

 **BODYBACKBUDDY™**  
 **BODYBACKBUDDYjr™**  
TRIGGER POINT MASSAGE TOOL

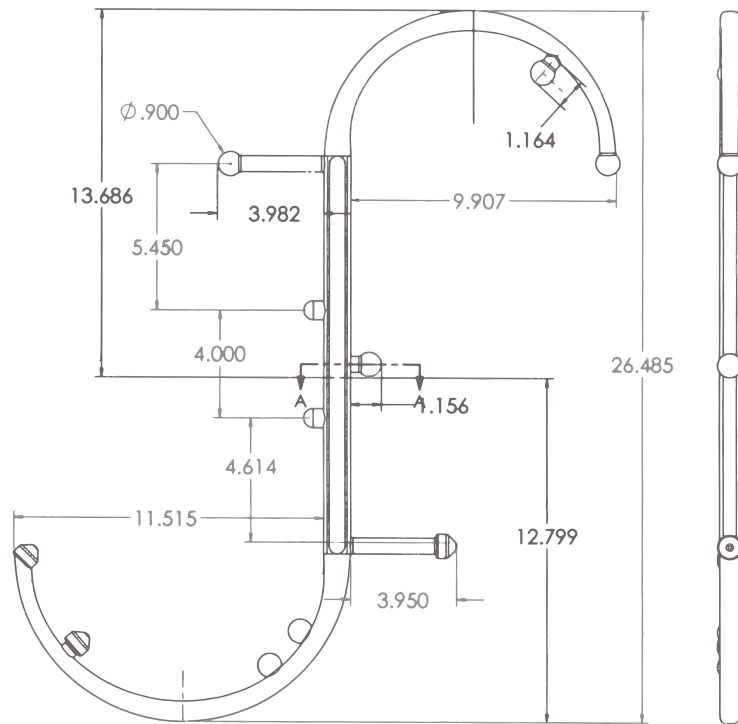
## Introducing the Body Back Buddy™

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, by offering only the best massage tools available. With nearly a million Body Back Buddys sold worldwide and over 3000 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 very 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



Original 1995 Body Back Buddy designed by Paul Nash

## How the Body Back Buddy Works

The Body Back Buddy's open design and natural shape allow you to reach all muscle groups of the body: back, neck, shoulders, chest, arms, hands, buttocks, hips, legs and feet. By varying the amount of pressure applied and the angle at which it is directed, you can release tight, spastic, knotted muscles. You control the amount of pressure and determine the exact spot that requires treatment. Even with minimal strength and effort you can treat areas that are virtually impossible to reach without the Body Back Buddy.



## How to Use Your Body Back Buddy

Hook the Body Back Buddy over your shoulder or around your side to treat hard to reach areas of the back, neck and shoulders. Hold it comfortably by the handles or the frame so that the therapy knob touches the affected muscle. Push away from your body with your lower or outside hand while guiding the therapy knob with the upper or inside hand. This leveraging technique creates self-directed pressure to the targeted muscle. You can also use the Body Back Buddy to apply healing pressure to many other parts of the body such as your legs, arms, feet, chest and hips. Its versatility allows you to approach each muscle from many angles in creative ways.



Use the images in this guide to give you good ideas on how to reach all parts of your body, but please don't limit yourself to the positions shown! Since there are so many ways to use the Body Back Buddy, take a moment to experiment and find out what works best for you. Use it standing, sitting, lying down or with a partner. Visit our website for more in depth instruction: [www.bodyback.com](http://www.bodyback.com)

