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JIGLPrints V2, Black

Hip Flexor & Psoas Release Tool V2 Instruction Manual

Model: V2, Black

Brand: JIGLPrints

INTRODUCTION

The JIGLPrints Hip Flexor & Psoas Release Tool V2 is designed to provide targeted myofascial self-therapy for deep hip-flexor muscles. This second iteration features an enhanced design for improved strength, stability, and user comfort. It is intended for general fitness and relaxation purposes to help maintain comfortable mobility after prolonged sitting or intense physical activity. Please note, this product is not a medical device and is not designed to diagnose, treat, cure, or prevent any medical condition.

Key benefits include:

- Second-generation build with enhanced strength, featuring thicker walls and smoother edges for confident full-body compression.
- Focused hip-flexor targeting through an ergonomic hook that applies precise pressure to iliacus and psoas muscle tension.
- Consistent use may help decompress the lumbar spine, ease piriformis and SI-joint discomfort, and speed post-workout recovery.
- Travel-ready and easy to clean, with a lightweight 3D-printed body that wipes clean in seconds and fits easily into gym bags or carry-ons.
- Hand-made in the USA by a small business, printed, assembled, and individually inspected by JIGLPrints using BPA-free, recyclable material.

PRODUCT OVERVIEW AND FEATURES

The Hip Flexor & Psoas Release Tool V2 incorporates several design improvements for enhanced performance and durability.



Figure 1: The Hip Flexor & Psoas Release Tool V2. This image displays the complete tool, highlighting its ergonomic design and robust structure, ready for use in myofascial release.



Figure 2: New Quick-Slide Single Piece Lock. This feature ensures secure and easy assembly, providing a stable platform for effective muscle release.



Figure 3: Enhanced Design Elements. The V2 features a **New Wider Hook**, which is 20% wider for extra comfort during use, and a **New Stabilizing Base** for increased stability under pressure.



Figure 4: New Grid Grip Traction. The base of the tool is equipped with a textured grid pattern to provide enhanced grip and prevent slipping during use on various surfaces.

SETUP

The Hip Flexor & Psoas Release Tool V2 is designed for simple and quick setup. It consists of a main body and a base that securely interlocks.

1. Unpack all components from the packaging.
2. Identify the main curved hook piece and the flat base piece.
3. Align the slot on the curved hook piece with the corresponding tab on the base piece.

4. Slide the hook piece into the base until it clicks securely into place, utilizing the Quick-Slide Single Piece Lock mechanism (refer to Figure 2). Ensure the connection is firm and stable before use.

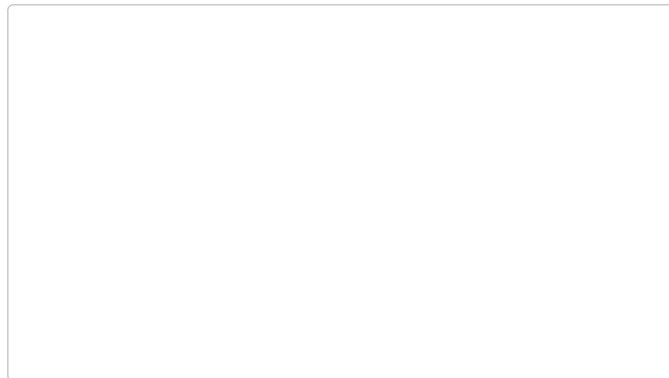
Once assembled, the tool is ready for use.

OPERATING INSTRUCTIONS

The Hip Flexor & Psoas Release Tool V2 can be used in various positions to target deep hip flexor muscles. Always start with gentle pressure and gradually increase as comfort allows. Listen to your body and stop if you experience sharp pain.

1. **Positioning:** You can use the tool while lying on the floor, leaning against a wall, or remaining seated. Choose a position that allows you to comfortably place the curved hook of the tool on the desired muscle area, typically around the hip flexors (iliacus and psoas).
2. **Modulating Pressure:** Gently adjust your body weight to apply controlled, pinpoint pressure to the muscle. The goal is to find a point of tension or discomfort that is manageable, not painful.
3. **Breathing:** Once positioned, breathe deeply and slowly. As you exhale, try to relax the muscle. Hold the position and continue breathing until you feel the muscle begin to release or relax. This may take several breaths or a few minutes.
4. **Movement (Optional):** For some areas, gentle, small movements of the limb or torso can help deepen the release.
5. **Duration:** Spend 30 seconds to 2 minutes on each side or muscle group, or as long as comfortable.

For visual guidance on placement and breathing cues, please refer to the official instructional video:



Video: Official Usage Guide for Hip Flexor & Psoas Release Tool. This video demonstrates proper placement and breathing techniques for effective muscle release.



Figure 5: QR Code for Instructional Video. This QR code, found on the product packaging, links directly to the official usage video for convenient access.

MAINTENANCE

The Hip Flexor & Psoas Release Tool V2 is designed for durability and ease of care.

- **Cleaning:** To clean the tool, simply wipe it down with a damp cloth. A mild soap solution can be used for more thorough cleaning. Ensure the tool is completely dry before storage.
- **Storage:** Store the tool in a cool, dry place away from direct sunlight and extreme temperatures to preserve its material integrity.
- **Inspection:** Periodically inspect the tool for any signs of wear or damage. If any damage is observed, discontinue use.

SPECIFICATIONS

Attribute	Detail
Model	V2
Color	Black
Material	BPA-free PLA (3D-printed)
Department	Unisex
ASIN	B0FC5DC9RQ
Manufacturing	Hand-made in the USA by JIGLPrints

SUPPORT AND CONTACT INFORMATION

For any questions, concerns, or support regarding your Hip Flexor & Psoas Release Tool V2, please contact the manufacturer, JIGLPrints, through their official channels. Refer to your purchase documentation or the platform where you acquired the product for specific contact details.

IMPORTANT SAFETY INFORMATION

- This product is intended for general fitness and relaxation. It is not a medical device and is not designed to diagnose, treat, cure, or prevent any medical condition.
- Consult with a healthcare professional before using this tool if you have any pre-existing medical conditions, injuries, or are pregnant.
- Do not use on broken skin, open wounds, or areas with acute inflammation.
- Discontinue use immediately if you experience sharp pain, numbness, tingling, or any adverse reactions.
- Keep out of reach of children and pets.
- Use only as directed in this manual.

