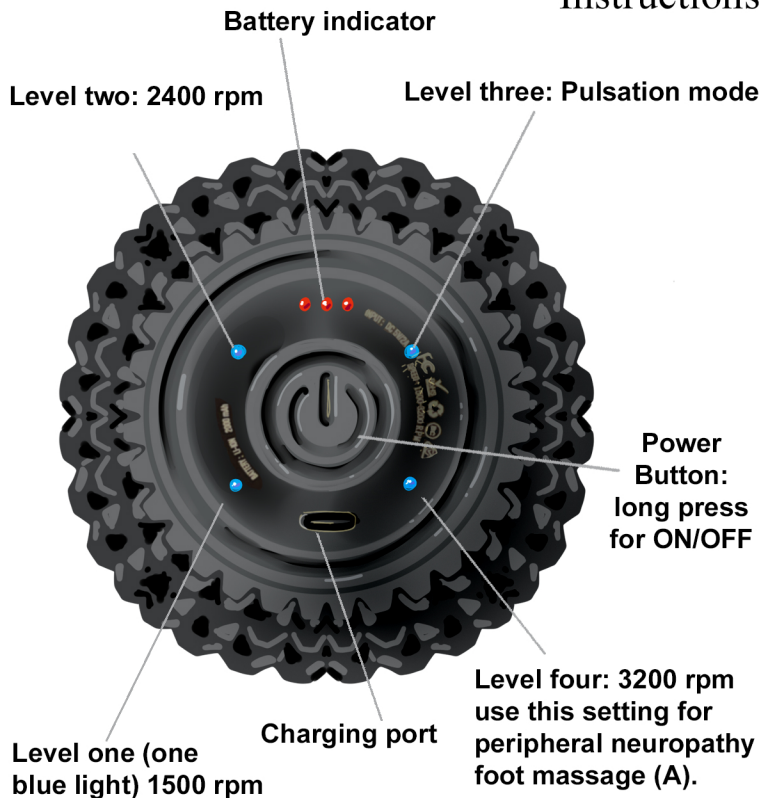




# The Peanut Vibration Massager

## Instructions for Use



This massage roller is part of a group of products put together by Dr. Michaud for the treatment of peripheral neuropathy. To use the device, press the power button 4 times until you are at level 4 (see image). Next, place the device on a pillow on the floor and roll both feet back and forth for 10 minutes (A). This should be repeated 3 times daily for 5 consecutive days, and then once a day after that. Recent research shows that this specific protocol improves the conduction velocity of nerves, increases postural stability, and can produce significant reductions in the pain and tingling so frequently associated with peripheral neuropathies (1,2).

The Peanut vibration massager can also be used as a foam roller to lessen the delayed onset muscle soreness associated with high-intensity sporting activity, such as multidirectional sprinting. One recent study showed that vibration foam rolling your quads and hamstrings for 8 minutes prior to participating in multidirectional sprinting produced significant reductions in delayed onset muscle soreness (3). As with managing peripheral neuropathy, the ideal frequency for preventing delayed onset muscle soreness is level 4.

**For an article describing the full peripheral neuropathy protocol, go to [HumanLocomotion.com](https://www.humanlocomotion.com)**

### References:

1. Sabziparvar M, Naghdi S, Ansari N, et al. Local plantar vibration for the treatment of diabetic neuropathy: a case report. *Journal of Diabetes & Metabolic Disorders*. 2021;20: 2115-2119.
2. Stambolieva K, Petrova D, Irikeva M. Positive effects of plantar vibration training for the treatment of diabetic peripheral neuropathy: a pilot study. *Somatosensory & Motor Research*. 2017;34:129-33.
3. Chang Y, et al. The effects of a preconditioning vibration rolling warm-up on multidirectional repeated sprinting-induced muscle damage. *European Journal of Sport Science* 2024;24.1: 36-44.



**Warning and disclaimer:** Because injury may result from inappropriate use of this product, which is beyond control of the manufacturer, user assumes all risks. Under no circumstances shall the buyer be entitled to damages associated with the use of this product, and use of this product constitutes agreement to these terms.