

ROCKBLADES[®] MULLET[®]

From the makers of
ROCKTAPE
Go stronger, longer.

QUICK START GUIDE



WHAT IS ROCKBLADES MULLET?

Say hello to your new all-in-one adhesion blasting, muscle massaging, miracle tool that will keep you moving pain free on the go. The RockBlades Mullet is the perfect portable muscle relief power-house. Named after the sweet haircut, the Mullet is all business up front and party in the back.

Get down to business breaking up muscle adhesions, knots and problem areas, all with one tool. Once you're done it's

time to party. Use the bottle opener to crack open your favorite beverage.

Proven by thousands of medical professionals across the world, you are holding in your hand the power to reduce muscle pain and improve range of motion.

What are you waiting for?

QUICK START

BEFORE YOU BEGIN

1. Expose area to be treated. *Do not treat over clothing or tape.



2. Determine the appropriate edge to use while scanning and treating the target. The Mullet has a sharp and dull edge.



PREPARE

1. Apply RockRub lubricant over the area to help tool glide effectively over the skin.



SCAN

2. Gently glide over the treatment area with the sharper edge using light strokes. Use the sharper edge with slightly more pressure when searching for a muscle knot or a painful area.



TREAT

3. Treat the target area with a combination of light and aggressive strokes to appropriately address the target area (area will feel smooth and have less pain).
 - Treat area for 1-3 minutes
 - Use different edges and grips to address the target area



OPTIONAL (BUT RECOMMENDED)

1. In order to extend benefits of treatments, wipe the area clean before applying RockTape.



2. Apply RockTape over the treated area. Refer to taping instructions in each box of RockTape.



Celebrate! Use the integrated bottle opener to pop the top of your favorite beverage.



PRO TIPS

1. The larger contoured edges are best suited to treat swelling due to common sprains and confusions.



2. Remember to address above and below the target area scanned.



3. Take advantage of the multiple contoured edges to avoid bony areas.



4. Utilize multiple directions (cross muscle, in line, angular) and pressures (light to aggressive) to sufficiently treat target area.



5. Use the small contoured edges to navigate around knuckles and fingers.



6. When treating areas around grooves similar to the knee cap, use the medium-sized contoured edge to allow for sufficient coverage and comfort.



7. The broad edge (the Big Bow) is best for effectively treating larger areas and muscle groups.



8. Due to the sensitivity of the bottom of the foot, it is recommended to use the blunt edge of the tool for comfort.



French, Italian, German and Spanish instructions available online
Instructions en français disponibles en ligne
Istruzioni italiane disponibili online

Deutsche Anweisungen online verfügbar
Instrucciones en español disponibles en línea
rocktape.com/consumer/guides/downloads

your body
leaving
weakness
pain is

ALL YOU NEED
FOR LACROSSE
IS 2 BALLS
AND A STICK

of your life of surfing
when you turn and
paddle in at
Mavericks.

**WARNING: SLIGHT DISCOMFORT AND BRUISING
MAY RESULT. IF EXCESSIVE PAIN IS PRESENT DURING
TREATMENT, DISCONTINUE USE IMMEDIATELY.
CONSULT YOUR PRIMARY PHYSICIAN BEFORE USE.**

WARRANTY

- 3-month warranty on any manufacturing defects during normal use. Effective from date of purchase.
- Warranty on the finish is void if used in conjunction with non-RockTape approved products.
- This warranty does not cover any damage resulting from careless handling or non-standard use.
- Warranty claim requires proof of purchase.

NEED MORE ROCKRUB?

Visit rocktape.com/rockblades for more information
about reordering your supplies.