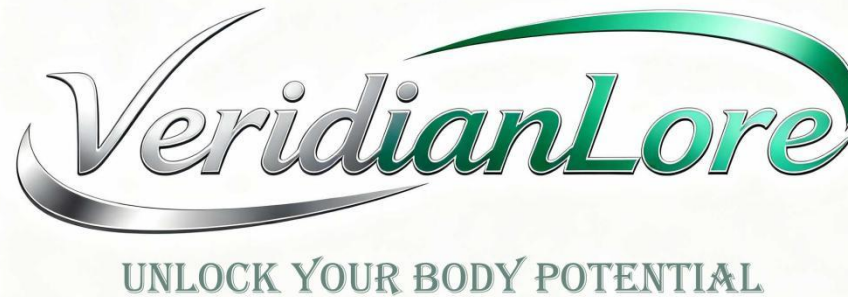



# Practical Myofascial Release Guide



**(Presented by VeridianLore Professional Fascia scraper  
Manufacturer)**



**Core Goal:** Release myofascial adhesion and contracture through scientific, gentle methods; alleviate pain caused by muscle tension; improve joint mobility; adjust body mechanical balance; promote blood circulation; and accelerate the excretion of metabolic waste.

**Target Audience:** Sedentary office workers, individuals recovering pre- and post-exercise, and those in need of daily care for neck, shoulder, waist, and leg pain. All methods balance safety and operability, making them suitable for beginners to use directly.

## 1. Core Basics: Master 3 Key Points First (Avoid 90% of Mistakes)

### 1.1 What is Fascia?

Fascia is the most widely distributed connective tissue in the human body, forming a reticular structure like an "elastic fiber net" that wraps and connects all tissues and organs (muscles, bones, blood vessels, nerves). It not only provides support and fixation but also maintains the body's mechanical balance and motor coordination.

Classified by distribution: ① **Superficial fascia** (under the skin, connecting skin and muscles); ② **Deep fascia** (wrapping muscle groups and bones with higher strength). Chronic muscle tension (prolonged sitting), delayed post-exercise recovery, and poor posture-induced mechanical imbalances can make the originally soft, elastic fascia adhere and contract, forming "nodules" or "stiff bands." This further causes local pain, limited mobility, and even affects overall body posture.

### 1.2 Core Relaxation Principles

**1. Force Control:** Focus on "soreness without stinging" (pain level  $\leq 6/10$ ). For deep relaxation, apply pressure gradually to avoid violent pressing and secondary injuries. Follow the Arndt-Schultz law: weak stimuli enhance physiological activity, while strong stimuli inhibit it—adhere to the principle of "less is more."

**2. Frequency & Duration:** Daily preventive relaxation: 3-5 sessions/week, 15-20 minutes full-body total. Chronic tense areas: 2-3 sessions/week, 2-5 minutes/area (no excessive frequency). Key principle: Sustained pressure is crucial—fascia

begins to rearrange after 90-120 seconds of pressure, and lasting effects require holding for 5 minutes or more to trigger piezoelectric phenomenon and phase transition.

**3. Operation Direction:** Prioritize working along muscle fiber direction (e.g., anterior thigh: root → knee; back: spine → sides) to reduce fascia stretch damage. Local nodules can be cross-released at  $\leq 30^\circ$  angle. Adopt a holistic fascial network perspective—treat the origin of restrictions rather than just local pain.

**4. Basic Contraindications:** Strictly prohibit relaxation within 48 hours of acute injury (redness, swelling, heat, pain phase) — use cold compresses for swelling. Avoid bone protrusions and areas with dense blood vessels/nerves (e.g., carotid artery, spinal midline). Do not perform myofascial release on unevaluated visceral fascia adhesions without professional guidance.

**5. Therapeutic Communication & Client Engagement:** Treatments are client-led—maintain active communication with clients, guide them to focus on body sensations (interoception), and encourage feedback on treatment responses. Mental connection with the physical body significantly improves tissue tonicity and release effects.

**6. Holistic Fascial Network Orientation:** Fascia is a continuous 3D network; restrictions in one area can cause distant pain. Avoid symptomatic treatment alone—trace restrictive lines back to their origin and release them to restore overall balance.

## 1.3 Must-Know Prohibited Scenarios

**Strictly Prohibited Self-Relaxation Scenarios** (follow doctor's advice only): ① Skin damage, ulcers, inflammation (eczema, dermatitis) or severe rashes; ② Severe osteoporosis (fracture risk from pressure); ③ Thrombosis or severe cardiovascular diseases (coronary heart disease, hypertensive crisis); ④ Abdomen/lumbosacral region of pregnant women (may stimulate uterine contractions); ⑤ Unhealed fracture period (3-6 months post-surgery/injury); ⑥ Acute inflammatory processes (e.g., acute arthritis, acute fasciitis) — wait for the acute phase to subside; ⑦ Clients

under investigation for undiagnosed pain (e.g., undiagnosed abdominal pain) — confirm diagnosis first.

## 2. Practical Guide for 4 Common Tools (Beginner to Advanced)

**Tool Selection Logic:** Sorted by operation difficulty (easy → professional advanced): Foam roller > Fascia ball > Fascia gun > Fascia tool. Beginners are advised to start with foam roller and fascia ball to familiarize with soreness rhythm and force control, then progress to fascia gun and fascia tool.

**Core Advantage of VeridianLore Fascia Tool:** As a professional fascia tool manufacturer with 10+ Years of R&D and production experience, we achieve "full-scenario coverage, full-population adaptation, full-stage application" through rigorous product design. Our fascia tools are crafted with medical-grade materials and precision machining, ensuring safe and effective release. From beginner superficial relaxation to professional deep release, from office break relief to post-surgery rehabilitation, our products accurately meet all needs, serving as a core tool integrating daily health care and professional conditioning.

### 2.1 Foam Roller (Beginner's First Choice, Full-Body Relaxation)

**Applicable Scenarios:** Full relaxation of large muscle groups (back, thighs, calves, buttocks); ideal for beginners' overall basic relaxation.

