



Trigger Point Massager

User Guide

Manufactured for LittleMum Care Australia



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User Warning: LittleMum™ Massager should not be done directly over bruises, inflamed or infected skin, skin rashes, unhealed or open wounds, tumours, abdominal hernia, fragile bones, or areas of recent fractures.

Speak to your doctor before using LittleMum™ Massager if you:

- have a history of blood clots or a clotting disorder,
- are taking blood thinners,
- have a bleeding disorder,
- have cancer or are undergoing cancer treatment, such as chemotherapy or radiation.

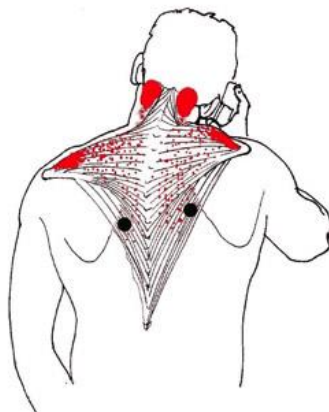


Trapezius Trigger Point Massager

User Guide



Trapezius is a flat, triangle-shaped muscle in your back. It extends from your neck, down along the spine to about the middle of your back and across your shoulder blades.



The trapezius stabilises the shoulder blades and facilitates shoulder and neck movement.

Trapezius strains are commonly caused by overuse. Sitting in front of a computer or driving for extended periods can place stress on these muscles.

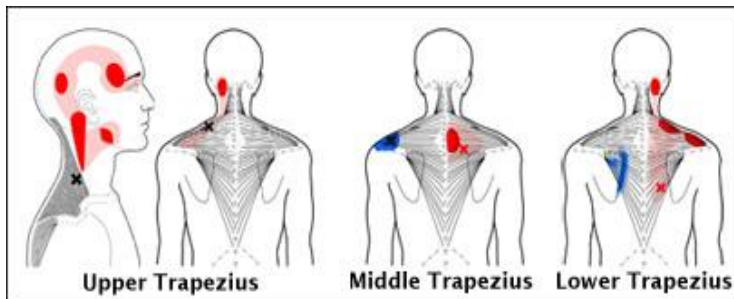


Cradling a phone between the ear and shoulder, carrying a heavy bag, or playing a musical instrument for

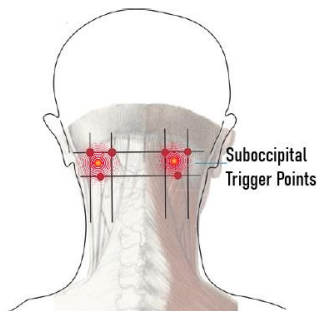
hours can cause trapezius pain.

Trapezius strain symptoms include muscle stiffness, soreness, aching and burning sensations. This pain may radiate from the shoulders through the upper back and neck. The injured area may feel

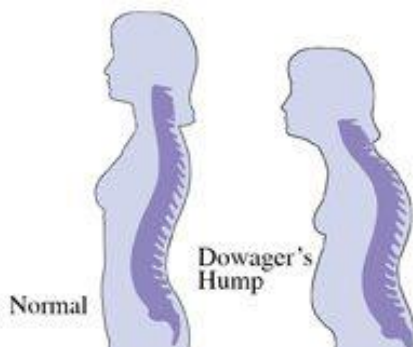
warm and tingly. It may swell and the person may have symptoms beyond muscle pain, perhaps in the form of occipital headache, Dowager's Hump, ear ringing, jaw pain, wryneck.



Occipital neuralgia is a distinct type of headache characterised by piercing, throbbing, or electric-shock-like chronic pain in the upper neck, back of the head, and behind the ears, usually on one side of the head. Typically, the pain begins in the neck and then spreads upwards. Some individuals will also experience pain in the scalp, forehead, and behind the eyes.



Tightness in the trapezius muscles at the back of the neck and shoulders over time can also develop an abnormal curve of the upper vertebrae and a mass of tissue at the lower part of the neck, known as Dowager's Hump. The hump is often associated with aging, which is commonly seen in the elderly people, however it is more observable in teenagers in modern times.



How LittleMum™ Massager is Designed

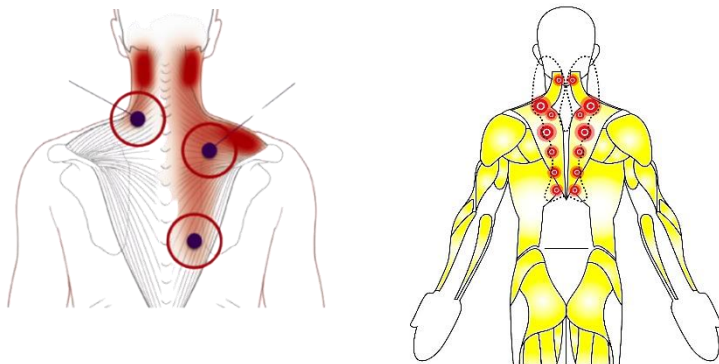
Trigger point therapy has been proven to be a safe self-treatment that helps relieve symptoms and pain associated with trapezius myalgia (TM) by rubbing and pressing on key trigger points.



