



## USER GUIDE



## OWN YOUR HEALTH!

Welcome to a lifelong adventure of learning and discovery. Backmate exists to empower yourself, your friends and loved ones with the ability to heal from within. Both in body and mind, you hold the key role in your recovery from simple daily wear and tear, to complex chronic pain and disease.

Today's lifestyle has us moving less yet repetitively overusing muscle groups for long periods of time, leading to chronic inflammation. When pain sets in, we look to numb the symptom rather than addressing the root cause of the problem. Headaches are a great example: 90% of headaches emanate from the neck. If pain killers are taken to manage the pain, the cause of the problem goes unaddressed. Meanwhile, the drugs disrupt or derail the body's natural healing mechanisms and alter our brain chemistry. We can apply this analogy to the entire body: Lasting health relies on a balance of all systems; sleep, diet, stress and exercise affect our hormone regulation, BMI, inflammation, circulation, elimination of toxins, mental health, etc. The key to managing back pain and lasting health is in movement, not medication. By developing healthy habits, we can heal from repetitive stressors and injuries and prevent pain and disease.

A few minutes a day to invest in health can augment our lifestyles and enrich our lives in every way. Thank you for investing in you. May it offer the biggest ROI in your lifetime!

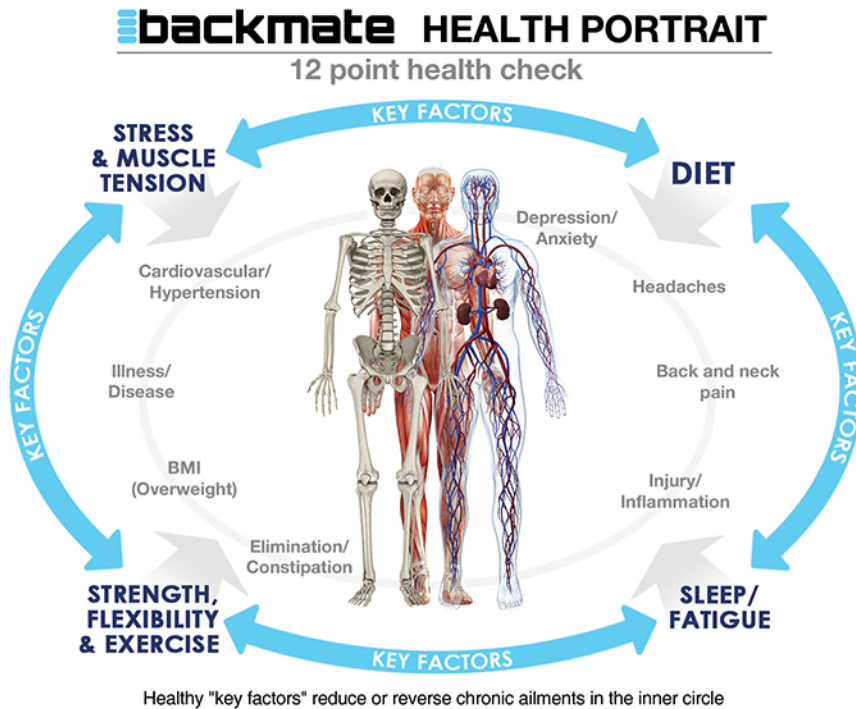
Eric Bostrom - Founder

For set up instructions, refer to the:



# WHY IT WORKS

The **biopsychosocial** model looks at the interconnection between biology, psychology, and socio-environmental factors and how they link to pain, inflammation and disease. Focusing solely on where the pain is just addresses the symptom and only provides a short term solution. Looking at the bigger picture, you can fix the underlying cause of your pain and keep it from coming back.



## How we roll!

- Listen to your body, it doesn't have to hurt.
- Rolling: Slowly massage small, three inch sections and breathe steadily.
- Trigger Point Therapy: Hold steady pressure on a Trigger Point while exhaling the tension for roughly 90 seconds. Small micro-movements can be helpful.
- Custom tailor your therapy. Choose your roller attachment and roller width.