**Core Value:** Quickly relieves large-area muscle tension, helps establish "soreness awareness," and lays the foundation for targeted relaxation.

## Operation Essentials

**1. Pressure control:** Rely on body weight to apply pressure — place the foam roller under the target muscle group, then adjust your posture to fine-tune pressure intensity. Avoid sudden force to prevent fascia resistance; adhere to the "less is more" principle.

**2. Rolling speed:** Roll slowly and evenly (15-20 rolls/minute) to avoid insufficient relaxation due to rapid sliding. Slow movement helps perceive the ebb and flow of fascial tissue.

**3. Tender point handling:** Stop rolling when encountering tender points, hold for 30-60 seconds with deep breathing (inhale 4s, exhale 6s); for stubborn restrictions, extend holding time to 2-5 minutes until soreness eases by 50% or more. This process triggers the piezoelectric effect, softening the ground substance and promoting fascial release.

**4. Core stability:** Keep core slightly engaged during rolling to avoid compensation injuries to non-target areas (lower back, neck). Maintain a holistic awareness of the entire fascial network, not just the local area being rolled.

## Purchase Guidelines

1. Beginners: Choose medium hardness with mild texture (balanced hardness and penetration).
2. Length: 60-90cm (60cm for local use, 90cm for full-body).
3. Avoid overly hard (risk of muscle injury) or overly soft (no relaxation effect) options.

## Safety Notes

1. Strictly avoid rolling the spinal midline, kneecaps, or other bone protrusions.
2. When relaxing the back, roll along both sides of the foam roller, focusing on the muscles beside the spine.
3. Stop immediately if numbness or sharp pain (not soreness) occurs—this may indicate nerve compression.

## 2.2 Fascia Ball (Targeted Pressure, Ideal for Small Areas/Office Workers)

**Applicable Scenarios:** Targeted pressure on small muscle groups/local tender points (neck-shoulders, soles, inner shoulder blades); ideal for short office break relaxation and supplementary use after foam roller.

## **Area-Specific Operation Essentials (Integrating Holistic Fascial Release Concepts)**

**1. Neck-shoulder relaxation:** Clamp the ball between the wall and inner shoulder blade tender point. Stand 30cm from the wall, lean back to apply pressure (soreness without stinging), and turn head slowly ( $\leq 30^\circ$ ) to stimulate fascial mechanoreceptors (Golgi, Ruffini corpuscles). 5 minutes/side, alternating. Guide clients to focus on body sensations to enhance interoception.

**2. Sole relaxation:** Sit barefoot on the ball, roll from heel to toes. Hold for 20-30 seconds on arch/outer heel tender points; for chronic restrictions, extend to 1-2 minutes. 3 minutes/foot, alternating. The sole fascia is part of the whole-body fascial network—release here can alleviate low back and leg tension.

**3. Outer shoulder blade tender points (chronic pain focus):** Lie on your side, place the ball between the tender point and floor. Support body with arm to adjust pressure (soreness 3-4/10 for chronic pain), and turn upper body slowly to roll the ball (10-15 rolls/minute). When encountering stubborn nodules, stop rolling and hold for 1-2 minutes; allow spontaneous small movements (myofascial unwinding) to enhance release effects; avoid forcing movement. For moderate-severe adhesion, preheat with hot compress for 5 minutes before operation.

**4. Outer thigh tender points (chronic pain focus):** Sit with the ball between the tender point and floor. Prop up with hands, lift hips, and adjust leg slightly to locate the tender point. For mild chronic pain: Hold for 30 seconds to 1 minute, repeat 3 times; for moderate-severe: Extend holding time to 1-1.5 minutes, repeat 2 times. Combine with deep breathing (inhale 4s, exhale 6s) to promote fascial relaxation and fluid exchange in the ground substance. Post-operation: Stretch outer thigh for 30 seconds.

## **Buying Recommendations**

**Key Recommendations:** ① Beginners: 8-10cm diameter single ball (high versatility); ② Neck-shoulder/waist frequent users: Peanut-shaped fascia ball (high stability, avoids spinal pressure); ③ Material: Silicone/rubber (moderate elasticity, wear-

resistant).

## 2.3 Fascia Gun (Efficient Soreness Relief, Watch for Pitfalls)


**Applicable Scenarios:** Relieving deep muscle soreness post-exercise (fitness, running) and quick relaxation of large-area tense muscle groups. Advantages: High efficiency, strong penetration.

**Absolutely Prohibited Areas:** Anterior neck, spinal processes, medial knee joint, armpits, groin, thoracoabdominal cavity. These areas contain key blood vessels, nerves, or internal organs — impact is extremely risky.

### Operation Essentials (Following Sustained Pressure & Holistic Principles)

- 1. Head Selection:** Round head for daily relaxation (even force distribution); Flat head for deep muscles (strong penetration); Never use a Pointed Head to avoid damaging fascia and nerves.
- 2. Force & Duration:** Beginners start at the lowest setting. Initially, target the same area for ≤30 seconds per session; for chronic soreness, extend to 1 minute under professional guidance, with the striking direction perpendicular to muscle fibers. Avoid rapid, violent impacts—follow the principle of gentle, sustained stimulation.
- 3. Safe Areas:** Only use on muscle-rich areas (thighs, buttocks, lateral back, posterior calves); avoid the Achilles tendon, visceral areas, and neurovascular bundles. Remember: Fascia is a continuous network—focus on releasing restrictive areas rather than just painful points.
- 4. Client Feedback:** Continuously inquire about the client's sensations to avoid exceeding the pain threshold (≤6/10). Guide them to perceive tissue softening and movement to enhance treatment effects.

