

Dear Customer

Muscle pain and tension in your back, arms and legs can often be traced back to sticky or hardened fasciae.

We have compiled some massage exercises for you below.

The mini fascia roller is especially well-suited for massaging the arms, legs and feet.

We hope you enjoy using your new fascia roller!

Your Tchibo Team

Mini Fascia Roller

Tchibo GmbH D-22290 Hamburg · 155932FV05X03XVI · 2026-02

www.tchibo.de/instructions



Made exclusively for:
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

Product number: 765 880

Fascia massage

Muscle pain and tension in your back, arms and legs can often be traced back to sticky or hardened fasciae.

What are fasciae?

Fasciae are connective tissues that run through and connect all parts of the body, and surround all parts such as bones, muscles and organs. Pain is mainly caused by the elastic fasciae that surround our muscles and keep the fibres together. If these become sticky or hard, the muscle can no longer stretch properly and its movements become restricted.

In such cases, a self-massage with the fascia roller can help to loosen these fasciae again and restore their elasticity. This can relax and stretch your muscles, thus promoting circulation and a free flow of oxygen, which ultimately benefits your sense of well-being. The fascia roller can also be used to warm up before sport or to help with regeneration after sport.

For your safety

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage.

Keep these instructions for future reference.

If you give this product to another person, remember to also include these instructions.

Intended use

The fascia roller is intended for self-massage and thus for increasing the feeling of well-being in everyday life.

The fascia roller is intended for home use.

It is not suitable for commercial use in sports facilities or medical/therapeutic institutions.

The fascia roller has a load capacity of max. 100 kg.

Consult your doctor!

- **Before you start massaging, consult your doctor and ask how much exercise is right for you.**
- Stop the exercises immediately if you begin to feel pain or discomfort.
- If you are significantly physically impaired, e.g. if you wear a pacemaker, if you are pregnant, if you suffer from inflammation of the joints or tendons, water retention in the arms or legs, orthopaedic complaints or have recently undergone surgery, then you must have the massage therapy approved by your doctor.
- Stop massaging immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or chest pain. You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic massages or exercise!
- In the case of vein or connective tissue weakness, spider veins or varicoses, the leg massage exercises **4/5/6** should only be performed with light pressure and not over the entire length of

the muscle at once, but rather in smaller sections. Discuss the type and extent of the massages with your doctor.

Important information

- Keep the packaging materials out of the reach of children. They pose several risks, including the risk of suffocation!
- The product is not a toy and must be kept out of the reach of small children.
- If you allow children to use the fascia roller, instruct them on how to use it correctly and supervise their sessions. The fascia roller is not a toy. If the product is misused, damage to health cannot be excluded.
- Wear comfortable clothing.
- Perform the floor exercises whenever possible on a hard, smooth surface that does not give way and on which the fascia roller can easily move. Thick carpets, exercise mats, etc. are generally not very suitable.
- Always inspect the fascia roller before every use. Do not use it if it shows any signs of damage.

What to consider when doing the different exercises

- During all exercises, stay upright and balanced - never arch your back! When standing, keep your legs slightly bent. Tense your bottom and stomach when doing the floor exercises, but be sure not to tense up! The exercises should make you feel relaxed.
- Carry out all exercises at a slow and even pace.
- Keep on breathing evenly during the exercises.
- Listen to your body! Move your muscles over the roller in such a way that the pressure feels good. Do not use it on parts of the body on which it feels unpleasant. Do not massage directly on your bones (along your spine or shins). Be especially careful when massaging the neck area!
- Perform the exercises only for as long as feels comfortable for you. A few minutes are enough - do not overdo it.
- The exercises on the floor are slightly more difficult. Only carry out these exercises if you are physically able to do so. You can also use your hand to massage the same areas with the roller.

- Tip: Other exercise examples and information can be found online if needed.

Care

- If necessary, wipe the fascia roller with a damp cloth. Do not use any chemical agents (bleach, oils, etc.), as these could soften, discolour or deform the fascia roller. Also refrain from using any aggressive cleaning products, or sharp or abrasive objects.
- After cleaning, leave the fascia roller to air-dry at room temperature. Do not place it on a heater and do not use a hairdryer or anything similar!
- Store the fascia roller in a cool, dry place. Protect it from sunlight and pointed, sharp or rough objects and surfaces.
- Do not leave the product on sensitive furniture or floors. Some varnishes, synthetic substances and furniture/floor care products may react adversely with the material of the product and soften it. To avoid any unwanted marks, store the product in a suitable box or something similar.



Due to manufacturing processes, there may be a slight odour when you first remove the product from its packaging. However, this is completely harmless. Unpack the product and leave it to air out well. The odour will disappear after a short while. Make sure there is sufficient ventilation.

