

Backnobber

Users Guide

Body Parts

- Shoulders
- Low Back
- Hips

Body Positions

- Standing
- Seated
- Laying on floor (with yoga mat/blanket)

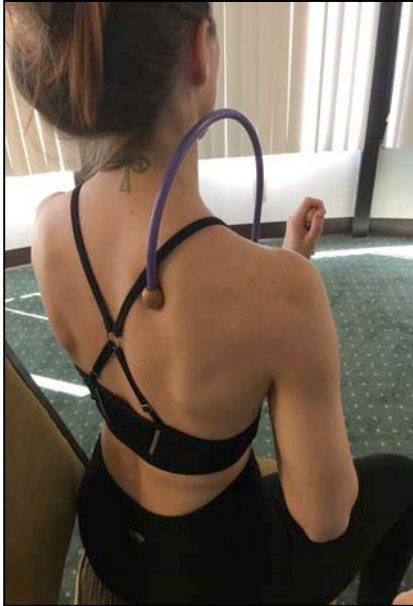
The Original Backnobber is hand crafted from a steel bar, bent in the shape of an “S” with wooden balls, one relatively **small** and one somewhat **larger**, permanently affixed to each end.

The tool is used by hooking the device over a shoulder or under an arm and using its leverage to apply direct, deep, steady pressure to trigger points in the muscles of the neck, shoulders and upper and lower back or any large or small muscle in the body where a trigger point or muscle soreness might occur. Once held with static pressure on a trigger point or restriction, the user can unwind around the points and can, over time, significantly reduce tension and pain in soft tissue and increase range of motion and overall function.



Shoulders (seated, add neck unwinding)

This technique releases the shoulders, upper back, and neck.

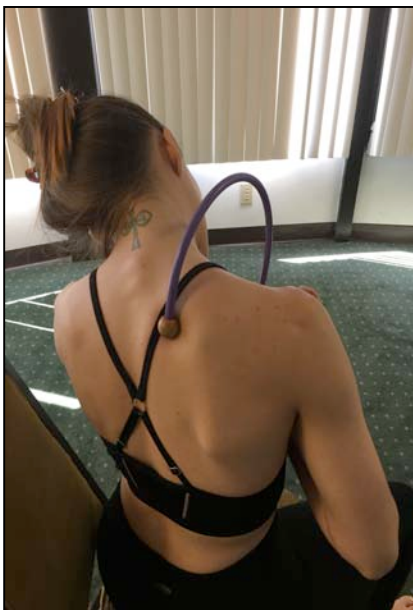


Hook either ball into the rhomboids (the muscle between the shoulder blade and spine), so the ball is connected to the most restricted area.

Pull on the other hook away from the front of your body to allow the ball to sink deeply for 5-10 minutes or until you feel a release.

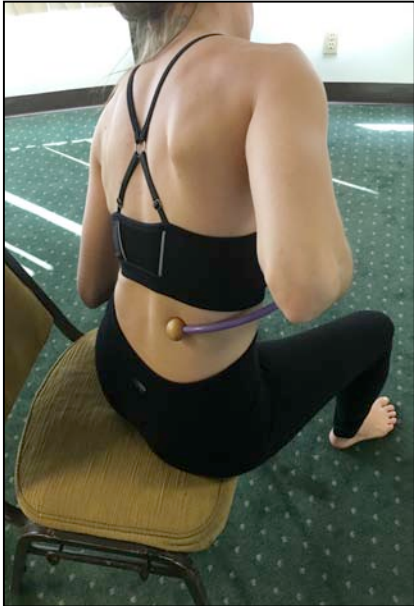
Add neck unwinding to deepen the releases.

Repeat for all restricted areas.



Low Back (seated or lying w/twist)

This technique releases the low back, hips and core.



Hook either ball into the low back, so the ball is connected to the most restricted area.

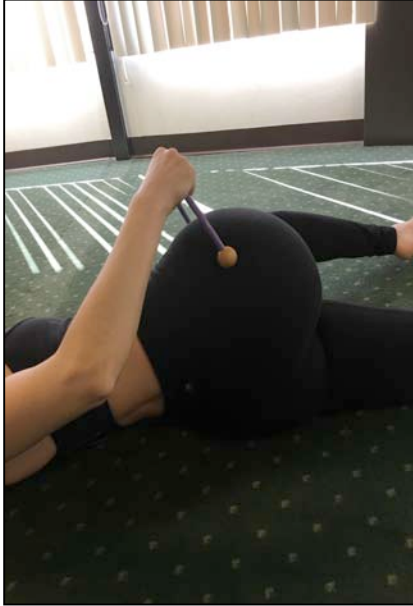
Pull on the other hook away from the front of your body to allow the ball to sink deeply and twist your upper torso (seated) or cross your legs (lying down) for 5-10 minutes or until you feel a release.

Repeat for all restricted areas.



Hips (lying w/twist)

This technique releases the low back, hips and core.



Hook either ball into the hip, so the ball is connected to the most restricted area.

Pull on the other hook away from the front of your body to allow the ball to sink deeply and cross your legs for 5-10 minutes or until you feel a release.

Repeat for all restricted areas.