## 2.4 Fascia Tool (Professional-Grade Targeted Release, Versatile Styles for Full Scenarios)



As a professional-grade tool, the core value of the fascia tool lies in "precise positioning and layered release", which is highly consistent with the core therapeutic concepts of myofascial release (MFR) — sustained pressure, holistic fascial network orientation, and client-led treatment. Through scientific style selection and standardized operation, it adapts to all populations, scenarios, and stages. Below is a detailed breakdown from three core dimensions: style selection, phased operation (integrating MFR key methods), and safety norms.

## 2.4.1 Style Classification & Population Adaptation: Full Coverage

Different styles correspond to different populations and stages; select from "easy to difficult" to match your needs:

**1. Flat Straight Tool (Type I)** : For beginners, office workers, and daily home use. Features a straight blade with a rounded edge (2-3mm thick, precision-polished ) for simple operation. Constructed from 304 medical stainless steel (rust-resistant and skin-friendly), it is ideal for large-area superficial relaxation (back, thighs) to build soreness awareness.

**2. Curved Tool (U/V-Type)** : For advancing beginners, athletes, and individuals with limited joint mobility. The edge conforms to body curves (large/small arcs, ergonomically designed based on human anatomy) with moderate difficulty. Adopts integrated molding technology to ensure blade stability; the surface is sandblasted for a non-slip grip, making it suitable for targeted release around joints and concave areas.

**3. Multi-Edge Tool (S/Wave-Type)** : For advanced users, professionals, and those with chronic pain or scars. The blade features 2-4 wave edges (precision-calibrated wave amplitude for layered release) with medium-high difficulty. Made of medical-grade titanium alloy (lightweight and high-strength), it enables layered release on muscle-rich areas and softens post-surgery scars and stubborn nodules. Meets ISO 13485 medical device quality certification.

**4. Pointed Tool (Probe-Type)** : For professionals and individuals with intractable pain. Equipped with a narrow edge (1-2cm wide, laser-cut for controlled sharpness) and high difficulty (requires anatomical knowledge). Features an anti-slip handle and safety lock design to prevent accidental injury, making it ideal for "point-to-point" targeted release of deep tender points.

**5. Thick-Edge Tool (Decompression-Type)** : For the elderly, individuals with sensitive skin or osteoporosis, and post-relaxation soothing. The thick blade (4-5mm thick, hand-polished rounded edge) applies gentle force with a large contact



area. Constructed from food-grade silicone + stainless steel core (soft touch and non-irritating), it reduces skin irritation and the risk of bone pressure.

## **2.4.2 Phased Operation Guide: Beginner → Advanced → Professional**

### **2.4.2.1 General Basic Norms (All Populations)**

- 1. Lubrication & disinfection:** Use professional essential oil/medical petroleum jelly (never regular body lotion) to reduce skin friction and avoid affecting fascial glide. Disinfect blade and hands with alcohol pads before operation to prevent infection.
- 2. Angle & operation:** Keep blade at 30-45° to skin. Adopt "one-way scraping + fixed-point holding"; never rub back and forth or press violently. For tender points, hold the blade steadily for 30 seconds to 5 minutes (depending on restriction severity) to trigger piezoelectric phenomenon and phase transition of the ground substance.
- 3. Force standard:** Healthy adults: 5-6/10 soreness; beginners/office workers: 3-4/10; elderly/sensitive skin: 2-3/10. Follow the Arndt-Schultz law—gentle, sustained force achieves better fascial release than strong force.
- 4. Holistic operation awareness:** During operation, perceive the connection of the entire fascial network. For example, when releasing the upper back, pay attention to the client's shoulder and arm reactions; adjust the operation according to the client's spontaneous movements (myofascial unwinding) to enhance release effects.
- 5. Therapeutic communication:** Guide the client to focus on body sensations (e.g., tissue softening, warmth, slight tingling) to enhance interoception. Ask for feedback regularly to adjust force and duration, forming a collaborative treatment relationship with the client.

### **2.4.2.2 Phased Operation Skills**

- 1. Beginner entry:** Flat straight tool/small curved tool, focus on "large-area superficial release". Example: Scrape unidirectionally from lumbosacral region to shoulder blades (5-10cm on both sides of spine) with a flat straight tool, 3 passes/side, focusing on soreness perception. Hold for 30 seconds at obvious tender points to build soreness awareness

and lay the foundation for deep release.

**2. Advanced improvement:** Curved tool + multi-edge tool, add "targeted pressure and layered release". Example: Scrape unidirectionally along gluteus maximus fibers with a multi-edge tool; hold and vibrate the blade slightly on nodules for 1-2 minutes to enhance release. Combine with client's deep breathing to promote ground substance fluid exchange. Guide the client to perceive spontaneous tissue movement (unwinding) and adjust operation accordingly.

**3. Professional conditioning:** Pointed tool + multi-edge tool + curved tool (requires anatomical knowledge). Example: Target tennis elbow tendon insertion with a pointed tool (hold 30s-1min), slide along forearm, and combine with stretching for better results. Pay attention to visceral fascia restrictions (e.g., abdominal fascial adhesions) and operate under the guidance of anatomical knowledge to avoid injury. Integrate the three core MFR elements: techniques, rebounding, and unwinding.

### 2.4.2.3 Area-Specific Adaptation

**1. Neck-shoulders:** Beginners: Flat straight tool (light scraping); advanced: Small curved tool; professionals: Pointed tool (nodules). Avoid carotid artery and spine.

**2. Limbs:** Daily relaxation: Flat straight tool/curved tool; tennis elbow/Achilles tendinitis: Professionals (pointed tool + flat straight tool); elderly/sensitive skin: Thick-edge tool.

**3. Torso:** Daily use: Large curved tool; post-surgery rehabilitation/chronic pain: Professionals (multi-edge tool + curved tool); elderly: Thick-edge tool (post-surgery requires doctor's evaluation).

### 2.4.3 Professional Safety Norms (All Populations/Scenarios)

**1. Disinfection standards:** Home use: Personal exclusive tool; public settings (studios/hospitals): Disinfect per user; high-temperature disinfection for blades contacting broken skin. VeridianLore fascia tools are designed with detachable blades (for most models) to facilitate thorough disinfection, complying with medical hygiene standards.

