

Tiger Cane™

Knot Buster® Massage Hook



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Learn!**

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Instruction Video



Tiger Cane Knot Buster Massage Hook

Muscle Knot Relief Tool

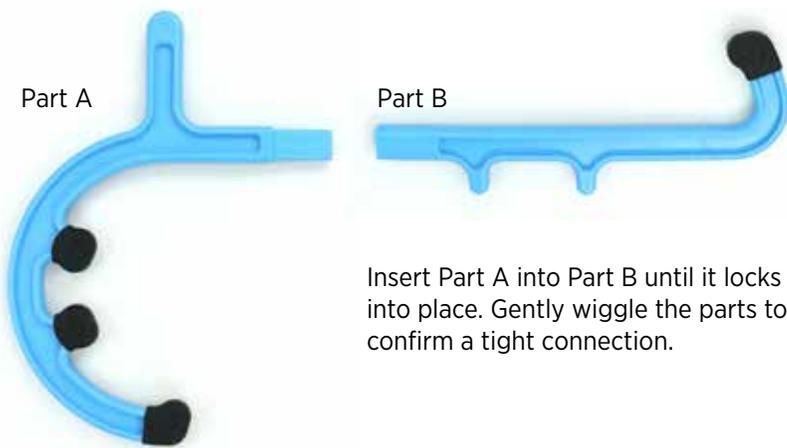
The Tiger Cane is a versatile self-massage tool designed to alleviate muscle knots, soothe aches and release tension. Its unique design allows:

- **Deep Tissue Relief:** Reach and release stubborn knots in hard-to-reach areas.
- **Self-Help Massage Power:** Apply precise pressure to specific muscle groups.
- **Muscle Recovery:** Soothe overworked muscles.
- **Easy and Smooth Application of Pressure:** DIY muscle compression saves thumbs, fingers and hands from fatigue.

Special Features:

- Innovative and patent pending design.
- Designed specifically to reach and massage muscle knots in your back, without the help of a buddy.
- Seven (7) different massage Knot Buster® Knobs for easy application of pressure on the back, neck, shoulders and more.
- Four (4) exclusive Tiger Tail Gription® Knot Buster Knobs which offers deep grip and friction to help bust out knots fast in fascia and muscles.
- Easy to clean.
- Easy for travel: one button to reduce size for carry-on suitcases or travel bags.
- Three-year warranty.

Assembly Instruction

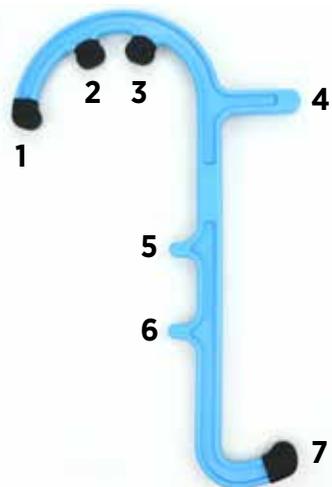


Insert Part A into Part B until it locks into place. Gently wiggle the parts to confirm a tight connection.

Tiger Tail Gription™



Exclusive Tiger Tail Gription™ Knot Busters (deep grip and friction on fascia and muscles) to bust out knots fast and speed recovery.



How It Works

Innovative design allows convenient, effective ways to reach, massage, and release muscle knots. The Tiger Cane is equipped with seven (7) Knot Buster Knobs for controlled pressure on muscle knots:

- #1 and #7 for reaching deep muscle knots (upper back, shoulders, etc.),
- #2 and #3 for curved areas (neck, shoulders, etc.),
- #4, #5, and #6 for precise pressure on specific muscle groups (low back, hips, etc.).

PLEASE NOTE: Before beginning any type of massage therapy or treatment, seek the advice of a physician.

