

INSTRUCTIONS ON HOW TO USE THE TMT

The TMT is a manual, hand held therapeutic massage tool, sized to fit in the palm of the hand. It is specifically designed to be an effective, robust treatment tool for a variety of musculoskeletal aches and pains caused by knotted muscle tissue. The tool has been designed as an aid treating at least 26 parts of the body.



How to remove the Tool from the Cap



Squeeze the opposite sides of the cap between the two tabs; remove the cap at an angle to release the tool

Caring for your TMT



If cleaning or using cream, unscrew the collar, remove roller ball and clean

Care should be taken when handling; this product is not intended for use by children. All content and material given on these instructions and on our website are for informational purpose only. They are not intended to serve as a substitute for consultation, diagnosis and/or medical treatment of a qualified physician or health care advisor.

Please refer to the website for detailed instructions on how to use the tool www.hfti.uk

For any queries please contact: enquiries@hfti.uk

**NDC IT & Leisure Ltd (trading as HFT Innovations)
72 Crooksbury Road, Farnham, Surrey, GU10 1QD, UK**