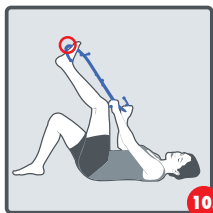


## 11 point massage tool

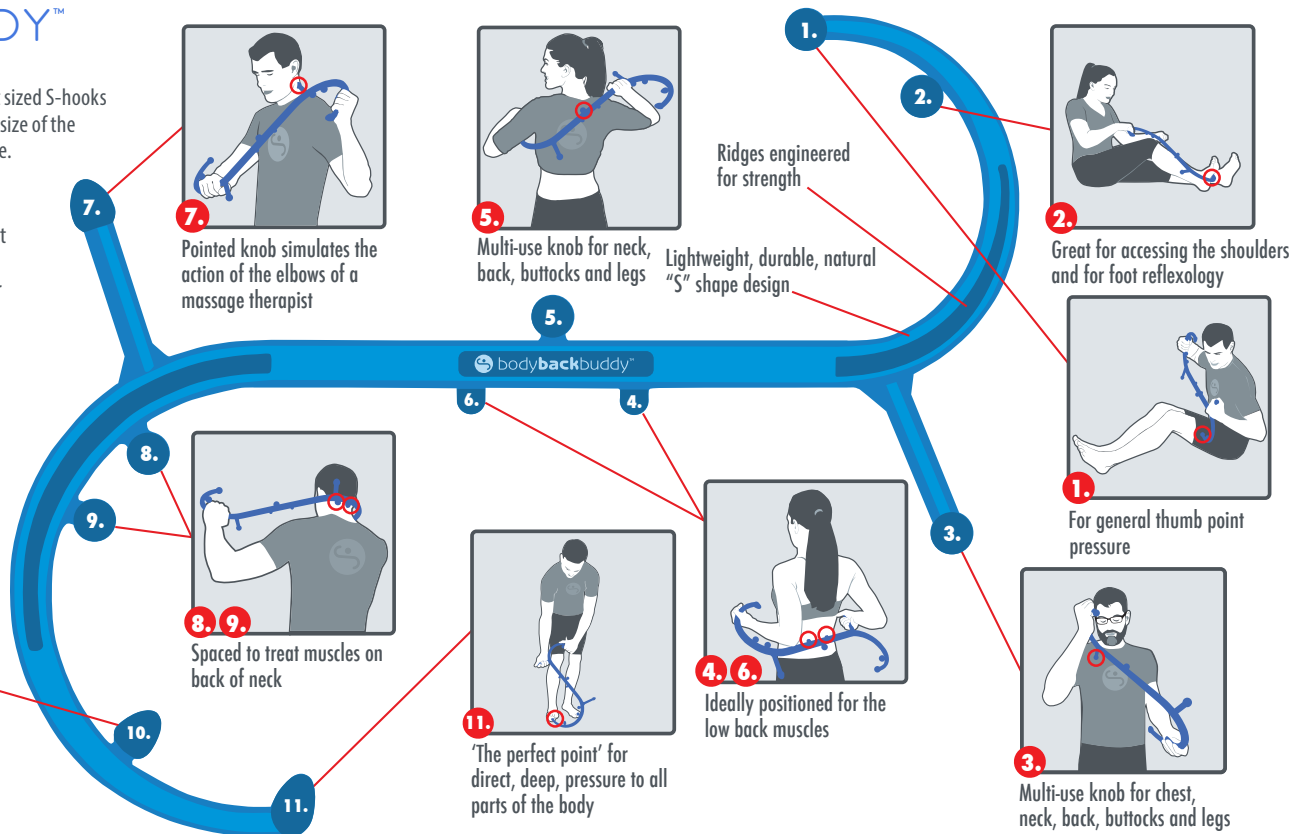
The Body Back Buddy's design offers two different sized S-hooks and 11 strategically placed therapy knobs. The varied size of the S-hooks offer a fully customizable massage experience.

On each Body Back Buddy you will find three styles of therapy knobs; a dull rounded one intended for broader surface massage; a pointed type which will let you accurately penetrate deeper into a specific area; and the two dull nubs [(4) & (6)] located on the center of the tool are specifically designed to massage the upper buttocks and back on either side of the spine.