General Instructions

- Position your Tiger Cane Knot Buster Knob on your muscle knot.
- Apply about 5-10 pounds of pressure (+/- depending on your needs).
- You are the judge of how much pressure to apply. Strive for a “good hurt” from 5-7 on a scale of 1-10.
- Minor discomfort or tenderness may be experienced when passing over muscle knots. To minimize muscle knots, apply 10-15 seconds of firm, constant, focused pressure over the muscle knot (see examples). We recommend repeating each set 2-3 times and with each set, gently pressing deeper into the muscle. Avoid deep pressure directly over bones.
- Use the Knot Buster Knobs to massage knots and surrounding areas with small circular motions or “wiggle-type” pressure.
- Recurring or stubborn muscle knots often need additional attention. Using the Tiger Cane 2-3 times a day may help. With time, muscle knots should get smaller or disappear.
- Most muscle knots should feel better in 12-36 hours. If no improvement is experienced, it is best to seek medical advice.

Methods

Direct pressure applied to muscle knots can promote the release of muscle tension (myofascial release). Here are some effective methods for applying this pressure:

- 1. Glide:** Slowly move the knobs upward or downward along the muscle.
- 2. Wiggle:** Apply gentle, rhythmic wiggling motions to help release muscle tension.
- 3. Steady Pressure:** On the muscle knot, apply pressure without movement.

Shoulder



Grasp the straight part of the Tiger Cane end with one hand and the #4 handle with the other. Position knob #1 on the shoulder muscles.

Grasp the straight part of the Tiger Cane near the end with one hand and the knob #4 handle with the other. Position knobs #2 and #3 on the shoulder muscle just below the neck.

Grasp the curved end of the Tiger Cane with one hand and the straight part just below the knob #4 handle with the other. Position knob #5 or #6 on the shoulder muscles.

Neck



Grasp the curved part of the Tiger Cane with one hand and the knob #4 handle with the other. Position knob #5 or #6 on the neck muscles.

Grasp the #7 end of the Tiger Cane with one hand and the knob #4 handle with the other. Position knob #2 and #3 on the side or the back of your neck.

Upper Back



Position the Tiger Cane #1 knob directly on the upper back muscles. Hold near the base of the hook.



Position the Tiger Cane #5 or #6 knob on your upper back muscles. Hold both ends of the hook.

Lower Back

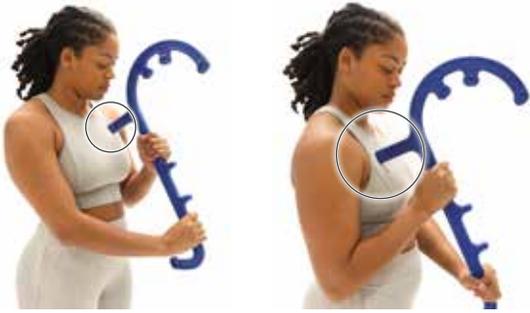


Position the Tiger Cane #1 knob on the lower back muscles.



Position the Tiger Cane #5 and #6 knob on your lower back muscles. Put one arm behind one end of the Tiger Cane and grasp the other curved end with your other hand.

Chest



Grasp the straight parts of the Tiger Cane as shown. Position knob #4 on your chest muscles.

Arm



Position one of the Tiger Cane knobs on the muscles in your upper arm. Hold near the base of the hook.

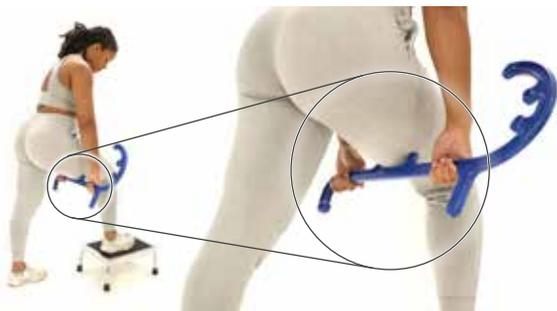


Arrange the Tiger Cane as shown. Place the bottom of the hook on a stable, hard surface to prevent it from slipping. Position the curved part of the hook on the specific muscles you want to target.

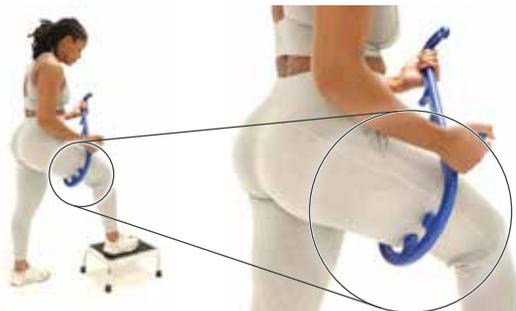


Place the straight end of the Tiger Cane against your thigh for stability. Position knob #5 and #6 on the muscles in your forearm.

