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› [SIDEKICK](#) /

› [SIDEKICK Echo Muscle Scraper Instruction Manual](#)

SIDEKICK SK-ECHO-1C-MANUAL

SIDEKICK Echo Muscle Scraper Instruction Manual

Model: SK-ECHO-1C-MANUAL

1. INTRODUCTION

The SIDEKICK Echo Muscle Scraper is a medical-grade stainless steel tool designed for Instrument-Assisted Soft Tissue Mobilization (IASTM). It is engineered to help relieve muscle pain, reduce tightness, enhance blood flow, and accelerate recovery. This manual provides essential information for the safe and effective use of your Echo Muscle Scraper.



Image 1: The complete SIDEKICK Echo Muscle Scraper kit, featuring the stainless steel tool, Pump Gel emollient, protective case, and cleansing towel.

Video 1: An overview of the SIDEKICK Echo Muscle Scraper, highlighting its features and benefits for muscle recovery and pain relief.

2. SAFETY INFORMATION

Always use the Echo Muscle Scraper with caution to avoid injury. Adhere to the following guidelines:

- Do not apply excessive pressure.
- After each use, clean the scraper with the included cleansing towel to maintain hygiene.
- Keep the scraper out of reach of children and pets.
- Do not use the scraper if you have any open wounds or infections.
- If you are pregnant, have a medical condition, or are unsure about using the scraper, consult a healthcare professional before use.

3. SETUP

Your SIDEKICK Echo Muscle Scraper kit includes:

- Echo Muscle Scraper (Stainless Steel)
- Pump Gel Emollient (30ml)
- Protector Case
- Cleansing Towel
- 150+ Page Instruction Manual (Physical Therapist-created guide with video demos)

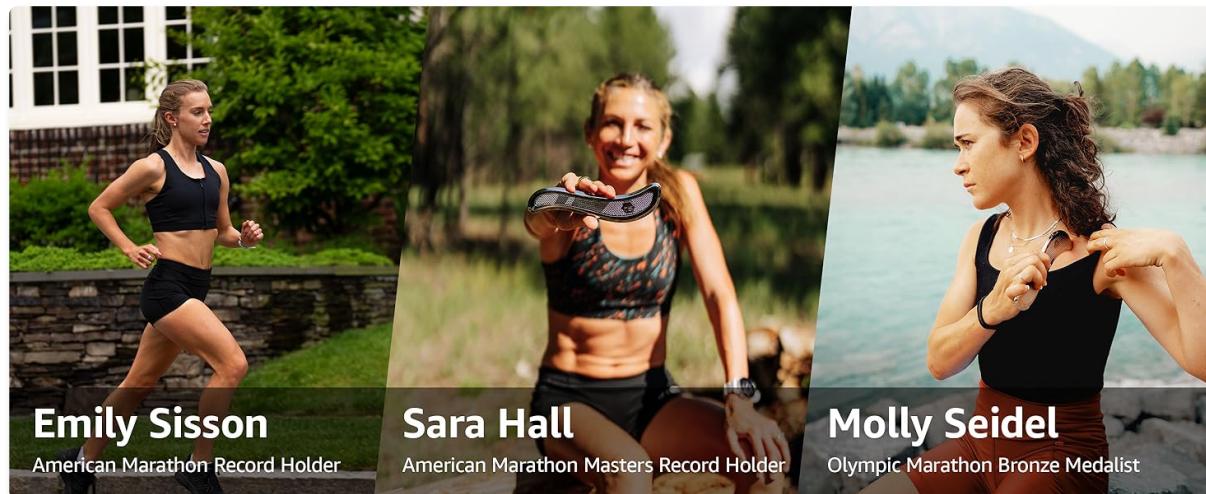


Image 2: Visual representation of all components included in the SIDEKICK Echo Muscle Scraper kit.

Before first use, ensure all components are present and inspect the scraper for any damage. Clean the scraper thoroughly with the provided cleansing towel.