LittleMum™ Trapezius Trigger Point Massager

mimics the pressure produced by a deep tissue massage therapist's fingers for chronic aches and pain, targets the deeper layers of trapezius area to ease muscles, improve blood flow and aid in recovery from trapezius strain symptoms .

LittleMum™ Trapezius Massager nodes are predominantly located where trigger points mostly often occur. It lifts your head to the proper height while you lie down for massage to support your neck in the neutral aligned position. It helps your neck stay in its optimal C-Curve, consistent with the rest of your spine.



How to Use LittleMum™ Trapezius Massager

Ten Minutes a Day, Keep the Pain Away.

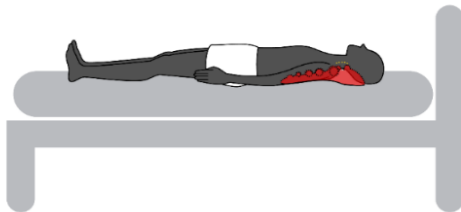
1. Lie on your back with your feet firmly planted on the ground. Slot massager under you back. Locate the first two smaller pressure points underneath your sub-occipitalis area and adjust slowly to find the right



position for you.

2. You can apply varying levels of pressure with your body weight and hand movements to determine how deep and pressure you wish to apply.

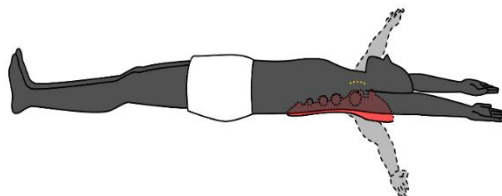
Changing the surface which you are lying will also



vary the pressure level. Lying on bed exerts less pressure than on carpet or a mat.

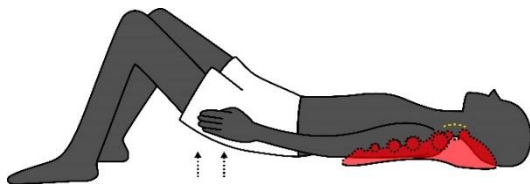
3. You can do arm circle to exercise your trapezius muscles while lying on the massager. You may also prefer

to use it in conjunction with our

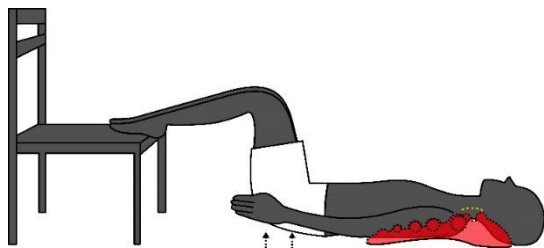


Back Massager as many others do.

4. For intense massage lovers, lie on your back with your knees bent, and feet flat on the floor under your knees, raise your hip, lifting your entire lower back off the ground. Hold for 20 to 30 seconds, and then return to your starting position.



5. Or use a chair to firm your body while raising your hip to lift the lower back off the ground. Your shoulder muscles will feel more pressure this way. Hold for 20 to 30 seconds, and then return to your starting position



6. At office, you can use LittleMum™ to ease your tight muscles.



Tips: It is common to feel a degree of discomfort during the massage itself. The whole point of this massager is to break up muscle tension, adhesions and scar tissue that often lie in deeper musculature. This pain would naturally fade away shortly after you finish your 5-10 minutes session.

LittleMum™ Trapezius Trigger Point Massager is made of **100%** food-grade silicone.

We are proud to offer **15 years** warranty from the date of purchase.

Littlemum Care Australia (ACN:166 522 112)

Visit us at <https://www.littlemumcare.com.au>

<https://www.littlemumcare.co.uk>

- **Size:** 15.55"/39.5cm (L) 6.69"/17cm (W);
3.94"/10cm (H)
- **Weight:** 88.2 oz/2.5 kg
- **Material:** Silicone

Contact us on supports@littlemumcare.co.uk



Back Trigger Point Massager

User Guide



If you have back pain, you are not **alone**. Back pain and related symptoms rank among the second most frequent medical complaints.

Back problems are a range of conditions related to the bones, joints, connective tissue, muscles, and nerves of the back.

LittleMum™ Back Trigger Point Massager is designed to relieve back pain caused by back muscle sprains or ligament strain.

How LittleMum™ Massager Designed

LittleMum™ Trigger Point Massager is one of the most powerful yet simple ways to treat chronic muscle pain and discomfort.

