



Ankle Massager

Promote proper energy and blood circulation

Material : Paulownia / 14"(L) * 3.5"(W) * 3.5"(H)

■ Benefits of Ankle Massager ■

Chronic Fatigue, Knee Pain, Athlete's foot, Shoulder Pain, Hemorrhoids, Constipation,

■ Ankle Lift & Drop Exercise ■

- 1) Lie down on your back and put Ankle Massager(AM) under your legs between Achilles' tendon and calves. Follow image 1.
- 2) Relax your knees with legs extended.
- 3) Holding the left leg to the AM raise the right leg 10-12 inches above and drop. Repeat 25 times. Like image 3.
- 4) Switch and repeat. (2~3 times, 1000~1200 a day).

■ Wrist Lift and Drop Exercise ■

- 1) Place the AM in front of you and lift up your forearms with your palms facing down and gently tap your wrists on the AM at a rapid pace (2-3 minutes). Like image 4.
- 2) In the case that the practitioner cannot do the Ankle lift and drop exercise, the wrist lift and drop exercise may be substituted.



Image 1



Image 2



Image 4



Image 3