

CANDo[®]

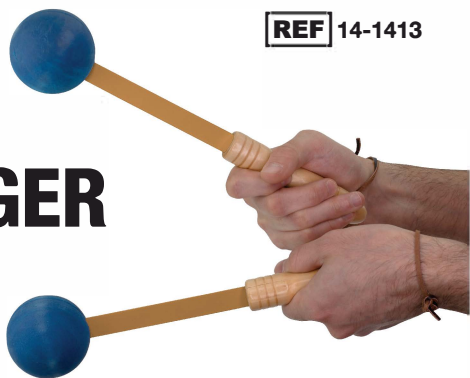
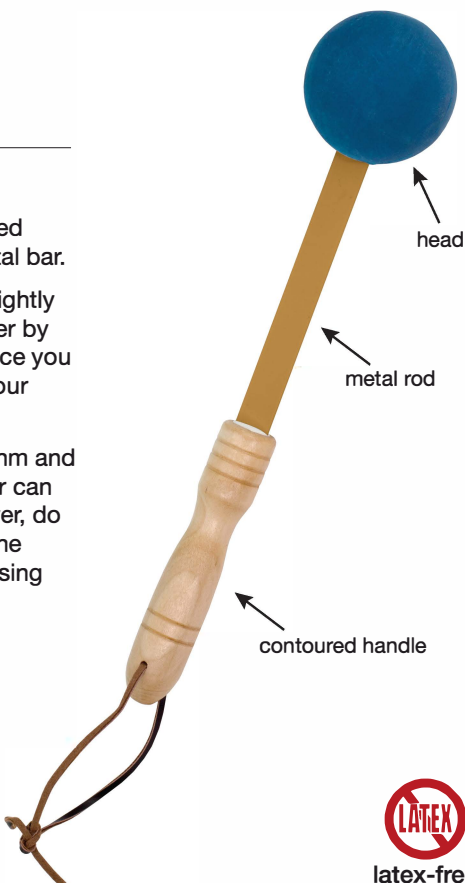
IMPACT MASSAGER

Introduction

The CanDo Impact Massager is a manual percussive massage tool used to bring relief to sore and overworked muscles. By simply tapping the head of the massager against your body, you can relieve tension and stress. This movement can also improve blood circulation and energy flow.

How to use

- 1) Grab onto the Impact Massager's contoured handle with your thumb placed on the metal bar.
- 2) Start off using one Impact Massager and lightly tap your arm with the head of the massager by gently flicking your wrist up and down. Once you get used to the motion, start tapping on your shoulders, neck, and back.
- 3) As you're tapping, you can adjust the rhythm and intensity of your tap. The Impact Massager can be used on most parts of the body, however, do not use on your kidneys. If you are using the Impact Massager on another person, try using two Impact Massagers at once.



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