



Shoulder blade area



Trapezius muscle



Base of skull and neck



Neck



Chest area

### Shoulder blade area

Take hold of the Finnhook's handle with both hands. Place the hook over your shoulder, allowing the tip to touch next to your shoulder blade. Gently increase pressure and stretch your muscle by pulling the handle down and slightly forward. Release the pressure and move the tip of the hook up, down or to the side, and press again. When you find a sore spot, press continuously for 15-30 seconds until the pain eases. You can also relax the muscles by rolling your shoulder while keeping the end of the hook pressed on the muscle.

### Trapezius muscle

When you treat your trapezius muscle, your upper hand does the work by pressing the muscle in a pumping motion as you go along bit by bit. This gives your muscle more elasticity and your energies will start to flow. You'll also be better able to move your head around. You can work through your entire neck by turning the handle of the hook sideways.

### The base of the skull and neck

Look at the picture for the correct position of the hands. Place the end of the hook against the base of the skull where the neck muscles attach. Rotate the hook using light, revolving moves. This helps accelerate your blood circulation around the head area. Headache, dizziness etc. is relieved when the brain receives more oxygen.

### Neck

Place the hook in a "rolling" position and use the grip shown in the picture. Roll the round part of the hook against your neck using comfortable pressure. Change the spot every now and then.

### Chest area

Use the hook the same way as in the previous picture, but now work on a muscle group located under your collar, which is often very tense. You can also work on your midriff, stomach area and thigh and calf muscles in similar fashion.



## Operating instructions



### Shoulder area

To increase the suppleness of the muscles found behind your shoulder, grab the hook's hinge pin with the hand on the side you are treating. Place the hook behind your shoulder and press downwards with the handle. Feel your force move from the front to the back. Press away your pain with the Finnhook. You'll be able to move and raise your hand better.

### Back

You can easily massage your entire back area with the Finnhook. Press and pull the handle towards yourself as in the picture or grab the hook's blade and rotate the end of the hook on the sore spot.

### Sciatica and buttocks

Use the hook as shown in the picture to reach the deep muscles on your backside. Press intensely. In this area, use both hands to move the hook according to what feels most pleasant. You can also use this grip to work on your back muscles and feet muscles, as well as the points where muscles attach to the bone.

### Thighs and calves

You can use the hook to relax your thighs and calves. Close the hook around your thigh as shown in the picture. The handle should be placed between your legs. Rotate in a figure eight pattern with a loose grip to massage your muscles. Place the end of the hook on top of the handle or keep the hook somewhat open, depending on the size of your thigh. The most important thing is to be able to grasp the end of the hook and the handle at the same time.

### Soles

The Finnhook can even be used while watching television, especially when doing "reflex zone therapy", in other words: when working on the sore spots of your soles. Press the sore spots gently with the hook as shown in the picture. You can also try pressing your heel against the floor.



Shoulder area



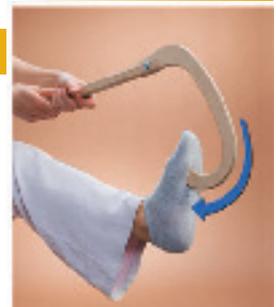
Back



Sciatica and buttocks



Thighs and calves



Soles

### Easy to use, easy to relax

Finnhook is an easy to use, ergonomic device for self-treatment of your muscles. Its unique shape makes it very easy to reach tight and sore muscles even in those hard to reach areas. The positive impact of Finnhook is based on the release of muscle tension, improvement of blood flow, and the removal of the toxins from your body. Simply press for 1-2 seconds at a time, move the tip up/down/side by 1/2" and press again. This way you can treat the desired area effectively and easily.

Many of us have tight muscles, especially in shoulder and neck areas due to non-ergonomic working conditions, driving a car, or stress. With the help of Finnhook, many people have found fast relief for their headaches, migraines, dizziness, symptoms of sciatica, and jammed neck. For the best results use Finnhook every day and drink plenty of water to increase the effect.

### Only a few minutes a day

Hold the Finnhook firmly, always with both hands, and use it as shown in the various pictures. We recommend that in the beginning use the Finnhook every day for 10-15 min, and increase the amount of time later if needed. You can start your daily routine for example on the area between your shoulder blades. Press the Finnhook against your back for 1-2 seconds by pulling it down and slightly forward with your hands, release, shift it left/right/up/down by 1/2" and press again. Keep pressing, releasing and shifting until you have treated the desired area. When you find a sore spot in your muscle, press for 15-30 seconds so that you can feel a nice warm sensation. This means that the muscle is starting to relax and the blood circulation increases. As your body is put into a positive mode, it begins to heal its ailments on its own.

Finnhook is not meant to replace other forms of treatment. On the contrary, it compliments other methods and helps you to feel better between the treatments. You can use Finnhook while watching TV, reading, working on a computer, and even on a trip. Allow yourself to relax and feel good – every day.



*Press the Finnhook against your back for 1-2 seconds by pulling it down with your both hands, release, shift it left/right/up/down by 1/2" and press again*

### The Finnhook – registered innovation from Finland

Finnhook is a registered product around the world. It has also been accepted to the product register of the National Agency for Medicines in Finland.

Registered design no: 24156

Trademark no: 239909

### Maintenance

Should the screw become loose for any reason, simply retighten it with the enclosed wrench.

A dirty hook can be cleaned with a damp sponge, steel wool or very fine sandpaper. Store Finnhook indoors and avoid extreme heat and humidity.

### Precautions

DO NOT use this product for medical use or as a substitute for medical attention. The Finnhook is intended only for low-pressure self-massage of muscles and soft tissue. This product should not be used on any wounds or on any injured, swollen, bruised or inflamed areas without consulting a physician. Massage should be pleasant and comfortable. If you feel pain or discomfort, discontinue use of the Finnhook immediately and consult a physician. You should always consult your physician for treatment of any known medical condition(s) and before initiating any therapeutic massage or exercise program.

In addition to the aforementioned precautions, please:

- Do not press the Finnhook directly against the spinal column or sciatic nerve
- Do not allow children to play with or use the Finnhook
- Use caution when placing your fingers near the Finnhook's moving parts (e.g., when adjusting its angle) to avoid pinching and other injuries
- Always check the surface condition of the Finnhook for damage or wear before use
- It is recommended that you use the Finnhook through a thin cloth (such as a t-shirt) for best results, comfort and safety. Use care if you use the product directly on bare skin.

### Limited warranty (US Only)

TJ Source warrants this product for one year, from the date of purchase, against workmanship and material defects. TJ Source will repair or replace the part or product determined to be defective.

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