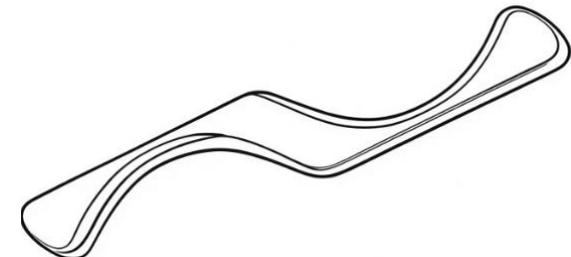
2. The Triangle Tool (A-Shape)

- Best For: Smaller areas and contours.
- Target Areas: Neck, Shoulders (Traps), Jawline, Feet.
- How to Use: The curved edges fit perfectly around the neck and jawline.



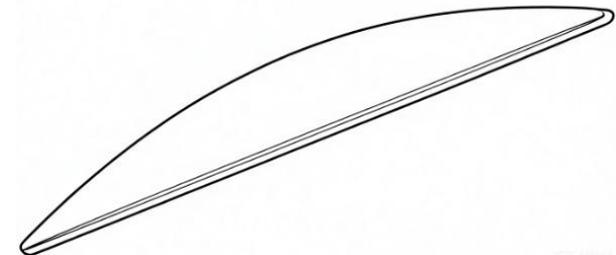
3. The S-Hook Tool

- Best For: Medium contours and cylindrical body parts.
- Target Areas: Forearms, Elbows, Wrists, Ankles, Knees.
- How to Use: Ideal for wrapping around the arm to treat "Tennis Elbow" or tight forearms from typing.



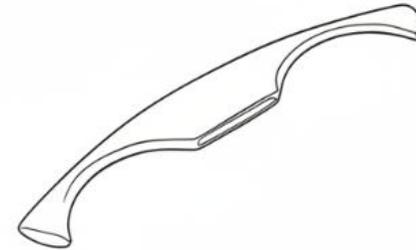
4. The Scanning Tool / Detailer

- Best For: Pinpoint treatment.
- Target Areas: Hands, Palms, Soles of feet, Trigger points.
- How to Use: Use the pointed end (gently) to release deep knots.



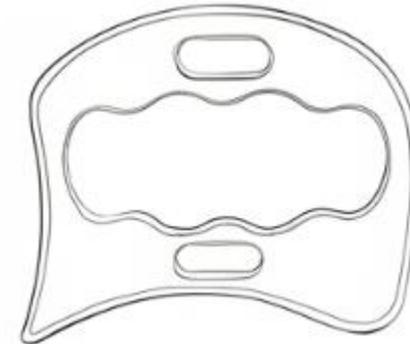
5. The Bat Wing (B-Shape)

- Best For: Medium curves and joints.
- Target Areas: Shoulders (Traps), Knees, Elbows, Biceps.
- How to Use: The concave (inner) curves are designed to "hug" the contours of your shoulders or knees. Use the outer curved edge for general scraping on arms.



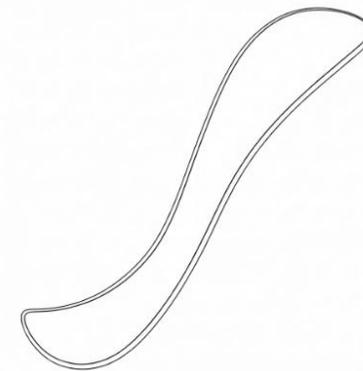
6. The Multi-Grip Tool (Anti-Slip Design)

- Best For: Deep tissue massage with Zero Hand Fatigue.
- Target Areas: Back, Lats, Thighs, Glutes.
- How to Use: Insert your fingers through the center opening for a secure, non-slip grip. This ergonomic design allows you to apply stronger pressure to break up deep knots without straining your hands or wrists.



7. The S-shape Tool

- Best For: Pinpoint treatment.
- Target Areas: Hands, Palms, Soles of feet, Trigger points.
- How to Use: Hold the curved end against skin, Apply moderate, consistent pressure. Scrape in one direction along the muscle/tendon.





- WHAT TO EXPECT

Redness is Normal

It is common for the skin to turn pink or red during use. You may see small red dots appear; this is known as "Sha" (Petechiae). This indicates increased blood flow to the area. The redness usually fades within 2-4 days.

Hydrate

Drink plenty of water after your session to help your body recover.

- CARE & MAINTENANCE

Cleaning

Wash with warm water and soap, or wipe with alcohol after each use.

Drying

Dry immediately with a clean towel to maintain the mirror-polished finish and prevent water spots.

Storage

Always store the tools in the provided felt bag/case to prevent scratches.

■ CUSTOMER SUPPORT

OUR PROMISE TO YOU:

Unlike cheap alternatives, our tools are crafted from medical-grade 304 stainless steel and are built to last a lifetime.

WARRANTY:

This product is backed by a Lifetime Warranty against defects in materials and craftsmanship.

If you encounter any issues, simply email us via Amazon. We will send you a brand new replacement immediately!



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