## When we roll?

- Anytime. Maintaining your health is a priority. Just a few minutes a day can help you stay in front of pain and inflammation.

## Why we roll?

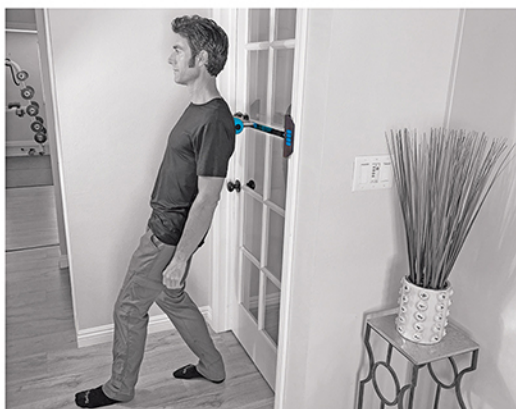
- Because it feels great and you deserve it!
- Relieve back pain, headaches and stress without polluting the body with harmful drugs and medication.
- To relax the nervous system and maintain balance of the biopsychosocial factors that affect our health and longevity.

○ Round roller

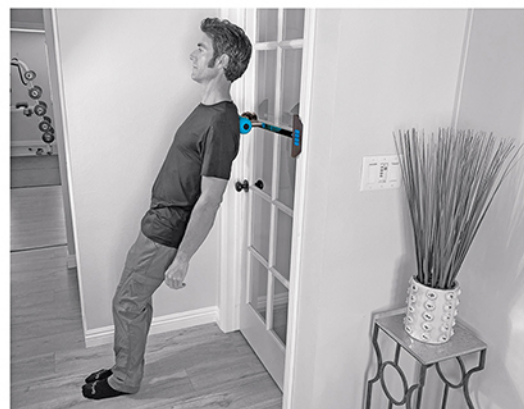
🔊 Disc roller

🔥🧊 Hot/Cold therapy roller (premium version only)