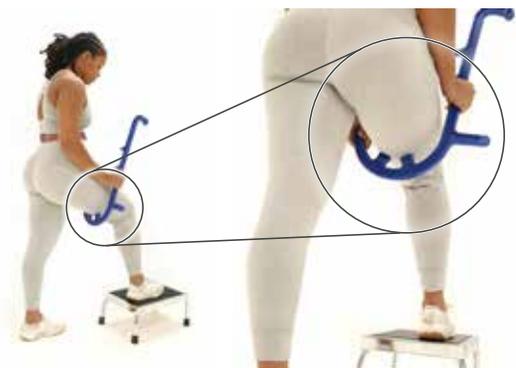
Leg - Hamstring



Grip the straight parts of the Tiger Cane as shown. Position the #5 or #6 knob directly on your hamstring muscles.



Grip one end the Tiger Cane with one hand and knob #4 with your other hand as shown. Position knobs #2 and #3 directly on your hamstring muscles.



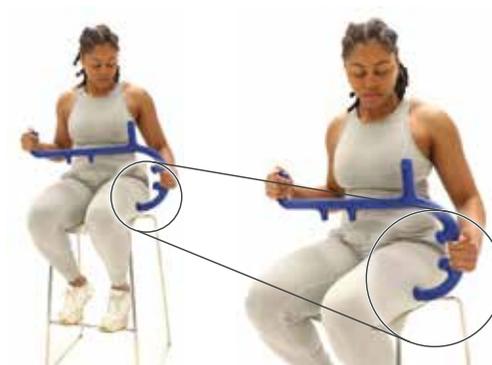
Grip knob #1 with one hand and the middle section of the straight part of the Tiger Cane with your other hand as shown. Position knobs #2 and #3 directly on your hamstring muscles.

Leg - Thigh



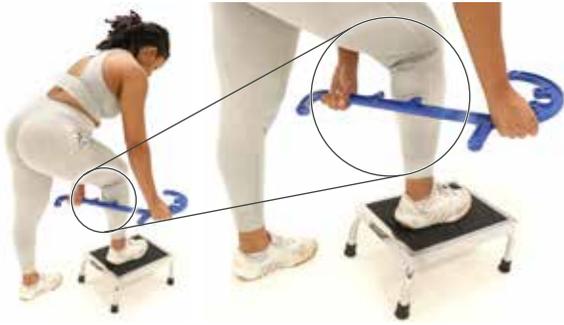
Grip the straight part of the Tiger Cane with one hand and the curved part with your other hand as shown. Position knobs #5 and #6 directly on your thigh muscles.

Leg - IT Band

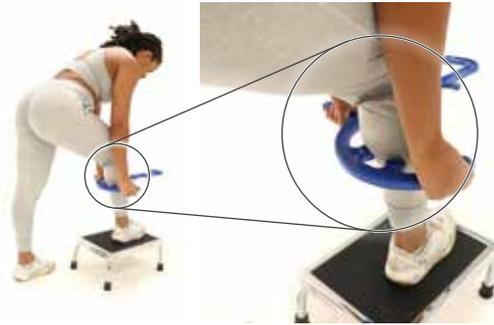


Grip one end of the Tiger Cane with one hand and the other end with your other hand. Position knob #1 directly on your target muscles.

Leg - Calf



Grip the straight parts of the Tiger Cane as shown. Position the #5 or #6 knob on your calf muscles.



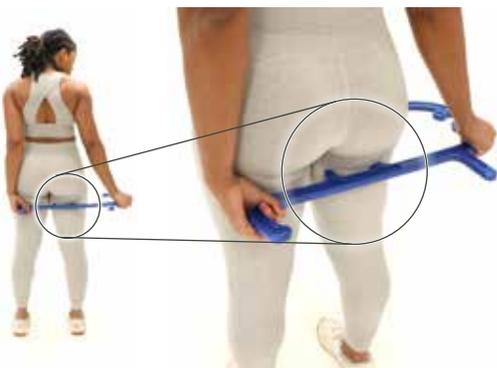
Grip knobs #4 and #1 of the Tiger Cane as shown. Position knob #2 or #3 directly on your calf muscles.

