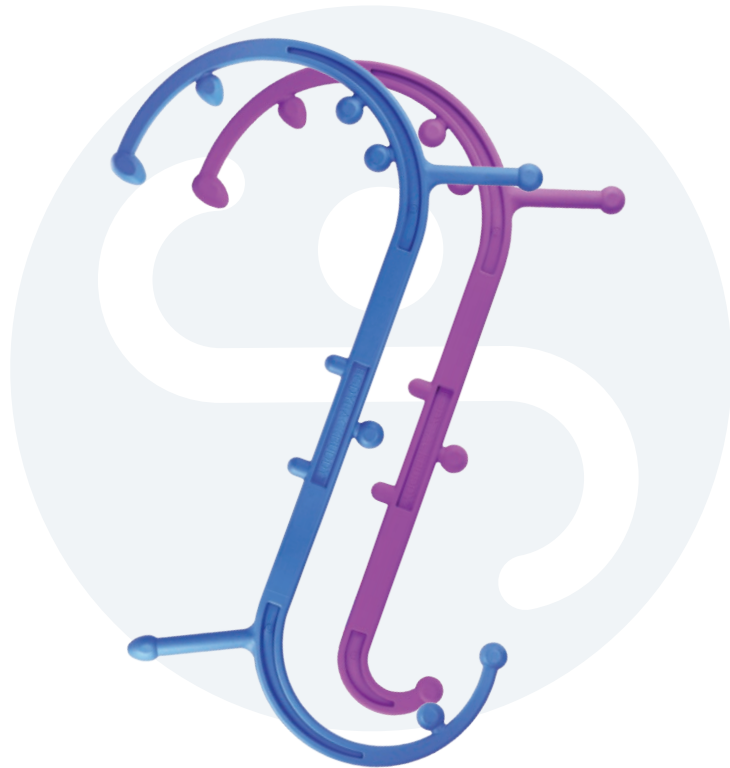


BODYBACKBUDDY

TRIGGER POINT MASSAGE TOOLS



Introducing the Body Back Buddy™

While in massage school in 1995, I experienced firsthand the many 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, by offering only the best massage tools available. With more than a million sold worldwide and over 5000 5-star verified purchase reviews on Amazon, the Body Back Buddy has set a standard for personal pain relief that few others can match. When we hear remarkable stories from folks like you, it makes our work extremely rewarding indeed! Please know you are the best part of our business.



Welcome to our Body Back Buddy family and be well!

Paul Nash, CMT, NMT

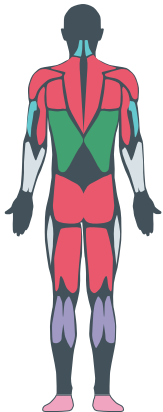
Designer of the Body Back Buddy

How the Body Back Buddy Works

The open design and natural shape of a Buddy allows you to reach all muscle groups of the body from head-to-toe, front-to-back. Precisely deliver the right pressure to the right spot even in areas that were previously inaccessible. You control the amount of pressure and determine the exact spot that needs treatment. Release tight, knotted muscles by varying the pressure and angle of the tool.



COMMON TRIGGERPOINTS



Pointed knob simulates the action of the elbows of a massage therapist



Multi-use knob for neck, back, buttocks and legs



For general thumb point pressure



Great for the shoulders and foot reflexology



Spaced to treat muscles on back of neck



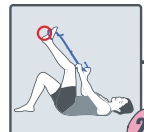
Ideally positioned for the low back muscles



