



Hand Soft Tissue Mobilization

Place the MSD-Bar on the table. Roll the palmar surface of your hand over the MSD-Bar from wrist to fingers and back.



Cervical Soft Tissue Mobilization

Place the MSD-Bar underneath the base of your skull. Gently push your head backward into the MSD-Bar.



Elbow Flexion Mobilization

Place the MSD-Bar in the fold of your arm. With your other hand, hold your wrist and pull your arm towards you, applying overpressure.



Foot Soft Tissue Mobilization

Place the MSD-Bar on the floor. Roll your foot over the MSD-Bar from heel to toes and back