Leg - Shin



Grasp the curved end of the Tiger Cane in one hand and the straight part near the other end in the other. Position knob #5 or #6 on the muscle group next to your shinbone.

Glutes



Hold the curved end of the Tiger Cane in one hand and the other curved end in the other. Place knobs #5 and #6 on the target muscle groups around your glutes.

Feet



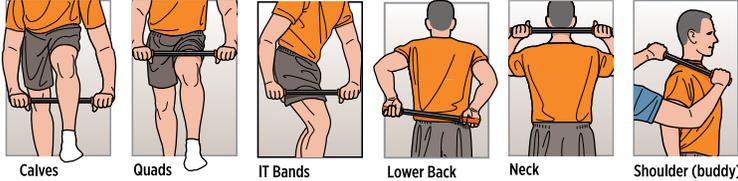
Grasp the straight parts of the Tiger Cane as shown. Place the hook on the floor as a pivot point and position knob #1 on your foot muscles.

Other Products From Tiger Tail

The Original™



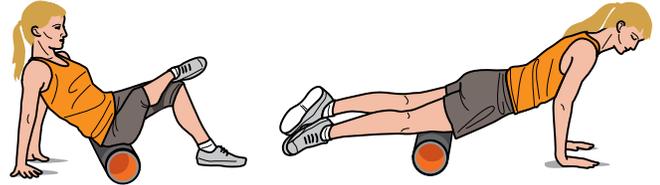
Foam Roller Massage Stick: Hand-held portable foam roller available in 11", 18", and 22". Perfect for the whole body, head to toe.



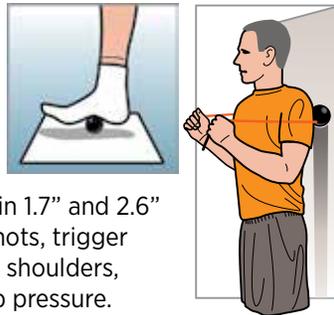
The Big One™



The King of Foam Rollers: Foam roller for back, glutes, quads, hamstrings and more.



Tiger Ball®



Massage Ball-on-a-Rope: Available in 1.7" and 2.6" diameters. Perfect for busting out knots, trigger points and sore muscles in the back, shoulders, legs, and other spots that want deep pressure.



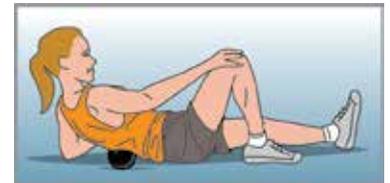
5.0 Foam Massage Ball: A lightweight ball, perfect for rolling out larger muscle groups, such as hips, glutes, back, and shoulders. Great for travel. 5" diameter.



Double 4.4 Peanut Foam Roller: A lightweight foam peanut roller, great for travel, and perfect for muscles attached to the spine. 4.4" x 8".

Curve Ball®

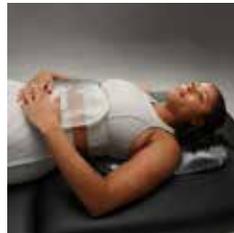
Stationary Foam Roller: Made for back, glutes, quads, hamstrings, and more. Grips the floor or wall to stay put while your body presses on it.



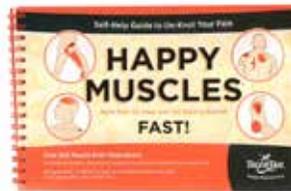
HydroHug™ Hot Water Therapy Pillow



The HydroHug Hot Water Therapy Pillow works like a hot tub without getting wet! The pillows are easy to fill with hot or cold water. It's a versatile, lightweight tool that can be used to relieve muscle pain, soreness, and stress. They're durable and can withstand significant weight.



Happy Muscles® Self-Help Guide



Happy Muscles: Self-Help Guide to Un-Knot Your Muscle Pain empowers you to identify what may be causing your pain and provides the road map to finding relief. This troubleshooting guide features more than 250 pain-mapping muscle knot illustrations.

