

3TOOL was conceived by a group of expert physiotherapists in collaboration with design engineers of the University of Zaragoza as a simple and low-cost tool for the treatment of muscle contractures, mobilization of body segments and performance of massage applications upon different body areas.

Muscle contractures are a very common complaint within the general public. These may be caused due to repetitive or intense physical exertions, poor posture, incorrect movements or situations of emotional stress. The possibility of having a tool for the straight-forward treatment of these muscle strains and contractures could be key in order to prevent more serious injuries or even facilitate a faster recovery if these already exist.

3TOOL has been specifically designed for the self-treatment of pain due to muscle contractures, and is the result of a process in which different shapes, sizes, materials and densities were assessed on a variety of patients. The results obtained from clinical trials performed by physiotherapists have shown that this tool achieves a significant relief from pain and is a great adjunct to physiotherapy treatments in order to maintain and maximize their effects.

3TOOL is made of elastomeric material in accordance with the REACH safety regulations regarding health products. Massage gels and creams have been tested on this material.

3TOOL is a product designed and manufactured in its entirety in Spain.

USES



1. TREATMENT OF CONTRACTURES OR LOCAL PAINFUL SITES.

Patients may apply **3TOOL** in two different ways:

a. Via the application of direct pressure: "zone 1" of the tool is placed upon the site of localized muscle pain followed by a gentle compression until relief is achieved. **3TOOL** has an ergonomic shape designed to facilitate an optimal grip and enable pressure applications without tiring.

b. By leaning the weight of the body or body segment directly upon "zone1". This is the recommended use for hard-to-access body areas or when sustained pressure is required during longer periods. With this in mind, **3TOOL** has been designed to offer optimal stability for the length of time the pressure is applied.



2. MASSAGE APPLICATIONS.

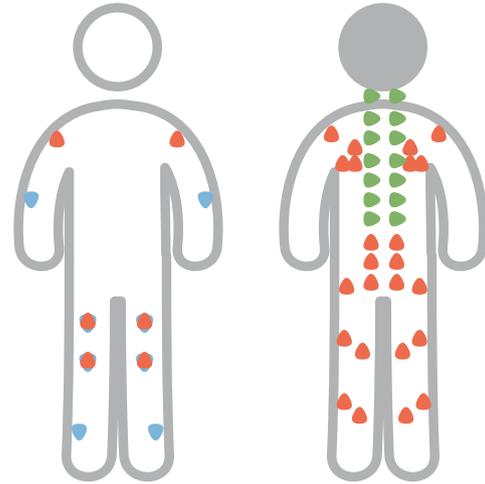
"Zone 2", with a more rounded shape, is designed for the application of massage directly upon overstrained muscle areas. Compatible with the use of massage creams or oils to favour sliding.



3. SPECIFIC TREATMENT OF MUSCLE CONTRACTURES OR MUSCLE STRAINS IN AREAS ADJACENT TO THE SPINAL COLUMN.

"Zone 3" of the tool is specifically designed to leave a small space to allow for the application of direct pressure upon the bony spinal segments, thus enabling an optimal coupling upon the muscle groups on either side of the spine. The opposite surface has been designed to offer stability while pressure is applied to these muscles.

BODY AREAS FOR 3TOOL APPLICATIONS



-  Compression areas for contractures
-  Muscle massage areas
-  Areas for paravertebral elasticity

USER INSTRUCTIONS, ACCORDING TO THE AREA TO BE TREATED

It is very important that the person does not experience pain when applying 3TOOL. As a general rule, the most painful or sensitive sites are treated with a gentle pressure until a slight discomfort is evoked, but never pain. The pressure is maintained for between 45 and 90 seconds until muscle relaxation or relief from discomfort is achieved. As many repetitions per day can be performed as needed, as long as this is not accompanied by a worsening of symptoms. In cases of people with greater pain or sensitivity, longer and less intense applications are recommended.

Always avoid compression or massage directly upon bony areas as this can be unpleasant and cause the area to become irritated. If you are receiving treatment for contractures or muscle pains, consult your doctor or physiotherapist, who will be able to provide you with guidance for the optimal application of 3TOOL according to your individual needs.

PROFESSIONAL USE

Besides the above recommendations designed for the general public and self-treatment, the tool can be used by professionals (physiotherapists, doctors, etc.) for the treatment of different body areas thanks to its ergonomic shape and as an aid for the transmission of force. With this tool, professionals can improve their application techniques with less fatigue, and thus reduce the risk of injury.

Furthermore, the ergonomic shape specially designed for the spinal column can be used for spinal mobilization exercises, especially upon the thoracic area and furthermore, with appropriate training, the patient can perform self-exercises for spinal mobilization.

WARNING

This tool has been designed for its use both by professionals as well as the general public, with no need for prior health or anatomical knowledge. For this reason, if after reading the general indications you have any questions, we recommend you consult your doctor or physiotherapist for further guidance regarding how 3TOOL can help you alleviate your contractures or muscle pains. The manufacture or commercial companies will not be held responsible for the inappropriate use of this tool.

CUSTOMER SUPPORT SERVICE

*3TOOL is the result of two research projects performed among physiotherapists of the Fisioterapia Valdespartera company and engineers from the HOWLab 13A research group of the University of Zaragoza. In 2012, these projects received funding on behalf of the Ibercaja-Araid Foundation thanks to the Cheque Tecnológico grant and on behalf of the Diputación Provincial of Zaragoza in the contest for the improvement of competitiveness and technology development of SMEs.

Please visit our website for more information regarding how to perform different exercises www.3tool.es

