

# THERA CANE®

**Thera Cane®**

The Thera Cane's patented design facilitates deep-pressure self-massage of trigger points and sore muscles. The design allows for enhanced leverage and concentrated pressure on areas such as the:

- Back
- Neck and Shoulders
- Upper and Lower Extremities

It's suitable for patient use and comes with an instruction manual featuring 39 illustrated uses.

Thera Cane® (#411) ..... **\$31.40** \$27.25 (6+)  
 \$25.15 (12+)





**The Knobble® II**

The Knobble II is the newly designed polymer version of the classic wooden favorite. Still the size of a standard doorknob, the base is held in the palm of the hand and the smooth rounded tip is used to apply pressure to trigger points in soft tissue. The Knobble II also has a soft band of non-latex Santoprene around the base that allows for friction techniques. Assorted colors.

The Knobble® II (#425) ..... **\$9.90**



**TriggerWheel®**

The TriggerWheel® is designed to pinpoint specific muscles for immediate relief of trigger points, carpal tunnel and other muscle disorders. It has an easy grip handle for effective use on all areas of the body

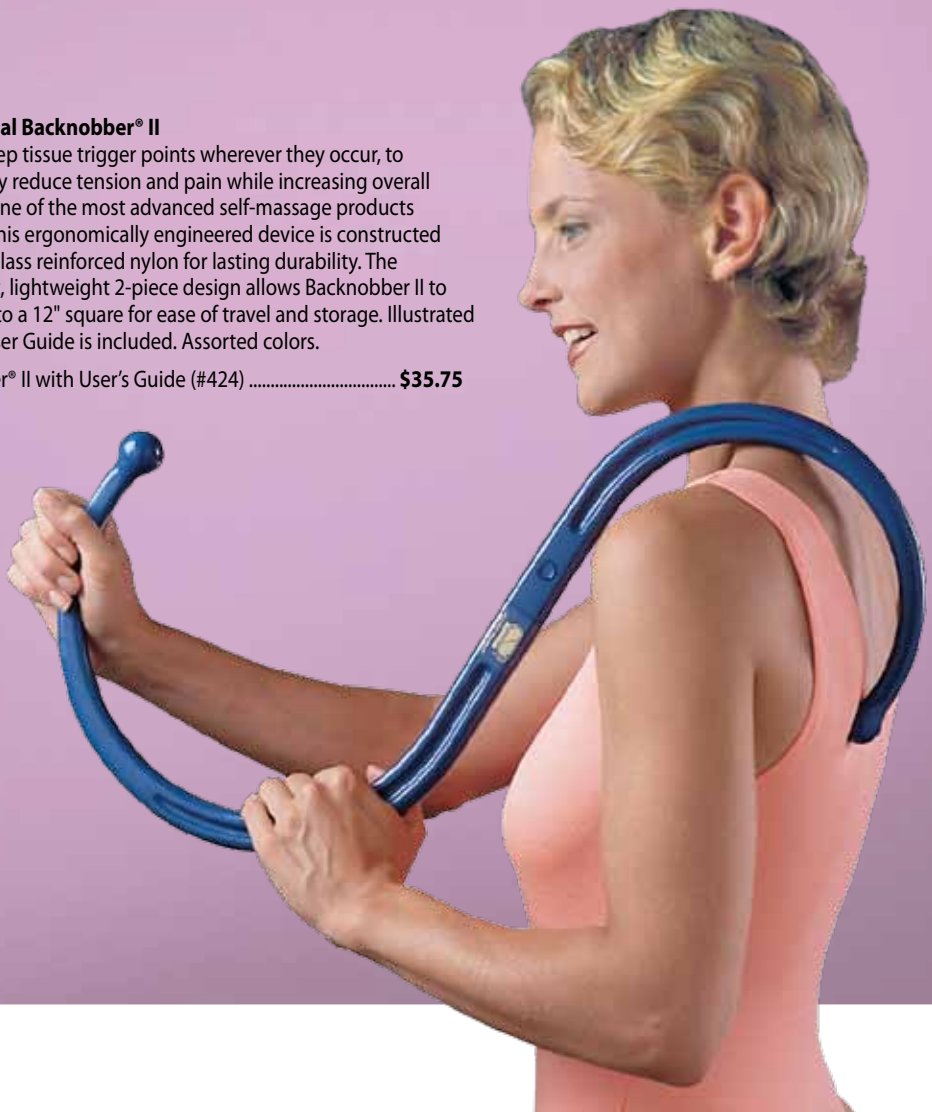
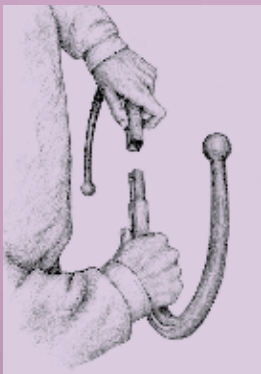
The TriggerWheel® (#427) ..... **\$18.95** \$16.95 (6+)



