

Get to know the Arch Massager

LOW PEAK AND HIGH PEAK
Dual peaks help you reach where other massagers can't. The gentler low peak is the best place to start; as you progress, incorporate the high peak.

VALLEY

Your foot rests in the valley as you use the sides of the peaks to massage the tough-to-reach parts of your foot.

LEGS

Foldable legs with stabilizing grip keep the massager still so you can generate the force required to repair weakened tissue.

TEXTURE

Inspired by a golf ball, the dimpled surface provides the friction needed to realign tissue.

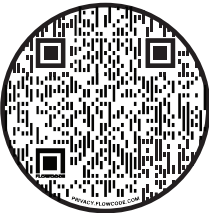
QUESTIONS? WE'RE HERE FOR YOU
Contact us at info@alleviatetherapy.com

Take the Next Step

You've felt the relief; now it's time to rebuild with the Arch Exercise Program.

Our expert coaches guide you through strength and stability exercises to rebuild the weakened tissue in your foot. You'll see measurable progress as you track your healing journey. Twelve weeks are included with your purchase.

SCAN THE QR CODE OR VISIT alleviatetherapy.com/activate and enter the license code below.

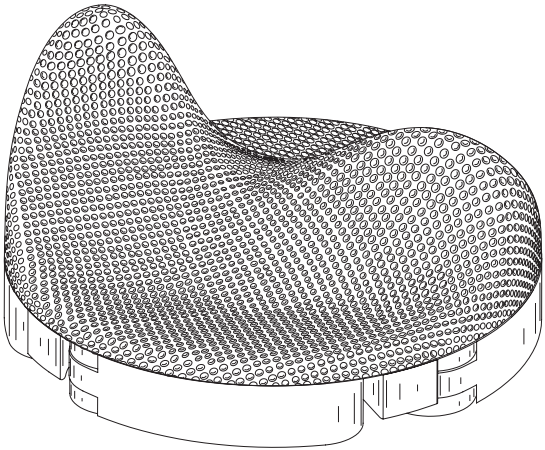


Purchased the Alleviate Kit for Foot Pain? Find your license code on the top insert.



alleviate

Arch Massager

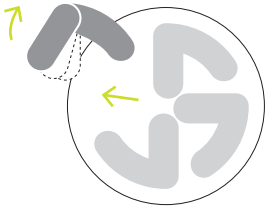


LET'S GET STARTED

Arch Massager Quick Start

STEP 1: SET UP

Rotate each leg of the massager outward until it clicks, then put the massager on the floor.



STEP 2: LUBRICATE

Apply a dime-sized amount of lotion, balm, or gel to the bottom of your foot. We recommend Arnica cream, a natural anti-inflammatory. If you don't want to use lotion, a sock also works!

STEP 3: EXERCISE

Sit down and try some of our tried and true exercises (included in this manual) for relief from tired and painful feet.

PRO TIP

It will be uncomfortable at first—don't worry! That's a good sign. Discomfort is an indication that you're repairing your damaged tissue. If you feel genuine pain or if you have impaired sensation in your feet, stop and contact your healthcare provider.

STEP 4: CARE

To clean your massager, wipe it down with a damp cloth once you're done.

Exercise Guidelines

We've included some of our favorite moves and general guidelines so that you can get started using the massager right away.

DURATION / FREQUENCY

We recommend 2-3 minutes per affected side, morning and night.

SPEED

Be deliberate with your speed. Use smooth, steady strokes to apply even and intentional pressure on the kinks (i.e. scar tissue) in your foot.

FEEL IT OUT

This guide introduces you to common exercises, but everyone massages differently! Play around with different pressure levels and movements until you find what feels right for you.

TEST AND RETEST

How do you know it's working? Take a few steps before and after a session to feel the difference. After a good session, your feet will feel lighter and refreshed.

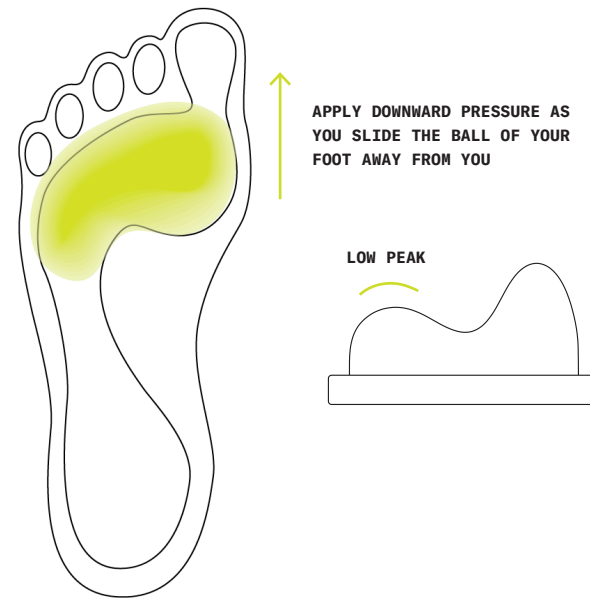
PRO TIP

Need more leverage? Step on one of the legs of the massager with your non-working foot. This will help you shift weight onto your feet for added pressure.

Exercise 1: The Rock Away

Place the ball of your foot on top of the low peak. **While applying downward pressure, push the ball of your foot away from you across the top of the low peak.** The motion may feel unfamiliar at first; that's okay. Stick with it for a couple minutes.

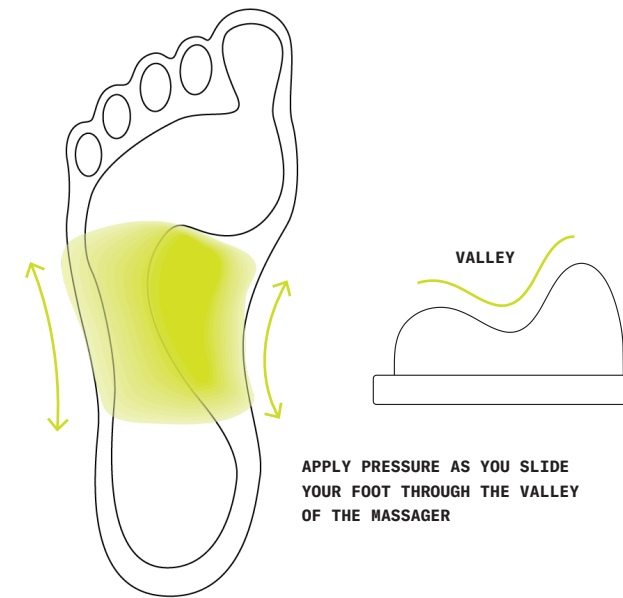
Recommended for: Forefoot and plantar fascia



Exercise 2: Through the Valley

Press the inner arch of your foot against the side of the high peak so that the outside of your foot rests in the valley. **Apply a good amount of pressure and slowly slide your foot away from you.** Do the same as you pull your foot back toward you.

Recommended for: Inside and outside arch



Exercise 3: The Grind

Put your heel on the low peak with your toes pointing upward at a 45° angle. **As you grind your heel on the low peak, feel for hot spots and move with controlled pressure to massage those areas.**

Recommended for: Heel