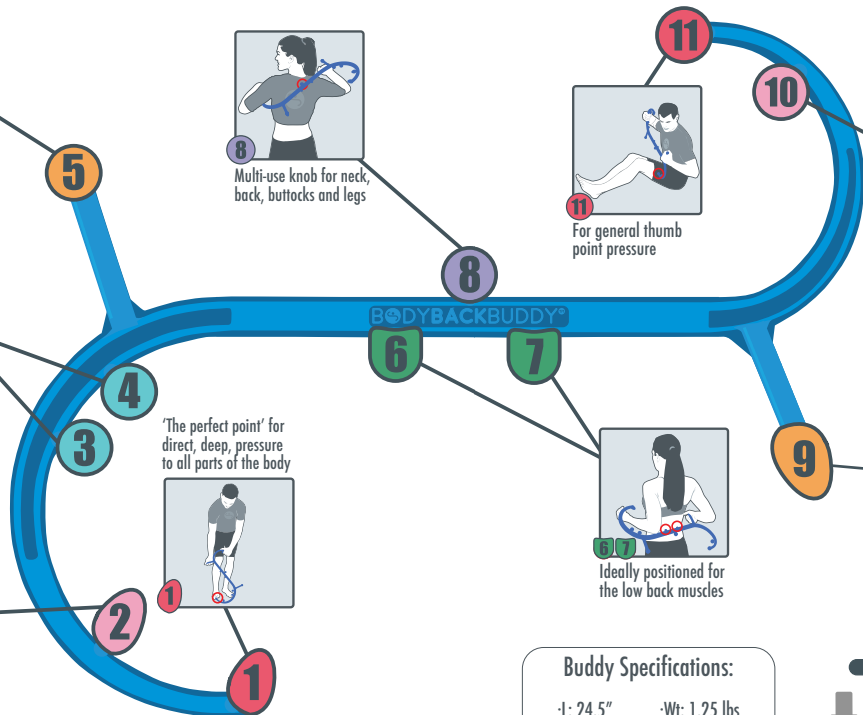
Ideally positioned for the low back muscles



Multi-use knob for chest, neck, back, buttocks and legs



Highly effective for foot reflexology



Knob Types:

- Rounded: Broad Surface Massage
- Pointed: Penetrating Deep Tissue Massage
- Mounds: Knobs 6 & 7; Massage along the Spine

Knob Uses:

1 11

Deep or soft Massage anywhere on your body; especially your shoulders and back

2 10

Ideally placed for foot, neck & shoulder massage; especially Reflexology

3 4

Perfect for massaging the neck and the base of the skull; recommended for headaches

5 8 9

These are all purpose knobs; apply direct pressure to a thigh, pectoral or a TMJ

Buddy Specifications:

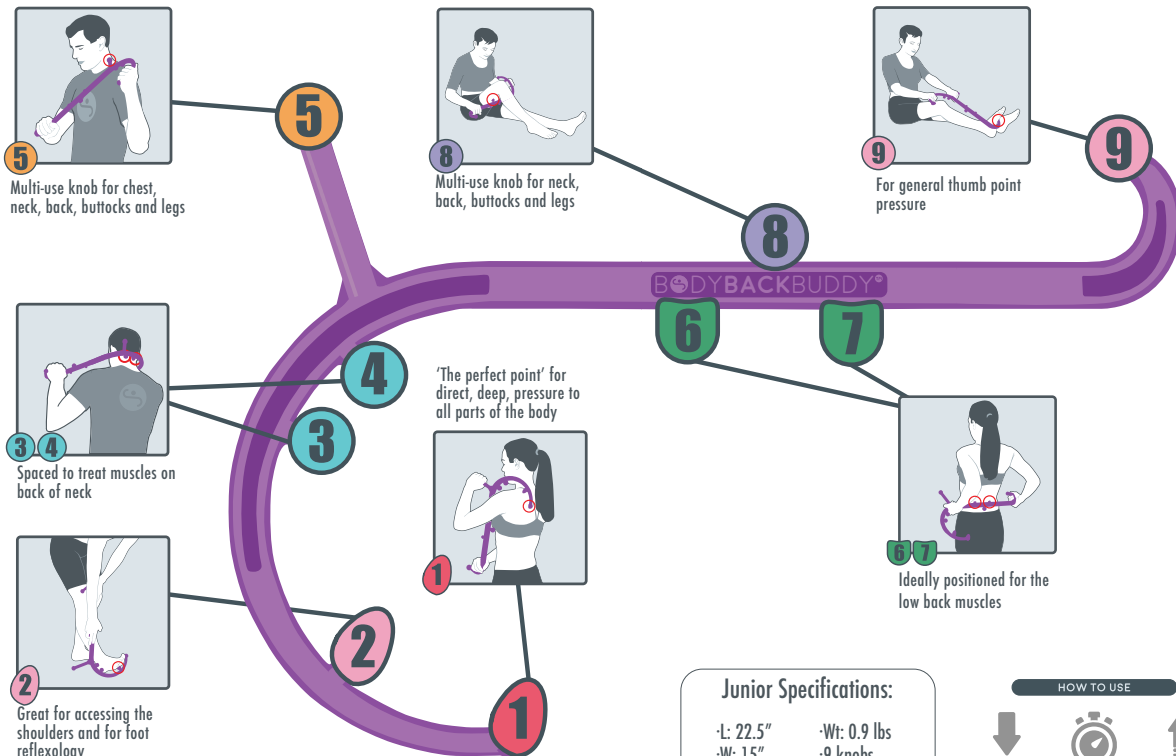
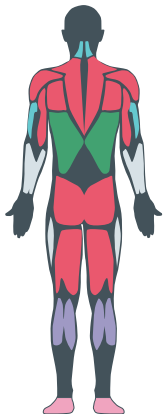
·L: 24.5"
·W: 20"
·H: 1"