4. OPERATING INSTRUCTIONS

The Echo Muscle Scraper is designed for effective soft tissue mobilization. Follow these steps for optimal use:

1. **Apply Emollient:** Apply the Revive Emollient Spray (or similar skin-safe lotion/oil) generously on the

target area. This ensures smooth gliding of the tool and prevents skin irritation.

"Better than massage for reaching certain body parts."

Running

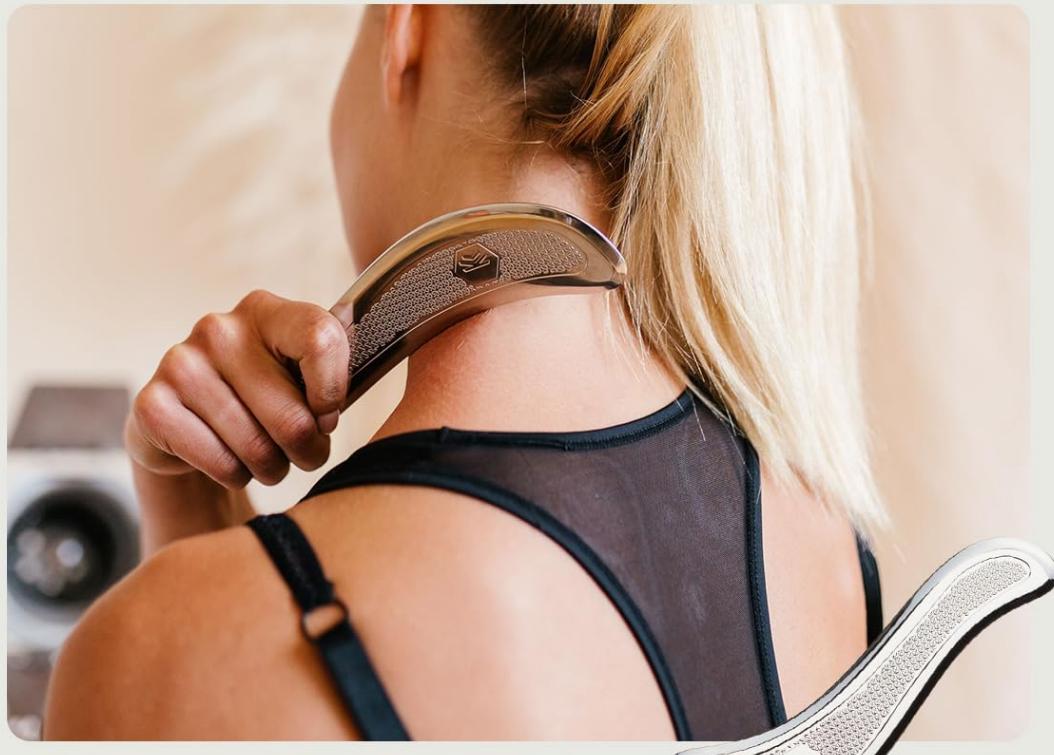
"More effective and gentle enough for digging in."

Outside

"Most effective for applying specific pressure to an area."

ULTRA
RUNNING.
MAGAZINE

2. **Select Curvature:** Choose the appropriate curvature of the Echo Muscle Scraper that best fits the contours of the body part you are treating. The tool features various angles for different muscle groups.



Professional-Grade

- Premium, weighted steel to last a lifetime
- Targeted precision with a dual-beveled edge
- Comfortable grip & beginner-friendly

3. **Apply Pressure and Massage:** Starting with light to moderate pressure, begin working the target area for approximately 20 seconds at a time. Scrape in up and down motions, following the muscle fibers and avoiding bony or sensitive areas. The patented anti-fatigue grip allows for deep pressure with less effort.



Echo Muscle Scraper

Made from indestructible stainless steel. The weight of the tool and refined edge will let you dig deeper into your muscles, effortlessly.



Muscle Scraping Guide

150+ pages of expert developed techniques and video demos to help you rehab injuries with confidence.