**2. Special populations:** Pregnant women: Only light scraping on distal limbs (doctor's guidance required); children: Thick-edge tool for limb relaxation (adult supervision); thrombosis/severe cardiovascular patients: Strictly no self-use. All

VeridianLore fascia tools have clear population adaptation labels and operation warnings to avoid misuse.

**3. Post-operation care:** Wipe off essential oil after scraping to avoid cold exposure. Mild red marks (fading in 1-3 days) are normal. Bruising: Cold compress within 48 hours, hot compress after 48 hours. VeridianLore recommends matching with our professional fascia release essential oil (formulated for skin repair) for better care effect.

**4. Advanced recommendations:** Beginners learn basic anatomy first; advanced users deepen myofascial trigger point knowledge; professionals attend regular advanced training. VeridianLore provides free professional training materials (scanning the QR code on the product package) and online expert consultation services for users.

## 2.4.4 Daily Maintenance & Cleaning Guide for Fascia Tools

Proper maintenance and cleaning not only extend the service life of fascia tools but also ensure hygiene and safety during use. The following guidelines are classified by tool material and applicable to all VeridianLore fascia tool models:

### 2.4.4.1 Cleaning Methods (Classified by Material)

**1. Medical-Grade Stainless Steel/Titanium Alloy Tools (Flat Straight Tool, Curved Tool, Multi-Edge Tool, Pointed Tool):** ① Daily cleaning (after each use): Rinse with warm water (30-40°C) and a small amount of neutral detergent (e.g., medical device cleaning agent), gently wipe the blade and handle with a soft sponge or non-woven cloth to remove oil and skin residues. Rinse thoroughly and dry with a clean towel immediately. ② Deep cleaning (once a week): Soak the tool in a 75% medical alcohol solution for 5-10 minutes, then rinse with warm water and dry. For detachable blade models (most VeridianLore professional tools), disassemble the blade first for thorough cleaning of crevices. ③ Public use (gyms/rehabilitation centers): After each user, disinfect with a disposable alcohol wipe (75% alcohol) on all surfaces, including the handle and blade, and air-dry before the next use.

**2. Food-Grade Silicone + Stainless Steel Core Tools (Thick-Edge Tool):** ① Daily cleaning: Rinse with warm water and neutral detergent, gently rub the silicone surface with fingers (avoid hard brushes to prevent scratches), rinse thoroughly, and air-dry in a well-ventilated place. ② Deep cleaning: Soak in warm water (30-40°C) with baking soda (5g/1L water) for 15

minutes, then rinse and dry. ③ Avoid: Do not use alcohol, disinfectant sprays containing chlorine, or high-temperature water (> 60°C) to clean the silicone part, as this may cause material aging and hardening.

#### **2.4.4.2 Daily Maintenance Essentials**

**1. Storage Requirements:** ① Store in a dry, well-ventilated environment (avoid damp places such as bathrooms to prevent rust or mold). ② Use the original storage case (provided with VeridianLore fascia tools) to place the tool, avoiding direct contact with hard objects (e.g., metal containers, glass) to prevent blade edge damage or scratches on the silicone surface. ③ Hang or place tools horizontally; do not stack heavy objects on the blade to avoid deformation.

**2. Blade Maintenance:** ① For stainless steel/titanium alloy blades: After cleaning and drying, apply a thin layer of medical-grade mineral oil (or specialized tool maintenance oil) to the blade edge every 2 weeks to prevent rust and maintain smoothness. ② Check the blade edge regularly: If there are burrs or dullness, do not use it; contact VeridianLore after-sales service for professional grinding or replacement (avoid self-grinding which may damage the blade angle).

**3. Handle Maintenance:** ① For sandblasted anti-slip handles: Avoid using sharp objects (e.g., nails, scissors) to scratch the surface; clean with a soft cloth to maintain the anti-slip effect. ② For detachable models: Check the connection between the blade and handle every week to ensure it is tight; if loose, tighten the fixing screws with the matching tool provided (included in VeridianLore product packages).

#### **2.4.4.3 Taboos & Warning Notes**

**1. Prohibited Practices:** ① Do not soak any fascia tool in water for a long time (> 30 minutes), especially stainless steel tools (risk of rust) and silicone tools (risk of water absorption and mold). ② Do not put fascia tools in dishwashers, disinfection cabinets, or microwave ovens (high temperature and pressure will damage the tool structure and materials). ③ Do not use abrasive cleaners (e.g., scouring powder) or hard metal brushes to clean any part of the tool, as this will scratch the surface and affect hygiene and service life.

**2. Replacement Criteria:** Replace the tool immediately if: ① The blade is severely rusted, deformed, or has irreparable burrs; ② The silicone part of the Thick-Edge Tool is cracked, hardens, or peels off; ③ The handle is loose and cannot be tightened, or the connection structure is damaged (to avoid accidental injury during use). VeridianLore recommends replacing professional fascia tools every 1-2 years for frequent users (daily use) and every 2-3 years for occasional users.

**Medical-Grade Stainless Steel/Titanium Alloy Tools (Flat Straight Tool, Curved Tool, Multi-Edge Tool, Pointed Tool):**

① Daily cleaning (after each use): Rinse with warm water (30-40°C) and a small amount of neutral detergent (e.g., medical device cleaning agent), gently wipe the blade and handle with a soft sponge or non-woven cloth to remove oil and skin residues. Rinse thoroughly and dry with a clean towel immediately. ② Deep cleaning (once a week): Soak the tool in a 75% medical alcohol solution for 5-10 minutes, then rinse with warm water and dry. For detachable blade models (most VeridianLore professional tools), disassemble the blade first for thorough cleaning of crevices. ③ Public use (gyms/rehabilitation centers): After each user, disinfect with a disposable alcohol wipe (75% alcohol) on all surfaces, including the handle and blade, and air-dry before the next use.