Knobs 1 & 11 offer you either soft or deep massage anywhere on your body, especially shoulder and back; 2 & 10 are ideally placed for foot reflexology and massage; 8 & 9 are perfect for massaging the neck up to the base of the skull; with 3, 5 & 7 being general purpose knobs.



Highly effective for foot reflexology



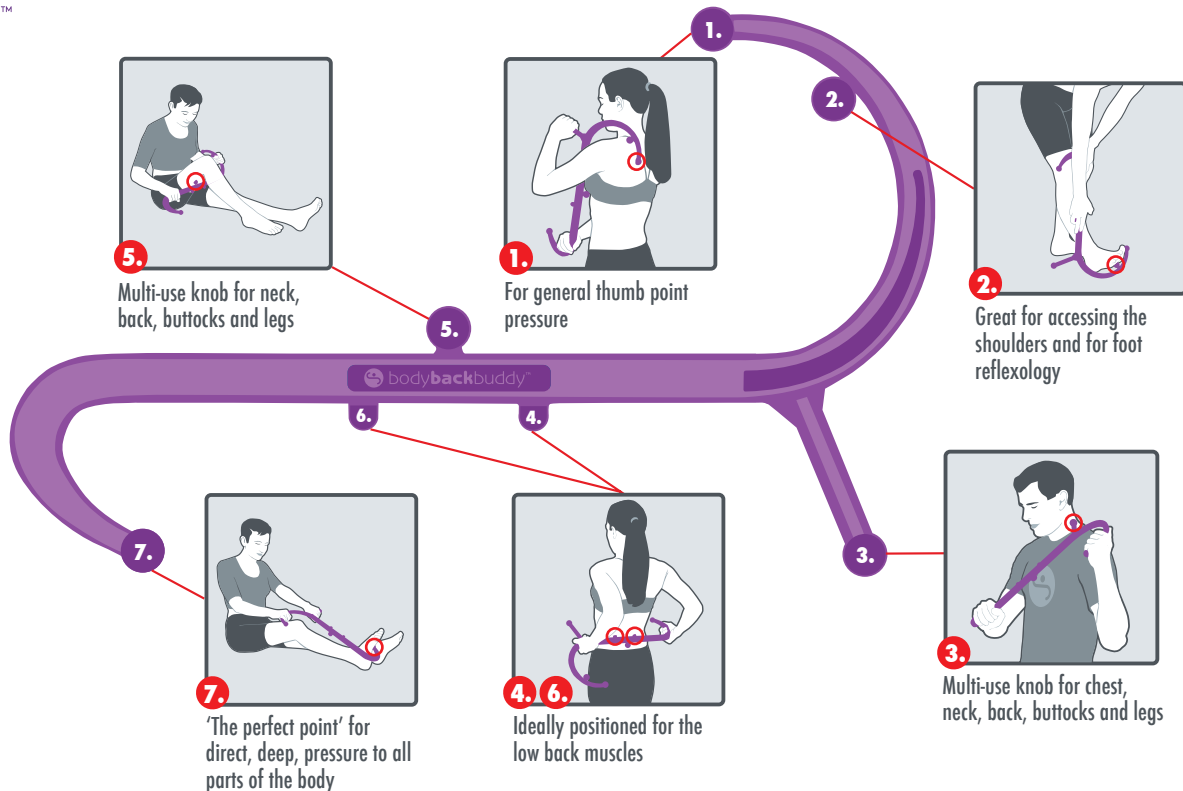
# BODYBACKBUDDYjr™

## 7 point massage tool

The **Body Back Buddy Junior's** design offers two different sized hooks and 7 strategically placed therapy knobs. The varied size of the hooks and massage knobs provide a fully customizable massage experience you can take with you anywhere.

On each Body Back Buddy Junior you will find two types of therapy knobs; the dull rounded ones are intended for broader surface massage while the two dull nubs [(4) & (6)] located at the center of the tool are specifically designed to massage the upper buttocks and back along either side of the spine.