Pump Gel Emollient

INGREDIENTS: Ricinus Communis (Castor) Oil, Helianthus Annuus (Sunflower) Seed Oil, Vitis Vinifera (Grapeseed) Oil, Persea Gratissima (Avocado) Oil, Prunus Armeniaca (Apricot) Oil. Hexane Free.



Protector Case + Cleansing Towel

Heavy-duty case for tool storage, travel and protection plus a microfibre cleaning towel to wipe off excess gel after scraping.

4. **Target Surrounding Muscles:** Scrape the area surrounding the injured site using light, long strokes. This helps to loosen tight muscles contributing to the pain and enhances blood flow, promoting faster healing.

How to Use

Step Three

Target the muscles surrounding the injured area.

Scrape the area surrounding the injured site using light, long strokes. This helps to loosen tight muscles contributing to the pain and enhances blood flow, promoting faster healing.



For detailed techniques covering over 50 muscle and joint issues, refer to the included 150-page instruction guide, which also provides video demonstrations.



The complete muscle scraping guide

- Includes routines for 50+ injuries
- Video tutorials for every body part
- 150+ pages of PT-developed routines

Image 3: The comprehensive 150-page instruction manual for SIDEKICK Muscle Scrapers, detailing routines and video tutorials.

Application Examples:

- Neck and Shoulder Pain:** Use the curved edges to gently scrape along the trapezius and neck muscles.