**Food-Grade Silicone + Stainless Steel Core Tools (Thick-Edge Tool):** ① Daily cleaning: Rinse with warm water and neutral detergent, gently rub the silicone surface with fingers (avoid hard brushes to prevent scratches), rinse thoroughly, and air-dry in a well-ventilated place. ② Deep cleaning: Soak in warm water (30-40°C) with baking soda (5g/1L water) for 15 minutes, then rinse and dry. ③ Avoid: Do not use alcohol, disinfectant sprays containing chlorine, or high-temperature water (> 60°C) to clean the silicone part, as this may cause material aging and hardening.

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**Replacement Criteria:** Replace the tool immediately if: ① The blade is severely rusted, deformed, or has irreparable burrs; ② The silicone part of the Thick-Edge Tool is cracked, hardens, or peels off; ③ The handle is loose and cannot be tightened, or the connection structure is damaged (to avoid accidental injury during use). VeridianLore recommends replacing professional fascia tools every 1-2 years for frequent users (daily use) and every 2-3 years for occasional users.

## 3. Full-Body Key Area Relaxation Protocol (Direct Application)

### 3.1 Neck-Shoulder Relaxation (High-Frequency Tender Point for Office Workers)

**1. Fascia ball wall pressure:** Clamp the ball between the wall and inner shoulder blade tender point. Lean back to apply pressure for 30 seconds, adjust angle to cover surrounding areas. Repeat 3 times.

**2. Foam roller trapezius rolling:** Sit with the foam roller horizontally on the upper back, hands behind head. Move the roller via gluteal movement. 2 minutes/session, avoid the neck.

### **3.2 Back Relaxation (Relieve Prolonged Sitting Stiffness, Integrate Holistic Fascial Release)**

**1. Foam roller rolling:** Lie on your back with knees bent, foam roller horizontally under the shoulder blades. Lift hips via core strength, roll from shoulder blades to upper lumbar region slowly (15 rolls/minute). Hold for 30 seconds to 1 minute at tender points (e.g., between scapulae, lateral lumbar). 3 minutes/session, avoid the spine. This step loosens the superficial fascia and prepares for deep release.

**2. Fascia Tool Deep Release (Chronic Pain Adaptation):** Combine the Large Curved Tool + Multi-Edge Tool. ① Scrape the upper back (5-10cm on both sides of the spine) unidirectionally from bottom to top at a 35° angle to the skin, with soreness at 3-4/10; ② Scrape the sides of the lumbar spine: For mild chronic stiffness, use the Large Curved Tool at a 35-40° angle to the skin; for nodules, use the Multi-Edge Tool for cross-scraping at a 25-30° angle to the skin, holding for 1-2 minutes per nodule to trigger the piezoelectric effect (soreness at 4-5/10, professional operation only); ③ Professionals: Use the Pointed Tool to press muscle attachment points beside the spine (e.g., lumbar 3-5 transverse process) at a 25-30° angle to the skin, holding for 30 seconds with force at 4-5/10. Post-release: Gently roll with the Foam Roller for 2 minutes (10-15 rolls/minute) to promote fascial rebounding. Guide the client to focus on back tissue movement and breathing to enhance interoception. For long-term chronic back pain, apply a hot compress for 10 minutes before this step.

### **3.3 Leg Relaxation (Must-Do Post-Exercise/Prolonged Standing)**

**1. Anterior thigh:** ① Foam roller rolling: Lie on stomach, foam roller under anterior thigh. Lift body via arm strength, roll from knee to thigh root. 2 minutes/side; ② Fascia tool release: Scrape unidirectionally from thigh root to knee with flat straight tool (30° angle), press outer nodules with pointed tool, then stretch for 30 seconds/side.

**2. Lateral thigh (iliotibial band):** ① Foam roller rolling: Lie on side, foam roller under upper lateral thigh. Adjust body height

to control pressure, roll from knee to hip joint. Hold for 40 seconds on tender points; ② Fascia tool release: Scrape along iliotibial band with small curved tool (40° angle), cross-scrape tender points with multi-edge tool for 1 minute (beginners: professional guidance required).

### **3.4 Sole Relaxation (Ideal for Flat Feet/Prolonged Standing)**

- 1. Fascia ball rolling:** Sit and roll the ball under the foot (heel → toes). Hold for 30 seconds on arch/outer heel tender points. 3 minutes/foot.
- 2. Stretching:** Press toes against the wall, heel on floor, lean forward gently. 30 seconds/side.
- 3. Fascia tool release:** Combine pointed tool + small curved tool. ① Scrape along plantar fascia (30° angle, 2-3/10 soreness); ② Press tender points; ③ Release toe roots. Post-release: Stretch for another 30 seconds.

## **4. Scenario-Specific Combination Protocols (Efficient Demand Matching): Full-Scenario Fascia Tool Coverage**

### **4.1 Office Break (5-Minute Quick Relaxation)**

**Target Population:** Office workers (beginners/advanced users).

#### **Operation Steps (5 Minutes)**

- 1. Fascial Chain Pre-Assessment (30 seconds):** Rapidly evaluate the tension of the posterior fascial line (occiput → spine → sacrum → calf) and lateral fascial line (ear → shoulder → iliotibial band → lateral calf) via simple posture observation: Check if the shoulders are asymmetrical, if the head tilts forward, or if the lumbar spine is overly curved—target the most restricted segment for subsequent release (adhere to the principle of "targeted release before general relaxation").
- 2. Fascia Ball Wall Pressure for Upper Back (1 minute):** Clamp a peanut-shaped fascia ball (recommended for spinal



protection) between the wall and the T3-T6 segment of the upper back (mid-thoracic spine, a high-restriction area for office workers). Lean back to apply pressure (soreness 3-4/10), then slowly rotate the torso left and right (10° range) to stimulate the fascia's mechanoreceptors (Golgi tendon organs). Hold for 30 seconds at the most tender point, then move the ball up/down 2cm to cover adjacent segments.

