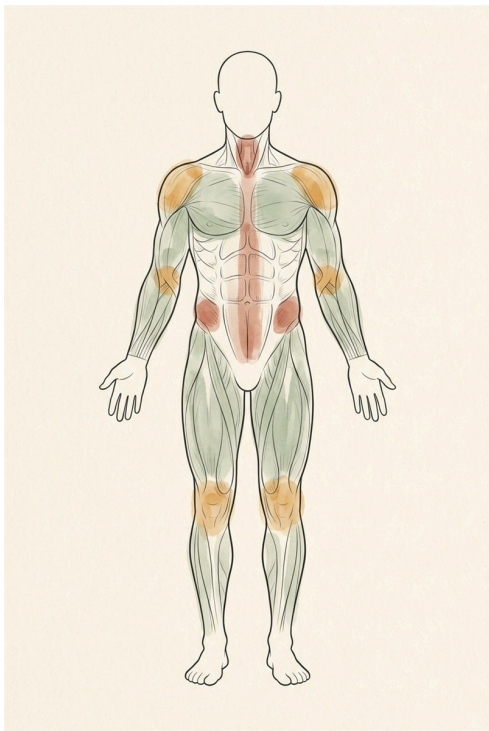


RECOVERY ZONES

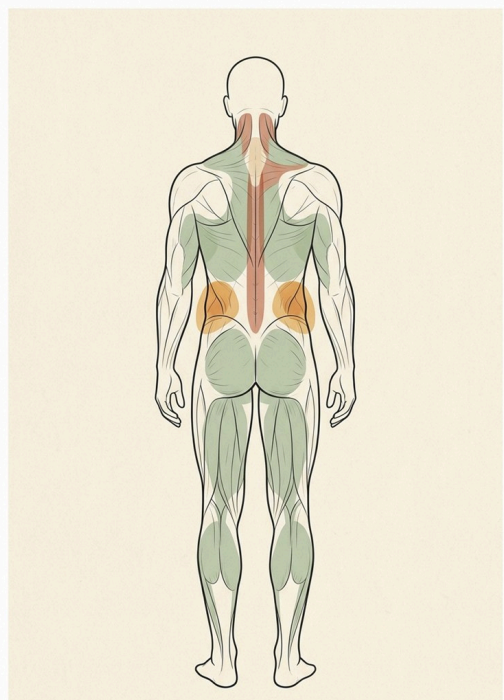
Where to glide. Where to skip. Where to stop.

The same zone-by-zone reference physical therapists use to teach gua-sha and self-massage. Read the diagrams. Match each zone to its mode and time on page 2. Keep this guide nearby for your first ten sessions.

FRONT VIEW



BACK VIEW



● Optimal zone

● Use with caution

● Avoid

HEAT

Stiff cold muscles. Daily tension. Use first to soften tissue before other modes.

VIBRATION

Knots. Trigger points. Post-workout soreness in dense muscle groups.

MICROCURRENT

Lymphatic drainage. Swelling. Recovery after long flights or hard runs.

TACTICAL REFERENCE

How to work each muscle group.

MUSCLE GROUP	MODE	TIME / SPOT	TECHNIQUE
Upper back & traps	Heat + Vibration	60s	Glide lateral to the spine, never directly on it. Top-to-bottom passes from base of skull to mid-back.
Lower back (QL)	Heat + Vibration	60s	Vertical glides, two fingers off the spine. Light pressure. If pain radiates down a leg, stop.
Glutes	Vibration	90s	Large area, medium pressure. Glide outward from sacrum toward the hip joint.
Hamstrings	Heat + Vibration	60s	Glide from just above the knee up toward the hip. Always with the fiber direction.
Quads	Heat + Vibration	90s	Long slow glides, top of thigh down to just above the kneecap. Skip the knee itself.
Calves	Vibration + Microcurrent	60s	Ankle up toward the back of the knee. Add microcurrent if swollen after long flights or runs.
Shoulders & deltoids	Vibration	30s	Short careful glides. Avoid bony points. Low intensity here — shoulder tissue is shallow.
Forearms	Microcurrent	30s	Light pressure. Skip entirely if you're in an active tendonitis flare or have wrist pain.
Feet (arches)	Vibration	60s	Firm slow strokes along the arch. Heel to ball of foot. Excellent for plantar fasciitis maintenance.

BEFORE YOU START

- Always apply a thin layer of oil or lotion. Skipping this is the #1 cause of skin redness.
- Never go directly on the spine, throat, kidneys, or any joint surface.