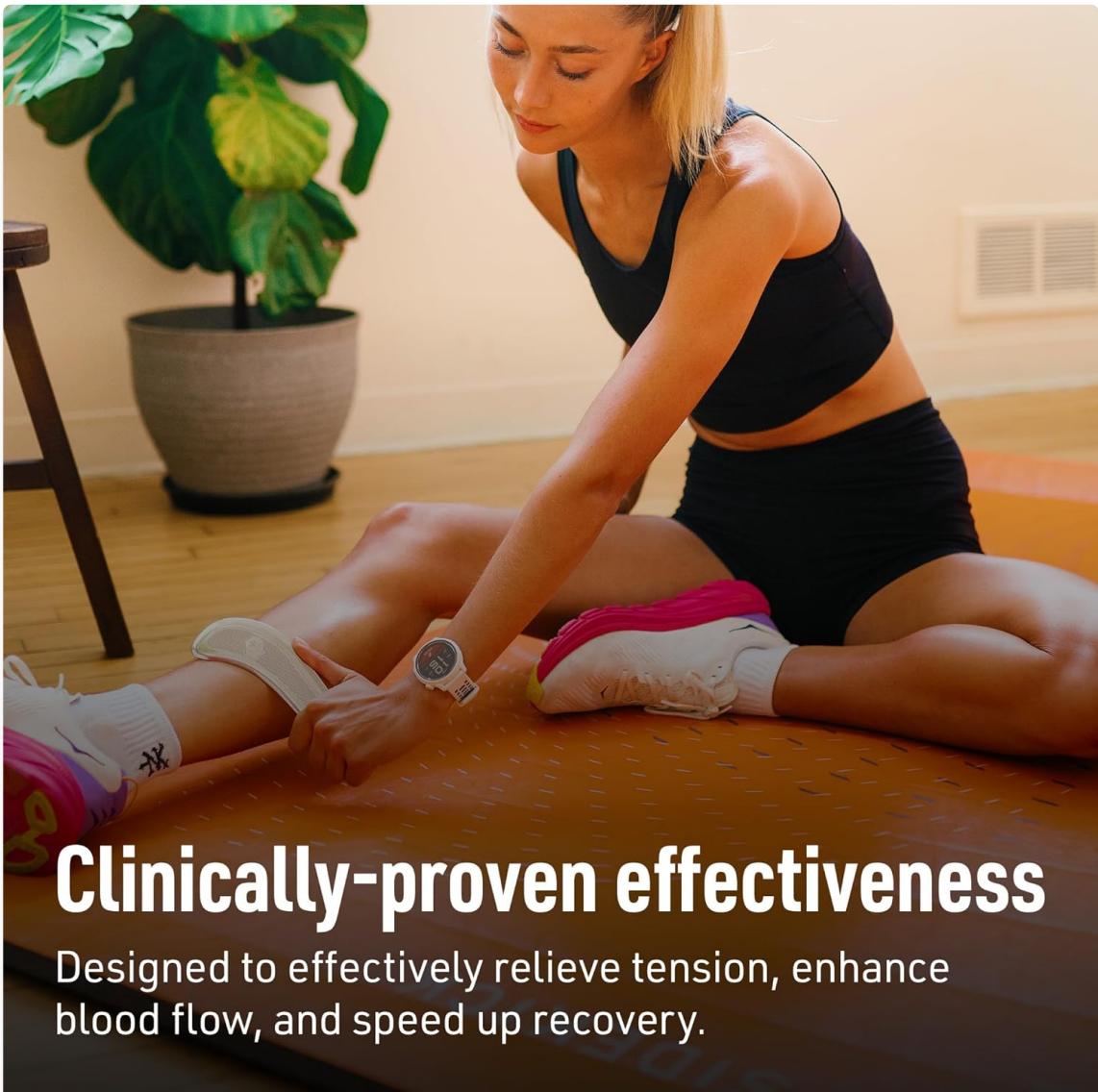
At-home physical therapy

- Relieves pain & tightness instantly
- Deep tissue massage at home
- Ergonomic and easy to use

Includes 30ml
Skin-Protecting
Emollient Pump Gel



- **Leg and Calf Muscles:** The longer curves are ideal for larger muscle groups like hamstrings, quadriceps, and calves.



Clinically-proven effectiveness

Designed to effectively relieve tension, enhance blood flow, and speed up recovery.

Video 2: A massage therapist demonstrates various techniques for using the scraping tool on different body parts.

Video 3: Demonstrates muscle relief techniques for athletes using the SIDEKICK Echo Muscle Scraper.

Video 4: Shows effective muscle recovery techniques using the scraping tool.

Video 5: Demonstrates post-run foot care using the muscle scraper.

Video 6: Explains the reasons for choosing this specific muscle scraper.

Video 7: A brief demonstration of the muscle scraper's effectiveness in aiding calf muscle recovery.

5. MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your Echo Muscle Scraper:

- **Cleaning:** After each use, thoroughly clean the scraper with the included cleansing towel to remove any residual emollient or skin particles. The stainless steel material is easy to sanitize.
- **Storage:** Store the Echo Muscle Scraper in its protective case when not in use. This prevents scratches and keeps the tool hygienic.

- **Durability:** The medical-grade stainless steel construction is designed for durability, resisting chipping, breaking, and corrosion.

6. TROUBLESHOOTING

If you experience any discomfort, excessive redness, or skin irritation during or after use, discontinue use immediately. Ensure you are using sufficient emollient and applying appropriate pressure. If muscle pain or other issues persist, consult a healthcare professional.

7. SPECIFICATIONS

Feature	Detail
Brand	SIDEKICK
Model Number	SK-ECHO-1C-MANUAL
Material	Stainless Steel
Item Weight	270 Grams (9.52 ounces)
Product Dimensions	7.01 x 2.01 x 10 inches
Power Source	Manual/Hand-Powered Motion
Use For	Whole Body

8. WARRANTY AND SUPPORT

For specific warranty information regarding your SIDEKICK Echo Muscle Scraper, please refer to the documentation included with your purchase or visit the official SIDEKICK website. For customer support, product inquiries, or additional assistance, please contact SIDEKICK customer service directly.

9. LEGAL DISCLAIMER

Statements regarding dietary supplements (such as the emollient) have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. The SIDEKICK Echo Muscle Scraper is intended for general wellness and muscle recovery purposes. Consult a healthcare professional for any medical conditions or before starting any new treatment.

