

**Intracell Technology** targets the science and art of muscle management. The science is duplicated with trigger point therapy and myofascial release. The various Intracell instruments consummate the art. The intent is to simultaneously compress and stretch involuntarily contracted muscle. This process, also, enhances the desired flow of critical body fluids. The therapeutic goal is to collectively release the quality and quantity of bodily motion.

### Anatomy / Physiology

The calf contains muscles and blood vessels that collectively serve as a virtual "second heart" to the upright human. Because of this phenomenon, *Intracell Technology* considers the calf to house the most important group of striated muscles in the human anatomy. Unfortunately, these muscles are notoriously filled with stiff, rigid, inflexible muscle bundles. These knotty, painful, involuntary contractions are called trigger points. They block energy. They, also, impair normal flow of critical body fluids. Trigger points are anatomically and physiologically consistent. They are clinically and research documented.

For a detailed study of trigger points, please consult volumes 1 & 2 entitled: **Myofascial Pain & Dysfunction - The Trigger Point Manual**, authored by Janet G Travell, MD and David G Simons, MD, published by Williams & Wilkins.



### Muscle Management Techniques Lower Leg • Step 1

- **Intracell Stick** and **TriggerWheel** are used to manage the lower leg
- Place hands about 6" apart for better control and easier use of **The Stick**
- Begin by rolling the muscles on the outer side of shinbone. Use short, specific back-and-forth strokes
- Keep muscles relaxed



- Roll lengthwise, starting at just below the knee and continuing to immediately above the ankle
- Search for trigger points [ouch pain] and roll with a progressively deeper pressure. When found . . . roll trigger points an additional 10 - 15 seconds

#### Trigger Points

● Superficial

✗ Deep



Ankle / Big Toe Pain



Weak Ankle



Calf Cramps



Heel Pain



Plantar Foot Pain

- Follow the same procedure for all the calf muscles. Remember, always try to keep muscles relaxed
- The area between the two large muscles of the calf, downward to the heel cord, often needs special attention



Trigger points in the bend of the knee require a provider. The knee/leg is flat and straight. Place a small wedge [folded towel] about 3" above the knee. This position exposes trigger points that often hide in the bend of the knee. Duplicate the technique used in step 1. Be very gentle. Roll harder and deeper - ONLY with permission. Hold **The Stick** with thumb & finger tips - about 6" apart.



Foot Pain / Toe Cramps



Posterior Knee Pain



Calf Pain



## Muscle Management Techniques Lower Leg • Step 2

- Hold the **TriggerWheel** in the palm... apply pressure with the thumb and index finger
- Roll the wheel with short, specific back-and-forth passes
- Use the wheel to search and find trigger points around heel/ankle



- Be gentle - but firm
- The **TriggerWheel** is also effective around the knee and other small, hard to reach, areas of the lower leg

The lower leg routine takes about 2 minutes. Use the techniques at least twice per day - namely before and after sleep. Use more often as needed. Performance is enhanced, when used before and after bouts of exercise. Keep the sessions short and gentle to avoid soreness. Progress is gauged by the way you feel and the number of trigger points you extinguish. Remember, healthy muscles are free of tenderness, soreness and pain...even during rollouts.

Good luck and keep on rolling!