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JOINT RELIEF 4-WEEK RESET

With Dr. Jeff Norman



**INCLUDES HABIT
TRACKER**

JOINT RELIEF 4-WEEK RESET

WEEK 1



WELCOME TO THE JOINT RELIEF 4-WEEK RESET—I'M DR. JEFF NORMAN, AND TOGETHER WE'LL TAKE THE FIRST STEPS TOWARD REDUCING YOUR KNEE PAIN AND RECLAIMING YOUR MOBILITY

What can you expect? Your first week with KneeRelief Massager will set the foundation for long-term improvements, as the massager begins to **reduce inflammation** and **improve circulation**, providing the body with a chance to heal and repair tissues around the knee.



Tick below each time you have used the KneeRelief Massager.

WEEK DAY	M	T	W	T	F	S	S
KNEE 1							
KNEE 2							

ADDITIONAL TIPS

Stay Hydrated: Drinking plenty of water supports joint lubrication and helps flush out toxins, aiding the recovery process.

Slight Walking: Incorporating short, gentle walks can help improve circulation and keep the knee joint mobile without overstraining it. Start with 5-10 minute walks daily to ease into movement while supporting the massager's benefits.

JOINT RELIEF 4-WEEK RESET

WEEK 2

WELCOME TO WEEK 2 OF THE JOINT RELIEF 4-WEEK RESET!

This week, we'll focus on strengthening your knees and repairing supporting tissues, helping you wake up with less stiffness and easier movement—together, we'll make that your reality

What can you expect? This week focuses on muscle relaxation and tissue repair. With continued use, you'll notice less stiffness and improved flexibility.

Device Features to Explore: Try the Vibration Massage mode to relax muscles and reduce soreness from physical activity.



Tick below each time you have used the KneeRelief Massager.

WEEK DAY	M	T	W	T	F	S	S
KNEE 1							
KNEE 2							

*Healing begins one session at a time.
Consistency is your greatest tool!"*

ADDITIONAL TIPS

Eat for Your Knees: Include foods like fatty fish, nuts, leafy greens, and berries in your diet. These anti-inflammatory foods help nourish your joints.

Stay Consistent: Commit to using the KneeRelief Massager daily—this consistency is the key to progress.

JOINT RELIEF 4-WEEK RESET

WEEK 3



YOU'VE MADE IT TO WEEK 3!

Great work so far! This week, we're focusing on enhancing your knee mobility to help you move more freely and confidently, bringing you closer to independence and comfort

What can you expect? This week's goal is to enhance your range of motion and overall knee function. By now, you should find it easier to move around with less discomfort.

Device Features to Explore: Adjust the **Air Compression** setting for personalized comfort and better circulation.

***Fun Fact:** Air compression improves circulation while adapting to the shape of your knee, making every session tailored to you!*



Tick below each time you have used the KneeRelief Massager.

WEEK DAY	M	T	W	T	F	S	S
KNEE 1							
KNEE 2							

ADDITIONAL TIPS

Low-Impact Activities: Incorporate yoga, swimming, or cycling to boost knee mobility while avoiding strain.

Explore Settings: Try out different massager settings to find the one that best suits your comfort and recovery needs.

JOINT RELIEF 4-WEEK RESET

WEEK 4

WELCOME TO THE FINAL WEEK OF THE JOINT RELIEF 4-WEEK RESET!

You've built a strong foundation for knee health. This week, we'll focus on maintaining your progress and making these habits part of your daily routine for a pain-free future.

What can you expect? In the final week, you'll solidify the habit of using the KneeRelief Massager. This will help maintain your gains and support long-term knee health.

Device Features to Explore: Use a combination of settings to customize your experience and target persistent pain points.



Tick below each time you have used the KneeRelief Massager.

WEEK DAY	M	T	W	T	F	S	S
KNEE 1							
KNEE 2							

Your progress is proof that change is possible. Keep moving forward!

ADDITIONAL TIPS

Routine is Key: Make the massager part of your ongoing self-care routine, whether it's daily or a few times a week.

Reward Yourself: Completing the program is a big accomplishment! Treat yourself to something special, like a favorite meal, a relaxing activity, or a small purchase that brings you joy.

JOINT RELIEF 4-WEEK RESET

KNEE HEALTH BINGO



CHALLENGE SOMEONE YOU CARE ABOUT TO JOIN YOU AND SEE WHO GETS BINGO FIRST. LOSER BUYS THE WINNER A HEALTHY TREAT!

Complete activities on the bingo card to stay engaged with your knee care routine. **Mark off the squares as you complete each task.** Aim to get BINGO (a full row, column, or diagonal) or complete the entire card for an extra reward (like a personal treat or entry into a giveaway if applicable).

KNEE	RELIEF	BOOST	CARE	WIN
Use the massager twice in one day	Take a 5-10 minute walk	Drink 8 glasses of water	Try a new knee-friendly recipe	Reflect on your progress for the week
Share your progress with a friend	Try all three massager settings	Do 3 minutes of knee stretches	Skip sugar for one day	Share your progress with a friend
FREE SPACE: You're doing great	Use the tracker everyday for a work	Add leafy greens to one meal	Test out a new low impact activity	Spend 15 minutes relaxing your mind
Massage both knees back to back	Practice deep breathing for 5 minutes	Explore a new setting on the massager	Write down your long-term knee health goals	Finish all your water for the day
Do an extra session with the massager	Stretching while watching tv	Use heat therapy on a cold day	Spend 10 minutes reflecting on your progress	Reward yourself for completing the week

**You've come so far—your knees are grateful!
Stay the course and keep thriving.**

SCAN THE QR CODE TO EXPLORE OUR WEBSITE!

