



# DaVinci TOOL™

A Revolutionary Self Massage Tool

Relieve Tension

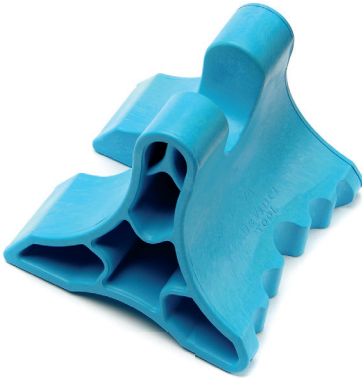
Release Trigger Points

Ease Back Pain

Reduce Stress

Compact

Great for Travel



Improve Posture

Relieve Headaches

# Using Your DaVinci Tool

Start off slow and easy with treatment times of 10-15 seconds. Repeat 3-4 times each session if desired. You may use a towel or pillow over the DaVinci Tool to soften the pressure. Be sure to listen to your body!



## Occipital Muscle

Position the tool so that the preferred side is facing up. Lie down and rest your occipital muscle on the tool. (If needed, you may hold the Davinci Tool with your hands to avoid slipping or movement.) Move your head incrementally if necessary until you are comfortable. Be sure to breathe and allow your body to relax and sink deeper into the DaVinci Tool.



## Scapula and Shoulders

Position the tool so that the preferred side is facing up. Rest your shoulder up against the tool as shown in the photo. Take your time to position your shoulder so the top of the tool hits right at the edge of the shoulder blade. Once it feels in proper position, start leaning into it to apply more pressure.

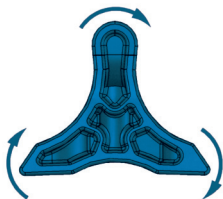


## Lower Back

Position the tool so that the preferred side is facing up. Lie down next to the tool and, when you are ready, place it under your back where tension resides. First treat by positioning the tool with the edge running horizontally as shown in the photo then rotate it so it runs vertical. This will help fine tune treatments and work muscles from different angles.

# Experiment!

There are many ways to use the DaVinci Tool. Rotate the tool to utilize the unique design of each side to help customize treatments.



## Working on a Partner

The DaVinci Tool is a very powerful tool in the hands of a partner, friend or practitioner! Practice pressing any side of the tool into an area you want to treat. Each side's unique surface and shape will work into muscles differently. You can also rotate the tool so you are working with an edge both horizontally and vertically.



## Gluteus

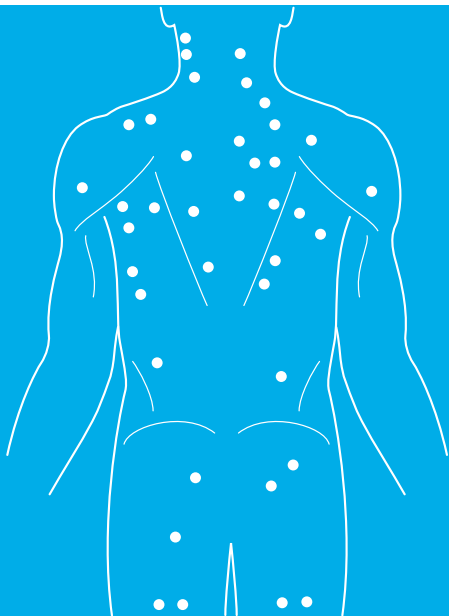
Lie down and position the tool under the Gluteus Medius or Gluteus Maximus as shown in the photo. Start out with your leg bent toward the front of your body and, as you are comfortable, rotate your leg toward the tool to apply more pressure and go deeper into the muscle.



## Foot, Calf and Achilles

The DaVinci Tool works wonders on your feet and to stretch the plantar fascia and calf muscles. Position your foot on the tool as shown in the photo. Lean forward gently until you feel the stretch. You may also apply pressure with each side to the bottom of your feet to hit the reflexology points and release the plantar fascia.

# TRIGGER POINTS



You can control, decrease or eliminate your muscle pain by treating trigger points yourself. When pressure is applied to the trigger point, the pain-spasm cycle is interrupted which helps stop the contraction allowing the pain to lessen.

**bodybackcompany™**

280 E. Hersey St., Suite 19

Ashland, OR 97520

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



Made in the USA

Precautions: The DaVinci Tool is a personal health care tool and is not meant to replace your regular health care provider. Discontinue use if any discomfort occurs and consult your physician prior to continuing treatment.