·Wt: 1.25 lbs
·11 knobs

HOW TO USE



COMMON TRIGGERPOINTS



Knob Types:

- **Rounded:** Broad Surface Massage
- **Pointed:** Penetrating Deep Tissue Massage
- **Mounds:** Knobs 6 & 7; Massage along the Spine

Knob Uses:

- 1** Deep or soft Massage anywhere on your body; especially your shoulders and back
- 2** **9** Ideally placed for foot, neck & shoulder massage; especially Reflexology
- 3** **4** Perfect for massaging the neck and the base of the skull; recommended for headaches
- 5** **8** These are all purpose knobs; apply direct pressure to a thigh, pectoral or a TMJ

Junior Specifications:

·L: 22.5"
·W: 15"
·H: 1"

·Wt: 0.9 lbs
·9 knobs

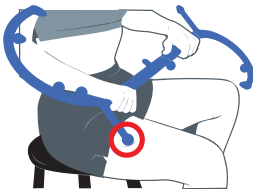
HOW TO USE



Other Uses

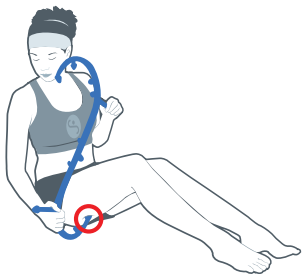
Knobs 5&9

- Sit comfortably in a chair
- Apply the knob to the area you'd like to massage
- Hold pressure there for 10-20 seconds and release.
- Repeat as desired.
- Try moving the tool to different angles while massaging.



Knobs 1&11

- Sit on the floor, legs outstretched
- Apply the knob to the area you would like to massage
- Hold pressure there for 10-20 seconds and release.
- Repeat as desired.
- This is an ideal massage for thighs, calves and buttocks

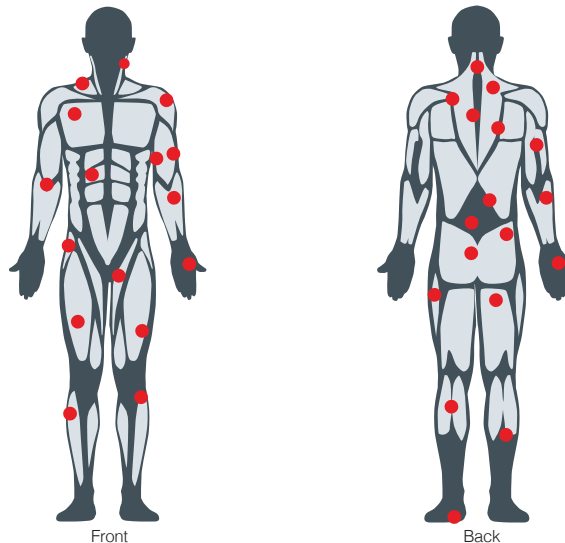


Knobs 5&9

- Sitting in a chair; brace the tool against the back rest
- Grip the lower handle and bottom end knob for stability
- Lean into the knob, finding your desired pressure
- Minimize arm and hand movements for best effect