LittleMum™ Back Massager mimics the pressure produced by a deep tissue massage therapist's fingers for chronic aches and pain. Instead of just working on the surface of the skin like the electronic massagers, LittleMum™ Back Massager exerts pressure that penetrates the body deeply to increase blood flow to the target areas.

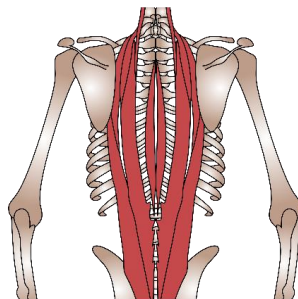
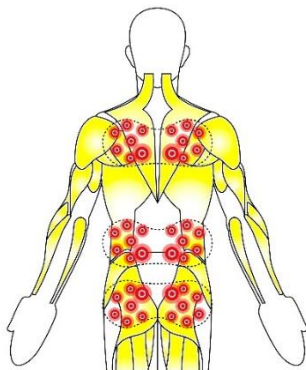
LittleMum™ Back Massager consists of 14 therapy nodes perfectly placed on the left and right sides of the spine while keeping the spine in a neutral curve

when lying down. Its uneven shape allows you to roll up and down on it when lying down on your back, the pressure adjusts as you roll.

LittleMum™ Back Massager applies sustained pressure for a period long enough to relieve the muscle spasm, and increase blood flow to the muscle, which normalises it and brings it back to a healthy state. This also helps to relieve aches, knots, tension, and stress.

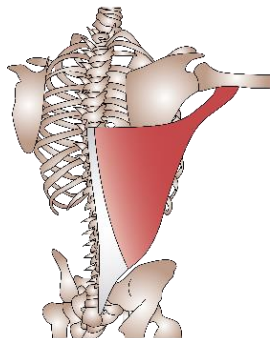
For example:

Trigger points in the **erector spinae** can give you pain all over your entire back and may even send pain to your upper leg and lower abdominal region.

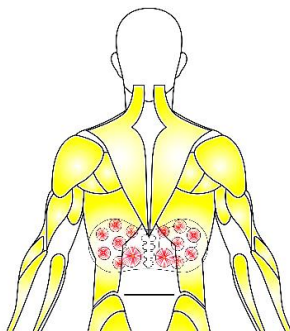


LittleMum™ Back Massager allows you to effectively reach your trigger points on the whole bundle of erector spinae.

Trigger points in your **latissimus dorsi**, which is a large muscle that can cause a variety of painful symptoms, including thoracic back, **frozen shoulder**, thoracic outlet syndrome, back pain turning in bed, dull ache under shoulder blade, a sharp pain in the back of shoulder when resting on elbows, or pain when lifting the arms.

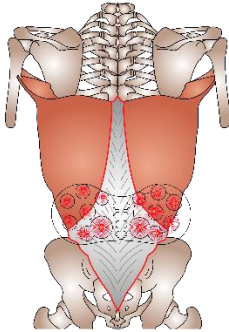


LittleMum™ Back Massager applies sustained pressure on the outer border of the shoulder blades and the area of lower ribs, which are the two main areas that are often tender, to relieve the tightness and strains.



LittleMum™ Back Massager is a great way to self-**myofascial** release as well. Localising pain to a specific trigger point is very difficult. For that reason, myofascial release is often used over a

broad area of muscles and tissues rather than at a single point.

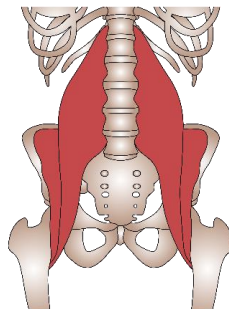


Myofascial release by LittleMum™ Back Massager on the posterior thoracolumbar fascia is one of the manual techniques aimed to restore the normal length and tension of restricted fasciae and muscles to relieve some low,

mid or upper back pain.

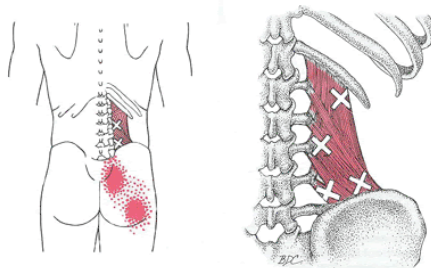
Trigger points in **psoas muscles** are frequently overlooked and are often the source of lower back pain, groin and front of thigh pain and chronic pelvic pain.

However, psoas is reached from the front and is a very deep muscle, a standard massager will not access the psoas.