**CORRECT STANCE** with support footing

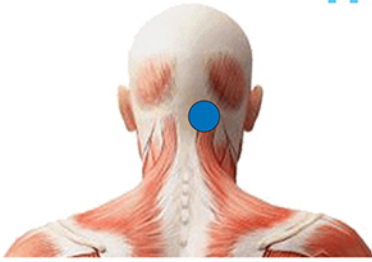


**INCORRECT STANCE.** No support footing



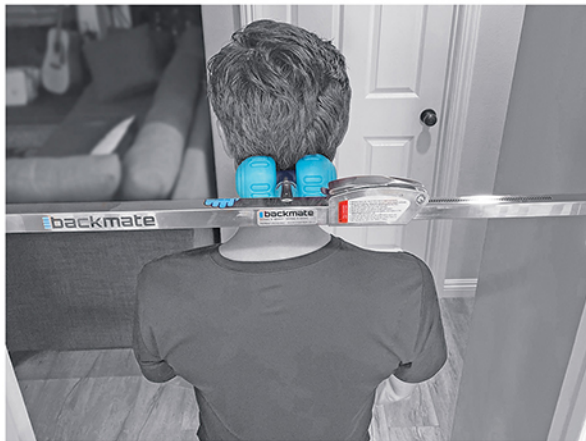


# THERAPY GUIDE



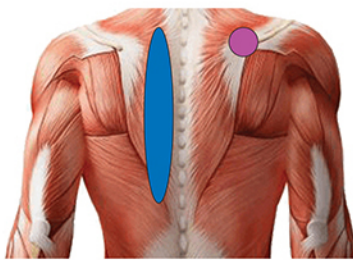
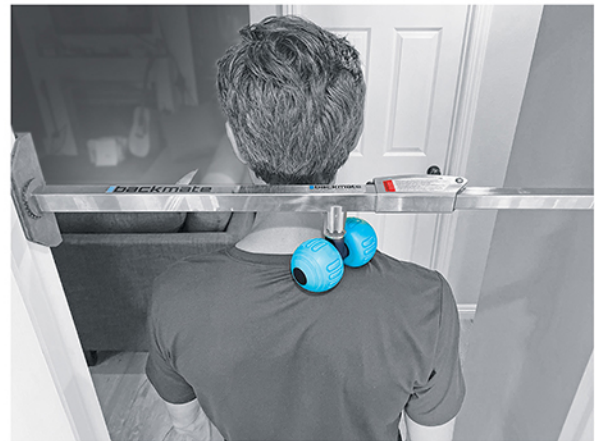
## Position 1: Upper Neck

- Address: Headache, migraine, neck pain and stress relief.
- Muscle group: **Suboccipitals**.
- Therapy type: Trigger point.
- Suggested wheels:



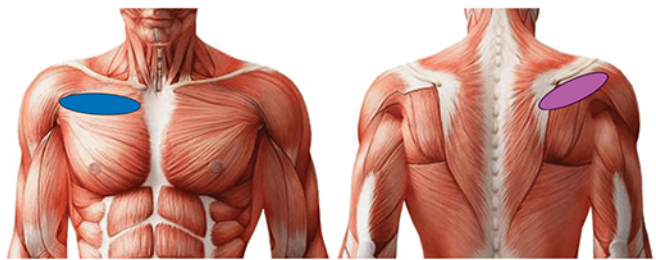
## Position 2: Base of the Neck

- Address: Neck pain, forward rotated posture (AKA Text neck), headache, migraine, stiff neck, shoulder pain, referral pain to the arms.
- Muscle groups: **Trapezius**, **middle trapezius**, **splenius cervicis & capitis**, **levator scapulae**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:



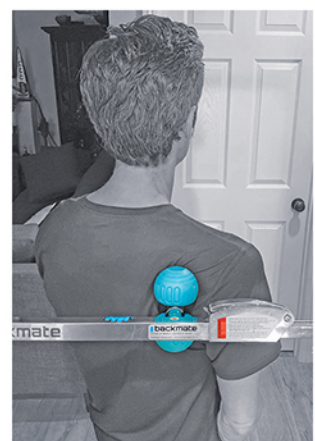
## Position 3: Mid-Back

- Address: Neck pain, forward rotated posture, stiff neck, muscle tension, GI tract function.
- Muscle group: **Erector spinae and rhomboid**, **levator scapulae (stiff neck)**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:

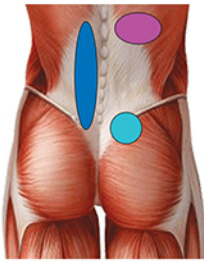


## Position 4: Chest and Shoulders


- Address: Neck pain, forward rotated posture, shoulder pain, referral pain to the arms.
- Muscle groups: **Pectoralis major**, **infrapinatus**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:

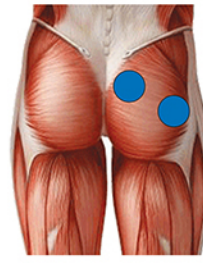










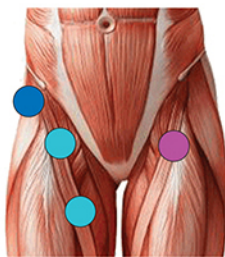
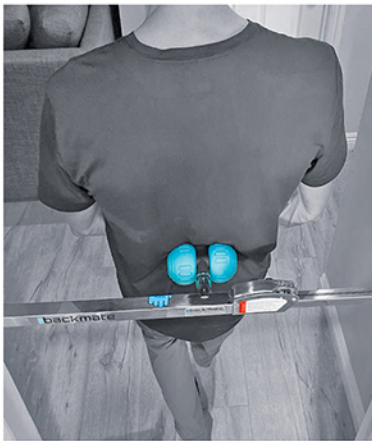
### Position 5: Lower Back