Trigger Points



Trigger points are tight, tender, contracted muscle fibers, which emit pain. Applying sustained pressure with a Body Back Buddy to a trigger point can cause the pain-spasm cycle to be interrupted. When the pressure releases, you will feel the muscle let go as fresh oxygenated blood rushes in to cleanse the tissue and releases the muscle contraction

Visit bodyback.com for more information

How Much Pressure to Apply

Place the therapy knob on a sore muscle and apply a comfortable amount of pressure. When this muscle compression releases, it stimulates a therapeutic response. How much pressure to apply varies from one person to another—deep and intense, or gentle and relaxing. However, only apply as much pressure as you feel comfortable with. More pressure is not necessarily better!

How Long to Apply Pressure

Ten to thirty seconds is normally enough time to elicit a therapeutic response in the muscle. Applying too much pressure for too long causes the body to treat the pressure as an intrusion. For maximum results work more than one area, returning to the treated area three to four times each session.

The Healing Process

Restoring health to dysfunctional muscles is a step-by-step process. The first step entails releasing the muscle's tightness and hyper contraction. This is the purpose of the Body Back Buddy. Be sure to stretch and hydrate your muscles so they regain their natural strength, elasticity, and pliability. For long-term muscle health and strength, exercise and stretching are crucial. Finally, it is important to correct improper body mechanics and/or poor posture that can contribute to muscular problems.


Precautions

- Do not press directly on your spine or bones
- Do not massage areas of inflammation or skin irritations
- Stop use if bruising occurs
- Overuse may cause undue soreness
- Do not allow children to use the Body Back Buddy as a toy
- For external use only
- Certain fabrics may harm your skin when massaged through

These are personal massage tools, and should not be used to treat serious medical ailments or injuries. Please consult with your health-care provider if you have any questions. Body Back Company will not be liable for misuse of the product.

We Value Your Feedback

Body Back Company would like to thank you for buying our products. We design and manufacture to the highest standards so you can be assured what you received is premium quality. We strive for superior customer satisfaction, if you have any comments or feedback we'd love to hear them.

 +1(800) 285-8957

 customerservice@bodyback.com

BODYBACKCOMPANY BEST SELLERS



Body Back Vibe \$149.95*

The Body Back Vibe is a powerful and portable dual-speed electric massage tool that delivers a smooth, stimulating, quiet, and effective vibrating massage.

Vibe 2X Power Peanut \$98.95*

The Vibe 2X Power peanut is a rechargeable, cutting-edge fitness recovery device that uses vibration and pressure to improve the body's overall performance.



Vibe Belt Electric Massager \$49.95*

4 large and 4 small nodes skillfully knead your aches, pains and strains away. Use the heated massage feature for a more soothing, relaxing experience.

AccuMassage \$19.95*

Effortlessly release tension in hard to reach places. Quickly relieve sore muscles, trigger points, headaches & migraines. Disassembles for easy storage and portability.



Wooden Back Roller \$27.95*

For decades our wooden Back Roller has been one of the best all natural back pain relief products on the market. Made from sustainably sourced beechwood.

www.bodyback.com

| www.amazon.com/bodyback

*prices subject to change

Lifetime Warranty

Terms and conditions

We warrant to the original purchaser that this product shall be free from any defects in material or workmanship for the lifetime of the product. Defective Buddys from an authorized retailer will be replaced with proof of purchase.

To uphold your warranty, we ask for you to save your proof of purchase and register your new product at
<https://www.bodyback.com/warranty>

Review Your New Product



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2. Click 'Write a customer review' in the 'Customer Reviews' section
3. Click Submit



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2. Click on the order number for the product you want to review
3. Click 'Review this product' link under the item name



1. Visit the product page for the item you want to review
2. Click the 'Write a review' button
3. Enter your first name, write your review, and submit