Knob 1 is specially designed to access your shoulder and back but offers powerful massage throughout your body; knob 2 is ideally placed for foot access as well as supporting general body massage; knob 3, when not being used as a handle, is used for direct localized pressure; knob 5 is an all purpose massager, great for thighs and calves; lastly the 7th, called the crook knob, offers deep tissue penetrating massage.



## How Much Pressure to Apply

Place the therapy knob on the sore muscle and apply what you consider to be a comfortable amount of pressure. When this muscle compression is released 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

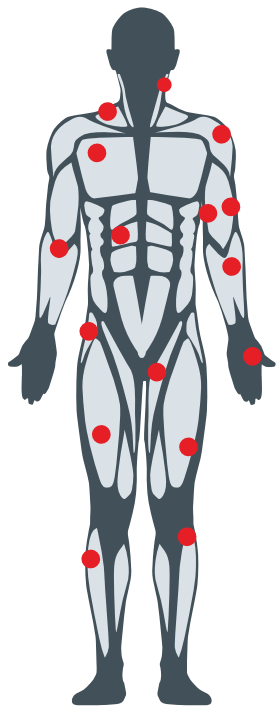
Ten to thirty seconds is normally enough time to elicit a therapeutic response in the muscle. Applying too much pressure for too long causes the body to treat the pressure as an intrusion. For maximum results return to the treated area three to four times each session.

## The Healing Process

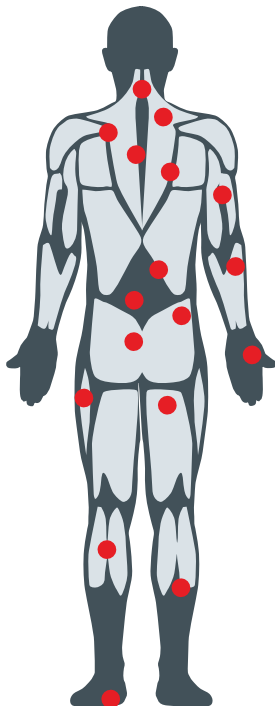
Restoring health to dysfunctional muscles is a step-by-step process. The first step entails releasing the muscle's tightness and hyper contraction. This is the purpose of the Body Back Buddy. Be sure to stretch and hydrate your muscles so they regain their natural strength, elasticity and pliability. 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.



## Trigger Points



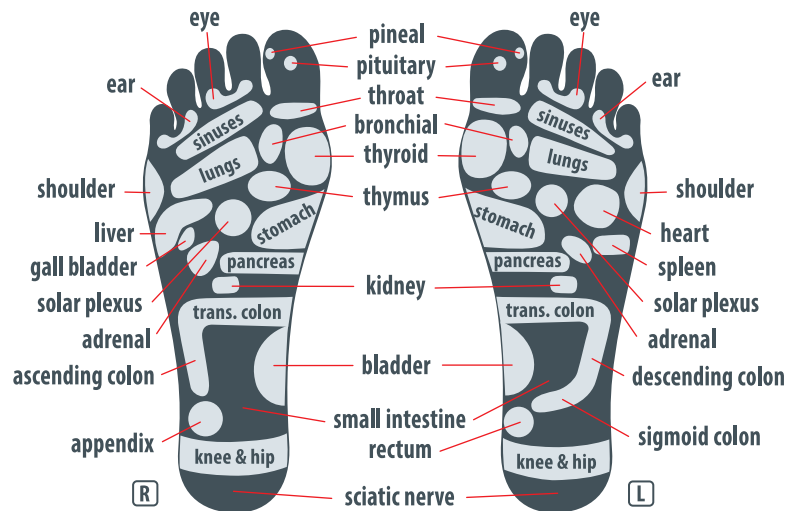
Trigger points are tight, tender, contracted muscle fibers, which emit pain. Applying sustained pressure with the Body Back Buddy to a trigger point causes the pain-spasm cycle to be interrupted. When the pressure is released, you will feel the muscle let go as fresh oxygenated blood rushes in to cleanse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

