CLAIMS

1. A device for releasing contracted tissue in a subject, the device comprising:
a tip having a first end and a second end that is opposite from the first end of the tip, the tip including a cylindrical shape having a diameter of less than 1 millimeter and a length of less than 6 millimeters, the first end of the tip including a free end that is flat; and
a body having a first end including a free end and a second end that is opposite from the first end of the body, the first end of the body being connected to the second end of the tip, such that a combined length of the body and the tip is at least 10 centimeters.

2. The device of claim 1, wherein:
the diameter of the tip is at least 0.3 millimeters; or
the length of the tip is at least 3 millimeters.

3. The device of claim 1, wherein the body includes a portion that is tapered towards the first end of the body.

4. The device of claim 1, wherein the body does not include a portion that is tapered towards the first end of the body.

5. The device of claim 1, wherein the body includes a prismatic shape and preferably wherein the prismatic shape includes at least one of a cuboid, a rectangular cuboid, and a hexagonal prism shape.

6. The device of claim 1, wherein:
the body includes a cylindrical shape; or
wherein a width or diameter of the body is greater than the diameter of the tip; or
wherein the combined length of the body and the tip is less than or equal to 15 centimeters; or
wherein the first end of the tip includes a circular or rectangular shape.

7. The device of claim 1, wherein the tip includes metallic material or wherein the tip includes at least one of a rubber and a plastic coating.

8. The device of claim 1, further comprising:

a fabric layer that is removably disposed at the first end of the tip.

9. The device of claim 8, wherein:
the fabric layer is a piece of fabric including at least one of a microfiber and a paper towel;
the fabric layer is folded on itself one or more times.

10. The device of claim 1, wherein a longitudinal axis extends from the first end of the tip to the second end of the body.

11. The device of claim 10, wherein the first end of the tip is configured to be applied to a first surface area of the subject.

12. The device of claim 11, wherein:

the angle between the longitudinal axis and the first surface area is at least one of substantially 30 degrees, substantially 45 degrees, substantially 60 degrees, and substantially 90 degrees; or
wherein a fabric layer is disposed between the first end of the tip and the first surface area of the subject.

13. The device of claim 11, wherein the first end of the tip is configured to be applied to a second surface area of the subject that is different from the first surface area of the subject.

14. The device of claim 13, wherein the angle between the longitudinal axis and the second surface area is at least one of substantially 30 degrees, substantially 45 degrees, substantially 60 degrees, and substantially 90 degrees, and preferably wherein a fabric

layer is disposed between the second end of the tip and the second surface area of the subject.

15. The device of claim 13, wherein a distance between the first surface area and the second surface area is less than at least one of 5 millimeters and 1 centimeter.