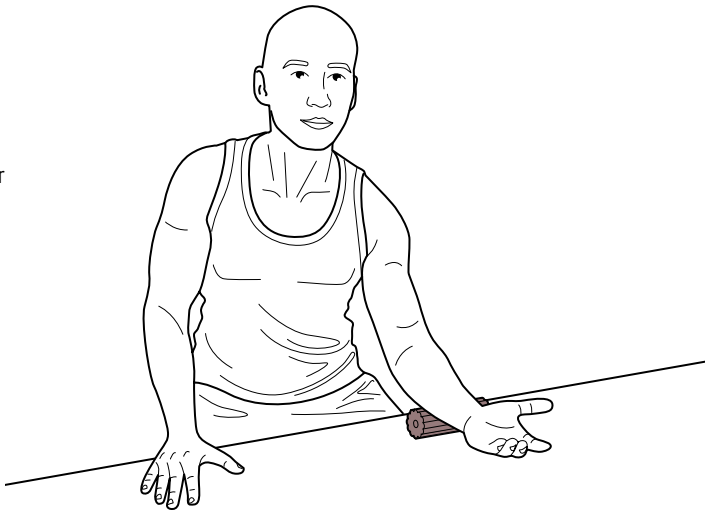
Material: PP foam

Size: approx. 15 x 5.3 cm (L x dia.)

1. Lower arm

Applying gentle pressure, move the fascia roller over the top and bottom of your lower arms ...

... or alternatively, place the roller on a table and roll your lower arm over it.





2. Upper arm

Applying gentle pressure, move the fascia roller over your upper arms ...

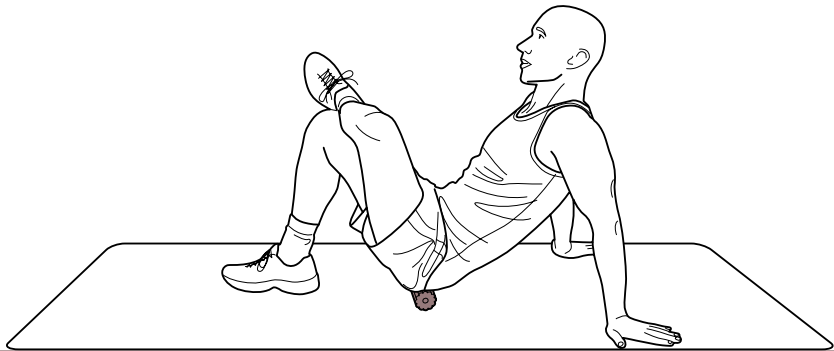
... or lean against a wall with the roller between your upper arm and the wall.

Stand with your knees slightly bent, feet shoulder-width apart. Let your shoulders and arms hang down loosely.

Massage your upper arm muscles by slightly bending at the knees and slowly pushing yourself back up again.

3. Bottom

Sit on the roller as illustrated and move back and forth.



Fascia massage

4. Back of thigh and calf

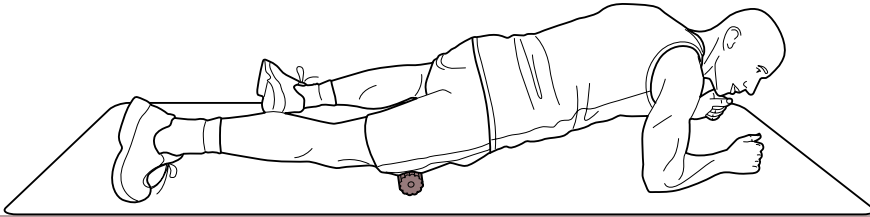
Lay the fascia roller under your thigh or calf as illustrated and then slowly move your leg back and forth over the roller.



5. Front of thigh

Lay the front of your thigh on the fascia roller.
Do not arch your back.

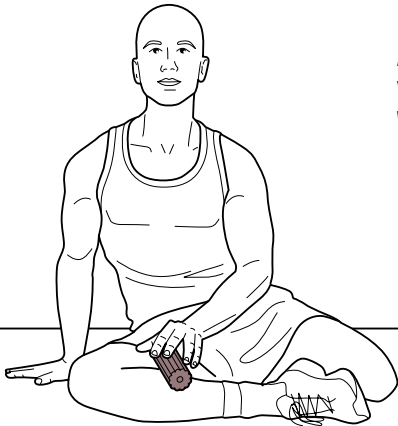
Massage your thigh by slowly moving back and forth over the fascia roller.



6. Inner calf

Applying gentle pressure, move the fascia roller over the inside of your calf.

Warning! Do not massage directly on your shin bone!



7. Foot

Place your foot on the fascia roller while standing or sitting and slowly move it back and forth over the roller.

