

# IASTM Muscle Scraper Tool User Manual



## **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

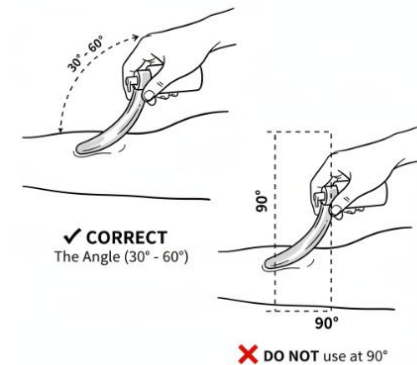
For best results, use the tool after a warm shower or a light workout when your muscles are warm and pliable.

## ■ 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

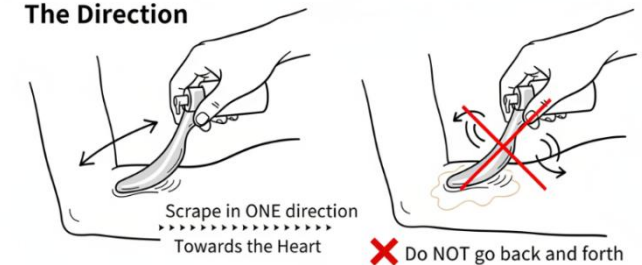
Scrape in one direction (not back and forth). Generally, scrape along the muscle fibers or towards the heart (to promote lymphatic drainage).

### 3. The Pressure

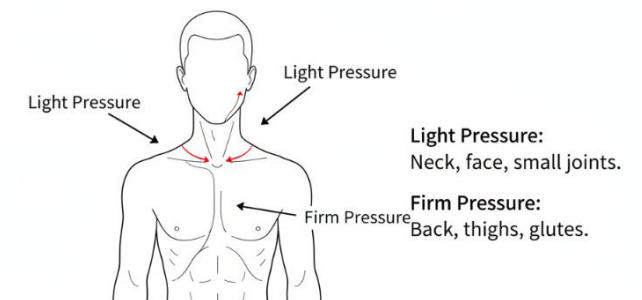
Apply moderate pressure. You should feel a stretch in the tissue, but it should not be painful.

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

#### The Direction



#### The Pressure



### 4. The Duration

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

## ■ SELECT THE RIGHT TOOL

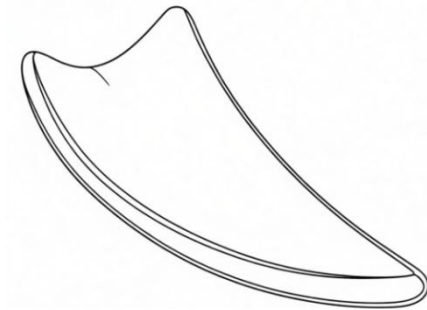
### 1. The Long Bar (M-Shape)

- 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.



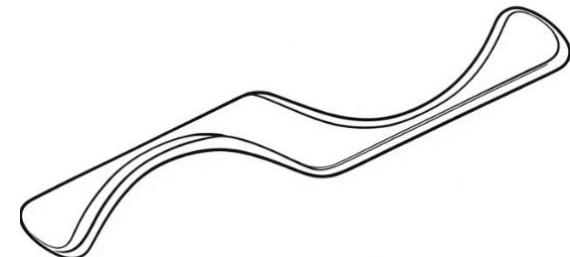
### 2. The Triangle Tool (A-Shape)

- 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.



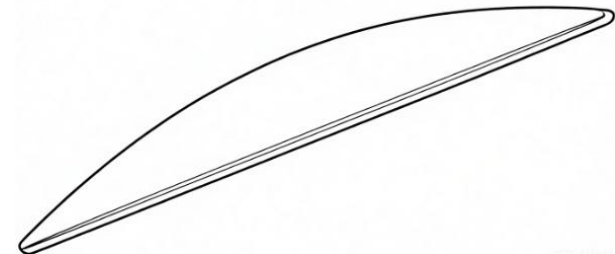
### 3. The S-Hook Tool

- 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.



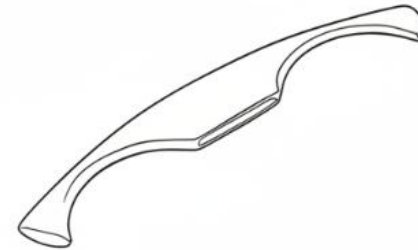
### 4. The Scanning Tool / Detailer

- 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.



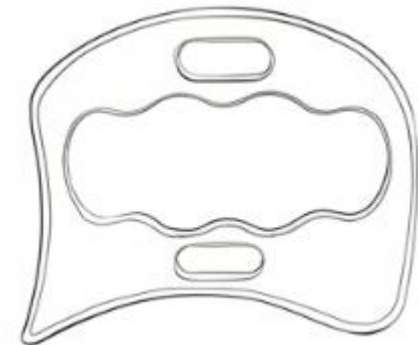
## 5. The Bat Wing (B-Shape)

- 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.



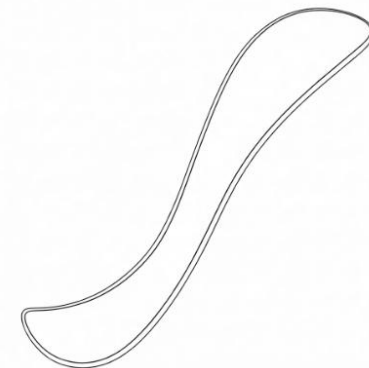
## 6. The Multi-Grip Tool (Anti-Slip Design)

- 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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