**3. Flat Straight Tool Neck-Shoulder Release (1 minute):** Apply VeridianLore professional MFR essential oil (formulated for fascial glide). Hold the Flat Straight Tool with a 30° angle to the skin, scrape unidirectionally along the upper trapezius muscle fibers (from the base of the skull to the acromion) — avoid the sternocleidomastoid muscle and carotid artery. After 3 passes, pause at the tender point, hold the tool steadily for 90 seconds (the minimum time for fascial rearrangement), and guide the client to perform slow neck flexion-extension (5° range) to trigger myofascial unwinding.

**4. Sitting Iliopsoas Gentle Release (1 minute):** Sit on the edge of the chair, place the Thick-Edge Tool (for gentle pressure) under the lower abdomen (2cm lateral to the umbilicus, projection of the iliopsoas). Lean forward slightly to apply mild pressure (2/10 soreness), hold for 60 seconds, and guide the client to take deep breaths (inhale 4s, exhale 6s) — exhalation enhances fascial relaxation by reducing intra-abdominal pressure.

**5. Fascia Ball Plantar Fascial Stimulation (30 seconds):** Sit upright, roll the fascia ball from the heel to the metatarsal heads, focusing on the medial arch (a key node of the posterior fascial line). Hold for 20 seconds at tender points, then gently press the ball with the forefoot for 3 cycles (press 3s, release 2s) — this "pulsed pressure" technique promotes fascial fluid exchange.

**Tips:** A mini fascia tool is more portable. Control force during operation to avoid disturbing others.

## 4.2 Post-Exercise Recovery (10-Minute Deep Relaxation)

**Target Population:** Athletes (beginners, advanced users, professionals).

**1. Pre-Release Fascial Warm-Up (1 minute):** Before using tools, perform dynamic fascial mobilization to increase tissue

temperature: Arm circles (forward/backward, 10 reps each) and hip circles (clockwise/counterclockwise, 10 reps each) — warm fascia (37-38°C) has higher elasticity and is less likely to be injured during release.

**2. Foam Roller Superficial Fascial Unwinding (4 minutes):** Follow the order of "back → thighs → calves" (consistent with the "proximal to distal" release sequence): ① Back: Lie supine, foam roller under T4-L2 segment, roll slowly (10 rolls/minute), hold for 45 seconds at tender points (e.g., between scapulae), and guide the client to raise/lower arms slightly (myofascial unwinding). ② Thighs: Anterior thigh (quadriceps) — lie prone, roll from femoral triangle to knee, avoid patellar tendon; Posterior thigh (hamstrings) — sit, roll from ischial tuberosity to popliteal fossa, hold 30 seconds at tender points. ③ Calves: Sit, roll from gastrocnemius origin to Achilles tendon, cover medial/lateral sides, hold 30 seconds at tender points. Pressure control: 3-4/10 soreness (recommended post-exercise superficial release intensity).

**3. Fascia Tool Deep Layered Release (3 minutes):** Target working muscle groups based on exercise type, adopting the "superficial → deep" layered principle: ① Post-running (lower limb focus): Use Small Curved Tool for calf deep release — scrape unidirectionally along gastrocnemius fibers (35° angle to skin, 4/10 soreness), hold 60 seconds at medial calf nodules; then use Multi-Edge Tool for iliotibial band cross-scraping (25° angle, 4-5/10 soreness, 1 minute). ② Post-strength training (upper body focus): Use Flat Straight Tool for upper back release (spine to scapula, 35° angle, 3-4/10 soreness); use Pointed Tool (professional operation) for latissimus dorsi tender points (hold 45 seconds, 4-5/10 soreness). Key requirement: Maintain tool stability during deep release, avoid rapid scraping to prevent fascial tearing.

**4. Fascia Gun Rebound Relaxation (2 minutes):** Select round head, medium-low setting (consistent with the post-deep release "gentle vibration" principle). Vibrate residual tense points: ① Thighs: 30 seconds/side (perpendicular to muscle fibers); ② Upper back: 30 seconds (parallel to spine); ③ Calves: 30 seconds/side. Gentle vibration promotes fascial rebounding and reduces post-release stiffness.

**5. Dynamic Fascial Stretching (3 minutes):** Combine stretching with fascial glide: ① High knees (30 seconds): Activate hip flexor fascia; ② Lunge stretch (30 seconds/side): Stretch iliopsoas and quadriceps fascia, guide the client to slightly rotate the torso (enhance fascial glide); ③ Chest opener (30 seconds): Clasp hands behind back, lift gently (stretch pectoral and anterior shoulder fascia); ④ Calf stretch (30 seconds/side): Press toes against wall, heel on floor, slightly bend knee (stretch

both gastrocnemius and soleus fascia). Stretching intensity: 2-3/10 (mild pulling sensation, no pain).

### 4.3 Chronic Pain Conditioning (Twice a Week, 15 Minutes Each Time)

**Target Population:** Chronic pain sufferers (mainly advanced/professional users; beginners: professional guidance required).

**Pre-Condition Assessment (Supplementary):** Before operation, first complete 2 key assessments to ensure targeted release: ① Pain location positioning: Mark the core tender points (press with fingertips to feel hard nodules or obvious soreness) and the extension range of pain (e.g., neck-shoulder pain radiating to the back of the head/upper arm); ② Fascial tension evaluation: Gently pinch the skin and superficial fascia of the painful area, observe whether the mobility is poor (compared with the contralateral healthy area), and judge the degree of adhesion (mild: slight resistance; moderate: obvious resistance with soreness; severe: hard nodules, difficult to pinch).

