

# BODY BACK

MASSAGE TOOLS FOR EVERY BODY



## Introducing the Body Back Buddy™

While in massage school in 1995, I experienced firsthand the numerous benefits of applying direct pressure to tight, sore and knotted muscles: noticeable relief, more flexibility and better circulation. I later noticed many of my clients needed a way to manage their pain between visits. I began the process of creating a tool that would comfortably and effectively treat any muscle, be lightweight, versatile, affordable and simple enough for anyone to use. You are holding in your hand the result of this process.

We are a family-run business committed to promoting global wellness one person at a time. We design and build the best massage tools available. With over a million sold worldwide and over 5,000 5-star 'verified purchase' reviews on Amazon, the Body Back Buddy has set a standard for personal massage tools that few can match. When we hear remarkable stories about how folks like you relieved their muscle aches and pains, it makes our work very rewarding indeed! Please know you are the best part of our business.



Welcome to our family and be well!  
Paul Nash, CMT, NMT  
Designer of the Body Back Buddy

# We Are Here to Help

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Our US based customer service team is here to assist you with any questions, problems, concerns, replacements or any other inquiry you may have.



**customerservice@bodyback.com**



**1-800-285-8957 Weekdays 9-5 ET**

Include full name, ship-to address and order #

We are a small family-run business and we put your needs first. If for any reason you're unhappy with your purchase, contact us and we will make it right. We never forget that our success is based on your well-being.



## Cutting Edge Materials

The very long fibers in our raw material weave together during production creating an internal skeleton that is unique to our products. The Buddy has been lab tested to withstand over 900 Newtons of force without breaking.

Our Very Long  
Fiber Material



Competitor's Short  
Fiber Material



## Strength You Can See

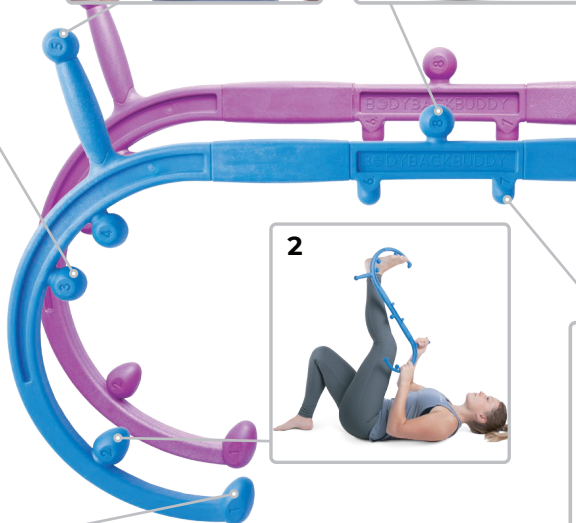
The visible white marks on your Buddy are the very long fibers that provide unrivaled strength and durability.

## 100% Made in the United States

Every Body Back Buddy is made at an exclusive state of the art facility in Knoxville, TN from sustainably sourced materials in the US.

We are 100% American made from Pellet to Pallet.





11



**Apply  
Pressure**

10  
9



**Hold for  
10-30 Seconds**



**Release**

6 & 7



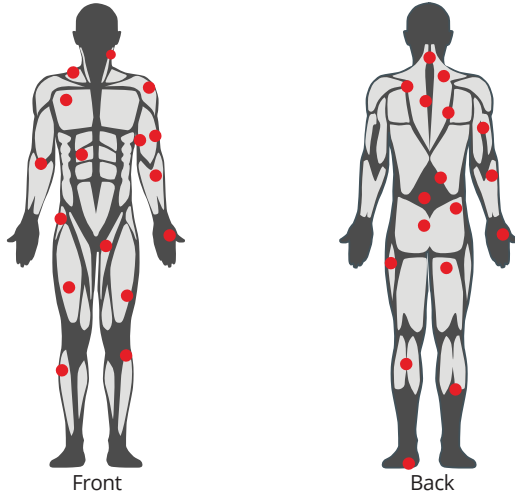
9



**Relax**

# Trigger Points

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Trigger points are tight, tender, contracted muscle fibers, which cause pain. Using a Body Back Buddy to apply sustained pressure to a trigger point can interrupt the pain-spasm cycle. When you release the pressure, you will feel the muscle relax as fresh oxygenated blood flows in.



## How Much Pressure to Apply

Apply a comfortable amount of pressure through the therapy knob onto a sore muscle. As this muscle compression relaxes, you will feel the muscle pain release. Only use as much pressure as you can comfortably tolerate. More pressure is not always better!

## How Long to Apply Pressure

Ten to thirty seconds should be enough. Applying too much pressure for too long may cause more pain than relief. For best results, work multiple trigger points during each session.

## The Healing Process

Restoring health to aching muscles is a step-by-step process. First, release the muscle's tightness and contraction by applying pressure with the Body Back Buddy. Second, hydrate your muscles so they regain their natural strength and pliability. Finally, exercise and stretching are crucial.

Visit [bodyback.com](https://bodyback.com) for more information

# Precautions

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- Do not press directly on your spine or bones
- Do not massage inflamed or irritated areas
- Stop use if bruising occurs
- Applying too much force or using too often may cause pain
- Do not allow children to use Body Back Buddy
- For external use only



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# Register for Warranty

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Register for your limited lifetime warranty:

[bodyback.com/register](https://bodyback.com/register)

Warranty covers factory defects or breaks under normal use.

You need an order # for a new Buddy from an authorized retailer

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Could you take 60 seconds to share your experiences by writing a review on either Amazon or our website? We will be forever grateful. Thank you in advance for helping us out!

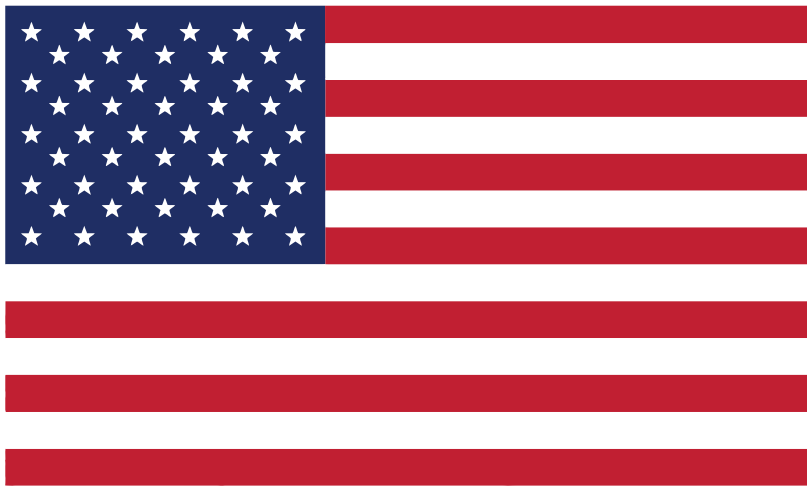
For blogs, how-to videos and more, visit [bodyback.com](https://bodyback.com)



*@bodybackcompany*

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**Made in the USA**

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