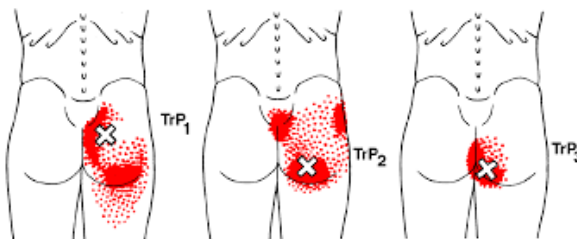
Psoas can only be stretched and relieved with a massager that includes spine bending with a neutral spine poster, LittleMum™ Back Massager's ergonomic design makes it to be in the best position to access and relieve psoas muscles.

Quadratus lumborum trigger points may be the ones to blame for a deep ache in your lower back or a stabbing pain in your hips or pelvis.



LittleMum™ Back Massager is designed to access and apply firm pressure and slow strokes to reach quadratus lumborum - the deepest abdominal muscle.

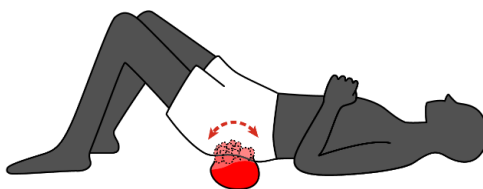
When you have buttock pain, hip pain, or leg pain, trigger points in the obscure gluteus medius and minimus muscles may be the cause. Trigger points in



this area are easy enough to find, but not easy to self-massage. It is a spot that cries out for a massage tool, more so than many other areas.

Forget your tennis ball, LittleMum™ Back Massager is the best option for the gluteus area. Its U-shape and massage nodes, after lying down on it, fit more naturally into the space between the bones on the side of the

hip. You can settle your weight onto them and roll up and down.



Above are some examples of trigger points relief related to back pain. Always seek your own medical advice from your doctor or health professionals if you have any concern.

How to Use LittleMum™ Massager

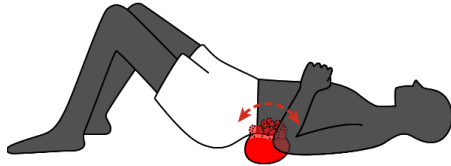
Ten Minutes a Day, Keep the Pain Away

1. To use the Massager, lie on your back, with your feet firmly planted on the ground and put massager under your back. Roll up and

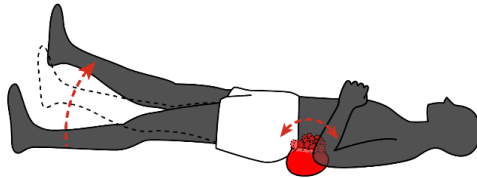


down at your preference.

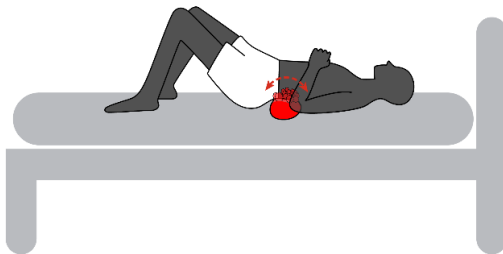
2. You can bend your knees to ease the massage pressure.



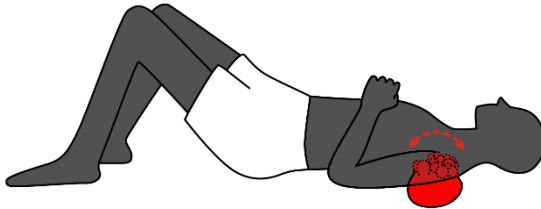
3. Or you can raise one of your legs to adjust the pressure on one side.



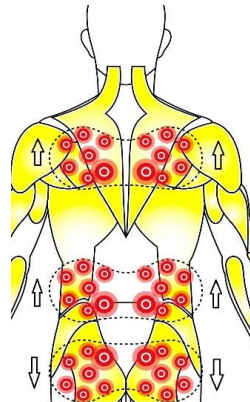
4. Less pressure is applied when lying on bed compared to lying on carpet or a mat.



5. Designed for upper back or hips massage as well.



Please note that the major nodes (see the big red circles shown on the right) at different spots on your back have different orientations. Therefore, it is recommended to turn the massager upside-down when you are using it for the hip area.



Tips: It is common to feel a degree of discomfort during the massage itself. The whole point of this massager is to break up muscle tension, adhesions and scar tissue that often lie in deeper musculature. This pain would naturally fade away shortly after you finish your 10 minutes session.

LittleMum™ Back Trigger Point Massager is made of **100%** food grade silicone.

We are proud to offer **15 years** Warranty from the date of purchase.

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<https://www.littlemumcare.co.uk>

- **Size:** 13"/33cm(L) 5.5"/14cm(W)
4.3"/11cm(H)
- **Weight:** 69.8 oz /1.98 kg
- **Materials:** Silicone

Contact us on supports@littlemumcare.co.uk



LittleMum Care is devoted to design and manufacture effective yet simple pain self-management device for clients. LittleMum™ is registered trademark in UK and Australia.