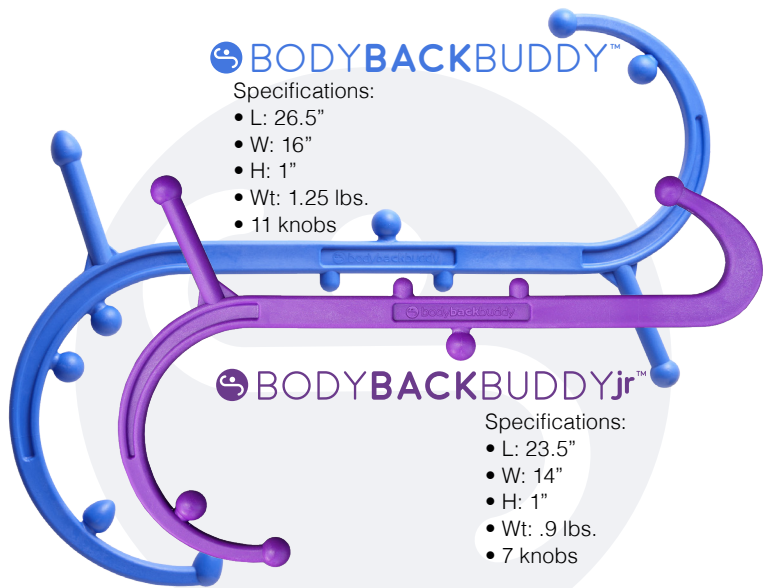


Visit our website [bodyback.com](http://bodyback.com) for a more detailed explanation of trigger points and reflexology points and how to treat them.

## Foot Reflexology

Reflexology is an ancient science based on the premise that there are points in the feet that relate to every organ and all parts and systems of the body. Applying pressure with the Body Back Buddy to these reflex areas results in the reduction of stress, which in turn promotes positive changes in the body.





We offer two sizes of Buddys to fit all body types. While the original Body Back Buddy is designed to accommodate most people, we have designed the Body Back Buddy Jr. to address smaller frames and also offer a great traveling companion. Both tools offer the same great massage with the Junior simply having 7 knobs versus the Body Back Buddy's 11. Instruction and use are the same for both tools. Be creative, have fun, explore what your Buddy can do for you.

## PRECAUTIONS

- Do not press directly on your spine or bones
- Do not massage areas of inflammation or skin irritations
- Discontinue 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

Body Back Buddys are personal massage tools. Do not attempt to treat serious medical ailments or injuries. Please consult with your physician or health care provider if you have any questions about what treatment is best for you. Body Back Company Inc. and its affiliates will not be held liable for misuse of the Body Back Buddy.

## How Do You Like This Product?

As a small family owned business, we strive to design and manufacture the highest quality self-massage tools we can provide.

## We Value Your Feedback

We appreciate every customer comment and continually work to improve our products and customer service.

## Review Your New Product



**Questions? Problems? Help? Contact Us!**

(800) 285-8957 • [customerservice@bodyback.com](mailto:customerservice@bodyback.com)







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## LIFETIME WARRANTY

### Terms and conditions

Body Back Company Inc., warrants to the original purchaser that this product shall be free from any defects in material or workmanship for the lifetime of the product.

Any Body Back Buddys found to be defective will be replaced by Body Back Company Inc.

To satisfy a claim, all returns for in-warranty replacements must be accompanied by proof of purchase.

- **Warranty claims must be obtained directly from Body Back Company customer service.**
- **Warranty is void if not purchased directly from Body Back Company or an authorized retailer.**

**BODYBACKCOMPANY™**

[www.bodyback.com](http://www.bodyback.com)



Product  
Made In USA



100%  
RECYCLABLE

Ashland, Oregon

Patent #D 402,764

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