

How-to with Osso Corto



MAKARLU



Glide concave middle along the muscle to decompress and relax quads



Hold one end and firmly press into quad trigger points to release localised knots



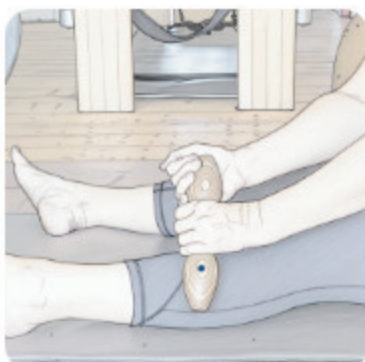
Firmly glide convex ends along the ITB to stretch and relax the connective fibres



Lie on back, one leg raised, firmly glide along hamstring muscles, knee to pelvis



Roll calf muscle back and forth, starting at achilles and progressing towards knee



Glide firmly between shin and calf muscle to loosen fascia and alleviate shin splints



Roll both feet over convex ends to lengthen and release plantar fascia



Roll foot back and forth, progressively moving Corto left to right to change focus



Lie on convex end with small rocking motion for targeted psoas release



Lie on back, fold one leg over the other, apply pressure to tight glute muscles



Hold one end and firmly press into pec trigger points to release localised knots



Position on hands and knees, roll forearm to "thread the needle" for thoracic mobility



Balance on one leg and focus vision on Osso eye, slowly moving arm side to side



Hold each end in outstretched arms and twist back and forth to improve wrist function



Hold ends in outstretched arms, flex and extend wrists to improve range of motion



Glide along forearm and upper arm to gently release fascia and muscles

Inspired by Nature.
Designed for Movement.