**1. Enhanced Pre-Condition Assessment (2 minutes):** Based on the "fascial chain + trigger point" dual assessment method: ① Fascial chain evaluation: Check the tension of the affected fascia chain (e.g., neck-shoulder pain → posterior/lateral fascial lines; lumbar pain → posterior fascial line; knee pain → lateral fascial line) by comparing bilateral body symmetry (e.g., shoulder height, hip level) and passive range of motion (e.g., neck lateral flexion, hip abduction). ② Trigger point mapping: Use fingertips to press the painful area, mark trigger points (hard nodules with referred pain) (e.g., trapezius trigger points at the junction of neck and shoulder, lumbar erector spinae trigger points at L3-L4 level). ③ Adhesion degree classification: Mild (slight resistance during pinching, soreness 2-3/10); Moderate (obvious resistance, soreness 4-5/10); Severe (hard nodules, difficult to pinch, soreness 6/10).

**2. Fascial Tool Layered Release (7 minutes):** Adopt the "3-layer release method" (superficial fascia → deep fascia → trigger points) and adjust based on adhesion degree: ① **Neck-Shoulder Chronic Pain (Trapezius Myofascitis):** - Layer 1 (superficial): Small Curved Tool, 30-35° angle to skin, scrape unidirectionally along trapezius fibers (neck root → acromion), 3 passes/side, soreness 3-4/10. - Layer 2 (deep): Multi-Edge Tool, cross-scrape neck-shoulder junction nodules (25-30° angle), hold and gently vibrate for 1.5-2 minutes (recommended sustained pressure time for trigger points), guide the client to perform slow neck rotation (myofascial unwinding) to enhance release. - Layer 3 (trigger points): Professionals only —

Pointed Tool press levator scapulae insertion (25-30° angle), force 4-5/10, hold 45 seconds-1 minute, follow the "release until soreness reduces by 50%" principle. ② **Lumbar Chronic Pain (Lumbar Fasciitis)**: - Layer 1 (superficial): Large Curved Tool, 35-40° angle, scrape unidirectionally along lumbar spine sides (5-8cm from midline, lumbosacral → lower thoracic), soreness 3-4/10. - Layer 2 (deep): Multi-Edge Tool, press and roll lateral lumbar nodules (30-35° angle), hold 1-2 minutes/nodule, combine with client's deep breathing (inhale 4s, exhale 6s) — exhalation enhances deep fascia relaxation. - Layer 3 (trigger points): Professionals only — Pointed Tool target erector spinae tender points (L3-L5 level), 25-30° angle, hold 30-45 seconds, force 4-5/10. ③ **Chronic Pain Around Knee (Iliotibial Band Syndrome)**: - Layer 1 (superficial): Small Curved Tool, 30° angle, scrape unidirectionally along iliotibial band (lateral hip → lateral knee), soreness 3-4/10. - Layer 2 (deep): Multi-Edge Tool, cross-scrape tender points above lateral knee (25° angle), hold 1-1.5 minutes, guide the client to slightly bend/straighten the knee (myofascial unwinding). Key reminder: Avoid restricting spontaneous body movements during unwinding — these movements are the body's natural response to fascial release and help release emotional/physical holding patterns stored in fascia (body memory).

**3. Foam Roller Rebounding & Fascial Integration (3 minutes)**: Aim at the painful area, use medium-hard foam roller (recommended for chronic pain) to roll slowly (10-15 rolls/minute), focus on "connecting the released segments" (holistic fascial network principle): ① Neck-shoulder pain: Roll upper back + upper thoracic spine, 1 minute; ② Lumbar pain: Roll lumbar spine sides + gluteal area, 1 minute; ③ Knee pain: Roll lateral thigh + gluteal lateral side, 1 minute. Hold for 30 seconds at residual tender points, pressure 3-4/10 soreness — this step promotes fascial integration and reduces post-release segmental tension.

**4. Static Fascial Stretching (4 minutes)**: Targeted stretching based on fascia chain tension, adopt the "sustained gentle stretching" principle (hold 90 seconds for chronic pain, as fascia requires longer time to adapt): ① Neck-shoulder pain (posterior/lateral fascial lines): Sit upright, tilt head to healthy side, pull head gently with healthy hand, hold 90 seconds/side, stretch intensity 2-3/10; add shoulder abduction stretch (90° angle, hold 60 seconds/side). ② Lumbar pain (posterior fascial line): Kneel forward stretch (hands forward, waist relaxed, hold 90 seconds); supine knee-to-chest stretch (hold 90 seconds); add gluteal stretch (cross one leg over the other, pull knee to chest, hold 60 seconds/side). ③ Knee surrounding pain (lateral fascial line): Side wall iliotibial band stretch (painful leg close to wall, healthy leg bent, push hip to wall, hold 90 seconds/side);

add calf stretch (hold 60 seconds/side). Combine with deep breathing (inhale 4s, exhale 6s) — breathing synchronizes with stretching to enhance fascial elasticity recovery.

**5. Finishing Care (1 minute):** Apply VeridianLore professional soothing essential oil (formulated for post-chronic pain repair). Use Thick-Edge Tool to gently scrape the entire relaxed area unidirectionally (40-45° angle, force 2-3/10, mild warmth), following the "full-area integration" principle (connect all released segments). Communicate with the client to assess soreness reduction (target: ≥50% reduction), and remind them that chronic fascial pain release may trigger emotional release related to past trauma — maintain a supportive communication environment.

**Tips:** ① Results take effect after 4 weeks of persistence, 2-3 sessions/week, no more than 3 sessions to avoid overstimulation; ② Avoid pain-aggravating actions during the conditioning period (e.g., prolonged bowing for neck-shoulder pain, heavy lifting for lumbar pain); ③ Beginners must operate under professional guidance, and it is recommended to take 1-2 professional guidance courses first; ④ For moderate-severe adhesion, cooperate with hot compress (15 minutes) before each operation to soften fascia, which can improve release effect by 30%.

## 4.4 Daily Home Relaxation (10 Minutes, Suitable for All Populations)

**Target Population:** All groups (elderly, sensitive skin, children).

**1. Fascial Warm-Up (2 minutes):** Perform simple whole-body fascial mobilization to increase tissue temperature (requirement for home relaxation): ① Arm swings (forward/backward, 15 reps each); ② Trunk twists (sitting, 10 reps each side); ③ Ankle circles (10 reps each side). Warm fascia improves the effect of gentle release tools (e.g., Thick-Edge Tool) by 20%.

