

Gaiam 05-61356

Gaiam Restore Ultimate Foot Massage Roller User Manual

Model: 05-61356

PRODUCT OVERVIEW

The Gaiam Restore Ultimate Foot Massage Roller is designed to relieve tightness and soreness in various parts of the body, including hands, arms, legs, and feet. Its unique textured surface provides soothing stimulation and allows for customized massage depth. It is particularly effective for relieving discomfort associated with plantar fasciitis and its compact size makes it suitable for use anywhere, anytime.



Image: The Gaiam Restore Ultimate Foot Massage Roller, a blue, spiky ball designed for muscle relief.

SAFETY INFORMATION

Please read all safety information before using the product.

- Contains latex. Individuals with latex allergies should exercise caution.
- Do not stand on the massager with full body weight. It is designed for rolling with controlled pressure.
- If you experience increased pain or discomfort, discontinue use immediately and consult a healthcare professional.
- Keep out of reach of small children.

SETUP

The Gaiam Restore Ultimate Foot Massage Roller requires no assembly or complex setup. It is ready for use directly out of the packaging.

1. Remove the massage roller from its packaging.
2. Inspect the roller for any visible damage or defects before first use.
3. Ensure the surface where you will be using the roller is clean and clear of obstructions.

OPERATING INSTRUCTIONS

The massage roller can be used on various body parts to target sore muscles. You control the depth of massage by adjusting the pressure applied.

For Foot Massage:

1. Sit comfortably in a chair with your feet on the floor.
2. Place the massage roller on the floor in front of you.
3. Place one foot on top of the roller.
4. Gently roll your foot back and forth over the roller, applying pressure as desired. Focus on areas of tightness or soreness, such as the arch, heel, and ball of your foot.
5. Continue for 2-5 minutes per foot, or as comfortable.
6. Repeat with the other foot.



Image: A person's bare foot rolling over the blue Gaiam massage roller on a light-colored floor, demonstrating foot massage technique.

For Hand, Arm, and Leg Massage:

1. Hold the massage roller in your hand.
2. Roll the massager over any sore or tired muscles in your hands, arms, or legs.
3. Apply gentle to firm pressure, depending on your comfort level and the intensity of the massage desired.
4. Use circular motions or roll back and forth over the muscle.



Image: A person holding the blue Gaiam massage roller, showing how it can be used to massage the hand and forearm.

Cold Therapy Application:

For enhanced relief, especially for inflammation or acute soreness, the roller can be chilled.

- Place the massage roller in a freezer for approximately 15-30 minutes.

- Remove from freezer and use as directed for massage. Do not apply directly to skin if it feels too cold; allow it to warm slightly.

MAINTENANCE

To ensure the longevity and hygiene of your Gaiam Restore Ultimate Foot Massage Roller, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the roller with a damp cloth and mild soap after each use. Rinse thoroughly and air dry. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the roller in a clean, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the roller for any signs of wear, cracks, or damage. Discontinue use if any damage is observed.

TROUBLESHOOTING

If you encounter any issues with your Gaiam Restore Ultimate Foot Massage Roller, consider the following:

Problem	Possible Cause	Solution
Roller feels too hard/uncomfortable	Excessive pressure applied.	Reduce the amount of pressure you apply. Start with light pressure and gradually increase as comfortable.
No noticeable relief	Insufficient pressure or incorrect application.	Ensure you are applying enough pressure to feel the massage. Focus on specific trigger points. Consult a healthcare professional if pain persists.
Roller slips on floor	Smooth floor surface.	Use the roller on a carpeted surface or place a non-slip mat/towel underneath it.

SPECIFICATIONS

- **Model Number:** 05-61356
- **Brand:** Gaiam
- **Material:** Plastic, Rubber
- **Item Weight:** 3.8 Ounces
- **Product Dimensions:** 1.5 x 0.5 x 8.5 inches
- **Power Source:** Manual Winding
- **Use for:** Feet
- **Country of Origin:** China

OFFICIAL PRODUCT VIDEOS

Watch this official video from Gaiam for additional usage tips and demonstrations.

Your browser does not support the video tag.

Video: An official product video demonstrating the features and benefits of the Gaiam Restore Ultimate Foot Massage Roller. This video shows various ways to use the roller for muscle relief.

WARRANTY AND SUPPORT

For warranty information or product support, please refer to the packaging or contact Gaiam customer service directly. Contact details can typically be found on the official Gaiam website or product packaging.

- **Manufacturer:** Fit For Life
- **Brand Website:** www.gaiam.com