- Address: Low back pain, GI tract function, referral pain to the legs and feet.
- Muscle group: **Erector spinae**, **Thoracolumbar trigger point**, **gluteus maximus**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:    







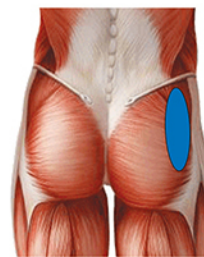
### Position 6: Piriformis

- Address: Low back pain, sciatica, referral pain to the legs.
- Muscle group: **Piriformis**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:    







### Position 7: Front Hip

- Address: Low back pain, sciatica, hip pain/alignment/ROM.
- Muscle groups: **hip attachments**, **iliopsoas**, **sartorius**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:    





### Position 8: Rear Hip

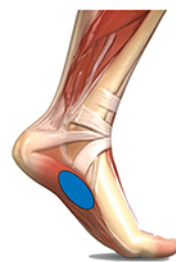
- Address: Low back pain, sciatica, hip pain/alignment/ROM, referral pain to the legs.
- Muscle groups: **Gluteus medius/minimus**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:    








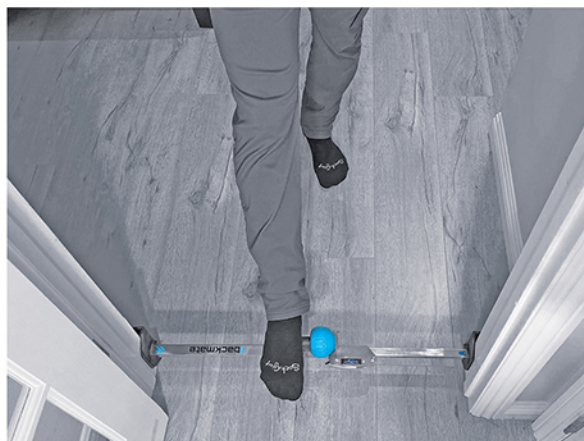
### Position 9: Calves

- Address: Calf pain, low back pain, hip and knee pain/alignment, circulation.
- Muscle group: **Calves (aka the second heart)**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:  



### Position 10: Feet

- Address: Foot pain, low back pain, hip and knee pain/alignment.
- Muscle group: **Plantar fascia connective tissue**.
- Therapy type: Trigger point and rolling massage.
- Suggested wheels:   



## ! WARNING

**FALL HAZARD:** Read setup and safety guide before use. Using the Backmate incorrectly could result in serious injury.

- The Backmate is not designed to support your bodyweight.
- Never sit on or hang from the Backmate.
- Never support yourself with the Backmate. Do not place your hands on the Backmate during use. Use the doorway if needed for stability.
- Always close the door before and during use.
- The Backmate will not work on all doorways. If you can not get a tight, secure fit, use another doorway. See guide for proper setup.
- Before each use, check the fitment to make sure the Backmate is not loose in the doorway. See guide for proper setup.
- Never leave the Backmate in the doorway when not in use.
- Only use as shown/illustrated/intended.
- Always consult your physician before doing this, or any type of therapy, or intending to use during pregnancy.



Never use the Backmate to support body weight.



Close door for safety and use doorway for stability.



# WARNING

There are inherent risks to participating in any fitness regimen that could lead to catastrophic injury or death. Consult with your physician or medical professional before starting any exercise program or diet including the exercises or techniques set forth in this material.

It is imperative that the Backmate is used under strict guidelines and observation. The Backmate should never be used to bear your body weight or be used to hang from or pull on, or be within reach of children.

These materials are for educational purposes only and they do not advise you to or any other person to perform the exercise or techniques described without consulting and having specific consent from a medical doctor in relationship to participating in the exercises described and agreeing to the terms of these warnings and disclaimers.

The models in this user guide are trained athletes. Only you and your doctor can assess if using a product like the Backmate and the depicted exercises in this guide are well suited for you. Pre-existing injuries or other conditions could make the exercises depicted or any exercise inappropriate for you.

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