**2. Full-Body Superficial Fascial Release (5 minutes):** Adopt the "proximal to distal" order (back → upper limbs → lower

limbs), select tools based on population: ① Adults: Flat Straight Tool — scrape back (spine → sides, 35° angle, 2-3/10 soreness, 1 minute); scrape thighs (anterior/posterior, 30° angle, 1 minute/side); scrape calves (medial/lateral, 30° angle, 1 minute/side). ② Elderly/children/sensitive skin: Thick-Edge Tool (recommended tool for sensitive groups) — gently sweep scrape back (40° angle, 1-2/10 soreness, 1 minute); thighs (1 minute/side); calves (1 minute/side). Key: Home superficial release focuses on "coverage" rather than "intensity" — avoid pursuing soreness, prioritize comfort.

**3. Key Point Fascial Ball Pressure (3 minutes):** Target high-frequency tender points for daily life, using the "gentle sustained pressure" principle: ① Neck-shoulder: Peanut-shaped fascia ball (avoids spinal pressure) press inner scapula (hold 60 seconds/side, 2-3/10 soreness); ② Gluteal area: Single fascia ball press gluteus maximus tender points (hold 60 seconds/side); ③ Sole: Fascia ball roll (heel → toes, hold 30 seconds at arch tender points, 2/10 soreness). For children: Reduce pressure to 1/10 soreness, shorten holding time to 30 seconds/area.

**4. Finishing Soothing & Breathing Integration (2 minutes):** All groups use Thick-Edge Tool for gentle sweeping scrape (cover all relaxed areas, 40-45° angle, 1/10 soreness). Guide the client to perform "fascial breathing": Inhale deeply (expand chest and abdomen, 4s), exhale slowly (relax all muscles, 6s), repeat 5 cycles. Breathing integration enhances the connection between the nervous system and fascia, prolonging relaxation effects.

**Tips:** Children only need limb relaxation, with duration halved.

## 4.5 Postoperative Rehabilitation Conditioning (15 Minutes, Under Professional Guidance)

**Target Population:** Postoperative rehabilitators (> 3 months post-surgery, passed doctor's evaluation; professional operation required).

**1. Pre-Operation Comprehensive Assessment (2 minutes):** Based on the postoperative MFR assessment framework, complete 3 key evaluations: ① Wound & Scar Assessment: Check scar maturity (classification: Red/inflamed scar <3

months, immature; Pink/firm scar 3-6 months, semi-mature; White/soft scar >6 months, mature) — only semi-mature/mature scars allow surrounding release. ② Fascial Tension Assessment: Use the "passive range of motion + tissue pinching" method: Compare the affected side with the healthy side (e.g., knee flexion, shoulder abduction) to evaluate fascial restriction; pinch the skin around the surgical site (5cm away from scar) to assess adhesion degree. ③ Pain & Sensation Assessment: Ask the client to rate resting pain (0-10) and dynamic pain (e.g., joint movement), and check for abnormal sensations (numbness, tingling) — avoid releasing areas with neurogenic pain. .

**Tips:** ① Results take effect after 4 weeks of consistent use, with 2-3 sessions per week and no more than 3 sessions to avoid overstimulation; ② Avoid pain-aggravating actions during conditioning (e.g., prolonged forward head posture for neck-shoulder pain, heavy lifting for lumbar pain); ③ Beginners must operate under professional guidance and are advised to take 1-2 professional guidance courses first; ④ For moderate-severe adhesions, apply a hot compress (15 minutes) before each operation to soften the fascia, which can improve the release effect by 30%.

## 5. About [VeridianLore] - Professional Fascia scraper Manufacturer

**Our Professionalism:** [VeridianLore] is a leading professional Fascia scraper manufacturer focusing on myofascial release Fascia scrapers. We have a R&D team composed of orthopedic doctors, physical therapists, and industrial designers, integrating medical theory and ergonomic design into product development. All products are developed based on a large number of clinical test data to ensure scientificity and effectiveness.

**Superior Quality Commitment:** We adhere to strict quality control standards throughout the production process. From raw material selection (medical-grade stainless steel, titanium alloy, food-grade silicone) to precision machining (five-axis machining, laser cutting), and final quality inspection (12-item safety tests, including edge sharpness, handle stability,

corrosion resistance), every step is strictly supervised. We provide a Lifetime warranty for all Fascia scrapers (excluding man-made damage).

**User Support:** To help users better use Fascia scrapers, we provide a full set of supporting services: ① Free professional training materials (scanning the QR code below); ② Online expert consultation (available 9:00-18:00 on working days); ③ Customized product solutions for professional institutions (gyms, rehabilitation centers, hospitals). For more product information and purchase channels, please visit our official website: [www.veridianlore.com], and feel free to contact our customer service: [www.veridianlore.com].

## 6. Final Safety & Effectiveness Guidelines

- **Post-relaxation hydration:** Drink 300-500ml warm water after completion to promote metabolic waste excretion and reduce soreness.
- **Abnormal reaction handling:** Slight red marks (fading in 1-2 days) are normal. Bruising: Cold compress within 48 hours, hot compress after 48 hours. Symptoms lasting > 3 days: Seek medical advice.
- **Chronic pain investigation:** Pain lasting > 1 month with ineffective relaxation: First seek medical diagnosis (e.g., herniated disc). Do not confuse pathological pain with fascia tension.
- **Tool selection summary:** ① Beginners → Foam roller + Fascia ball + Flat Straight Fascia scraper; ② Athletes → Add fascia gun + Curved Fascia scraper/Multi-edge Fascia scraper; ③ Professional/chronic pain → Full set of Fascia scrapers; ④ Special groups → Thick-edge Fascia scraper + Foam roller.
- **Core:** [VeridianLore]'s professional Fascia scraper with proper style selection and force control meets all population/scenario needs.





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