

# BODY BACK

MASSAGE TOOLS FOR EVERY BODY



## Usage Instructions

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Begin with short sessions, lasting up to 30 seconds, and gradually extend session time as you become more comfortable with the roller. Do not use for longer than 5 minutes per day.

- Lie relaxed on a flat surface
- Do not place all of your body-weight on the tool
- Align Back Roller in the center of the muscle area you want to roll out
- Slowly roll your body over the roller
- Do not rest the tool on a single trigger point for longer than 30 seconds





Despite the name, the Wood Back Roller is not only for your back. It can be used to relieve muscle tension throughout your entire body. Use the tool to massage your glutes, hamstrings, calves and neck.

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## Precautions

- Consult with your healthcare provider before first use
- If you experience pain during use, stop immediately and consult your healthcare provider
- With all self-massage tools, know your limits
- Always start off slowly and never overwork an area
- You will experience some discomfort when using this tool. Exercise caution and do not push too hard
- Do not use if you have or suspect a spinal injury
- Do not fall asleep on Back Roller
- Stop use if bruising occurs
- Do not allow children to use the Back Roller
- Do not massage inflamed or irritated areas

# Product Warranty

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To register and receive a free Scalp Massager, visit our website

**[bodyback.com/warranty](http://bodyback.com/warranty)**

Warranty covers factory defects or breaks under normal use.

You will need an order number from an authorized retailer.

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## FREE SCALP MASSAGER

With warranty registration\*

**\$5.45 VALUE**

over 2,000 reviews



**amazon**



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[customerservice@bodyback.com](mailto:customerservice@bodyback.com)



1-800-285-8957