**The Original Backnobber® II**

Release deep tissue trigger points wherever they occur, to significantly reduce tension and pain while increasing overall function. One of the most advanced self-massage products available, this ergonomically engineered device is constructed from fiberglass reinforced nylon for lasting durability. The convenient, lightweight 2-piece design allows Backnobber II to collapse into a 12" square for ease of travel and storage. Illustrated 35-page User Guide is included. Assorted colors.

Backnobber® II with User's Guide (#424) ..... **\$35.75**

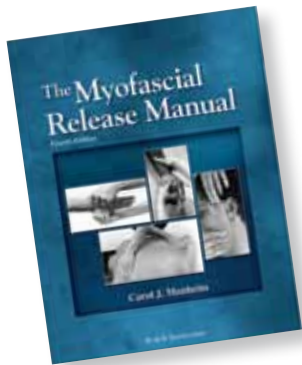




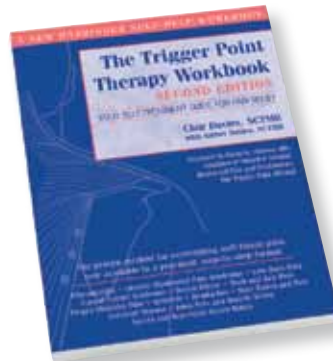
**The Original Jacknobber II®**  
 Clinicians or patients can easily apply pressure using this easy-to-grasp "Jack" shaped tool. Clear polymer; assorted colors.  
 The Original Jacknobber II® (#422) ..... **\$8.75**



**The Original IndexKnobber® II**  
 Designed especially for the hands-on therapist and caregiver, The Original IndexKnobber® II allows for deep, sustained soft tissue compression of trigger points while protecting you against fatigue and overuse injury. Offers several comfortable and effective positions in the hand. Clear polymer; Assorted colors.  
 The Original IndexKnobber® II (#423 ) ..... **\$8.75**



**The Myofascial Release Manual**  
 This essential manual concentrates on the "how-to's" of myofascial techniques and is a perfect resource for both experienced clinician and students. In this 4th edition, Carol Manheim, PT, presents proper techniques in an easy-to-follow instruction. Techniques have been re-titled to reflect the sensation felt by both the therapist and the patient. Over 450 clear photos illustrating proper hand placement and movement. Major warnings, contraindications and vital information are given for upper and lower quarter, cervical region, abdominal and back muscles. Illustrated. Hardcover, 325 pages.  
 The Myofascial Release Manual (#816-4) ..... **\$67.95**



**The Trigger Point Therapy Workbook**  
 This self-treatment workbook is a guide for relief of soft tissue pain and dysfunction resulting from repetitive strain injuries such as:

- Accident trauma
- Sports injuries
- Fibromyalgia

Also included is an updated, detailed discussion on progressive muscle relaxation techniques that reinforce the therapeutic power of trigger point work. All areas of the body are addressed. Illustrated. Softcover, 267 pages.  
 The Trigger Point Therapy Workbook/ 2nd ed. (#8731-2)..... **\$22.95** \$17.95 (6+)



**The Frozen Shoulder Workbook**  
 From the best-selling author of *The Trigger Point Therapy Workbook*, Clair Davies offers the most detailed and comprehensive manual available for frozen shoulder. Ideal for those interested in self-care and for practitioners looking to learn new treatments. Illustrated. Softcover, 285 pages.  
 The Frozen Shoulder Workbook (#8741) ..... **\$21.95** \$17.55 (6+)