

**MIKE
RYAN** fitness



"Baby Boomers Striving to be Stronger for Longer" ©



Cindy,

In 2006 with less than 24 hours before I was to compete in the half Ironman Triathlon in Panama City...I broke one of my cardinal rules.

I was suffering from bad tendonitis in my knee. Not only was I in pain...it was affecting my performance level as well.

A guy I had met at a previous event, Cassidy Phillips of Trigger Point Performance Therapy, saw me suffering and approached me with one of his products--saying, "You have to try [this](#)...I swear it will help you."

It's true I was impressed with his philosophy and products. But...impressed or not, I was extremely hesitant. I NEVER change anything in the last 48 hours before a race. It's a strict rule I follow.

However--I trusted Cassidy and was in pain--so approximately 15 hours before my race--I tried the wide cylinder contraption with what looked like a giant roller with two yo-yos on the ends on my left thigh and knee.

The next day at the race I had only one regret...

That I hadn't used it on my right knee as well! I experienced phenomenal results--which I'll tell you about in a minute, but first let me tell you about this tool.

The little wonder tool I used is called the [TP Quadballer](#). What it does is allow you to perform massage and myofascial release techniques on yourself. Techniques which you'd normally hire a massage therapist or physical therapist to do.

With a few days of practice and the ability to [listen to your body](#) ... you too will be referring to the [TP Quadballer](#) as a "wonder tool"...but enough about that--let me tell you more about what it does.

In physical therapy terms--the [TP Quadballer](#) allows you to relax the myofascial tissue in your entire quad and lateral thigh. By doing so, you release and relax your upper leg and, therefore, your knee. So when you use this tool you will:

- Experience pain relief, increased range of motion and balance in your body
- Helps eliminate restrictive muscular adhesions by elongating and separating your muscles
- "Steamroll" your muscles. Picture your muscles as bungee cords with tape around them. This tool will help you to loosen the tape and separate the muscles--allowing the connective tissue to reorganize in a more flexible, functional way.
- Be in control of your own body maintenance. One of the reasons I developed this Web site is because I don't want you to be a passive element in your care. I want you to be in control--as much as possible--instead of relying only on medical specialists such as a physical therapist and a certified athletic trainer.

So what happened as a result of using the [TP Quadballer](#) before my event? Not only had I relieved my pain--I was 25% stronger in my left leg with 75% less pain in my left knee!

Ever since that day, I have been hooked on the philosophy and products of Phillip Cassidy's company, Trigger Point Performance Therapy.

Today I use the TP Quadballer on myself at least 5 times per week. You too can be in control of your own body maintenance. Just imagine days from now using the [TP Quadballer](#) -experiencing improved performance and less pain--without having to pay for a specialist.

With Healthy Regards,

Mike Ryan PT, ATC, PES

P.S. Want to make sure you are rehabbing correctly after ACL reconstruction surgery? Take a look at my answer to Karen W.'s question [here](#).

The contents of this weekly email are not to be considered Medical Advice.
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