

THE ORIGINAL BACKNOBBER[®]

USER GUIDE

Deep Muscle Self Care



The Pressure Positive Company

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If you are currently under a doctors' care, please consult with
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contact your physician for advice.

Any results suggested in this User Guide are from individual cases and do not guarantee that
you will get the same results.



FORWARD

Within all of us is a strong desire to be healthy. The massage tools developed and manufactured by The Pressure Positive Company are designed to help you take a positive step in that direction.

Acute injury, as well as chronic conditions including everyday stress and strain can lead to uncomfortable muscular symptoms such as painful trigger points, muscle tightness and muscle weakness. The Backnobber II tools, when used regularly and combined with the basic stretching and strengthening exercises as described in this User Guide, can help you to temporarily manage such symptoms as it has for hundreds of thousands of our customers since 1979.

The engineered shape and sizes of The Original Backnobber tools allow you to apply compression to sore, tense muscles for as long as you need to, whenever and wherever you need to.

The Original Backnobber® II tool is made of a highly durable, fiberglass reinforced nylon material molded in the shape of an "S." This shape allows the user to hook one end over the shoulder, under the arm, or around the torso so that the opposite end can be pressed into any of the posterior muscles of the neck and shoulders, upper, middle or lower back. The tool can also be effectively used on the hips, gluteal muscles and muscles in the legs and feet and upper arms.

The Original Backnobber® is also available in steel and wood material in the three sizes and "S" shapes we used when we first started making them in the 1970s. Each of these Original Backnobber® tools has a different feel in the hands compared with the Original Backnobber® II tool, and they are not designed to be taken apart. Otherwise, all of the techniques, stretching, strengthening and information on your Original Backnobber® tool in this User Guide apply equally to all of them.

We hope that our massage products will help you to manage your muscle discomfort on a daily basis, and that they will contribute to your personal wellbeing.

Best wishes for a lifetime of good health,

Bernard L. Gladieux, Jr.
President
The Pressure Positive Company



The Pressure Positive Staff



Workshops and Offices

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WHAT IS A TRIGGER POINT?

"Trigger points, technically speaking, are areas of cells in the muscle where blood flow has been reduced, and cellular metabolic wastes aren't being exchanged for oxygen and nutrients. If enough trigger points are located together, these form the "knots" that you can feel when they are being pressed."

Although pain is a common symptom of trigger points, these muscle knots can exist painlessly, in latent form, to cause other types of dysfunction such as tightness, spasm, and weakness. Think of these painless latent trigger points as "on the verge" of causing pain. Sometimes it only takes a cold draft, repetitive motion, or even a minor trauma to turn a painless trigger point into a real troublesome pain!

The areas to which trigger point pain is referred are quite predictable and have been well documented by such pioneers in the field of myofascial pain and dysfunction as Hans Kraus, MD, Janet G. Travell, MD, and David G. Simons, MD. A referred pain pattern flip chart is available from The Pressure Positive Company to help you understand this crucial aspect of trigger points because often treating the symptoms of pain you feel may not be the actual source of the pain.

Throughout our lifetimes, we all experience some muscle discomfort. This discomfort and tenderness may be a direct result of injury or disease or it may have occurred following a strenuous sport activity or

as a result of lifting or repetitive work requirements. Frequently, emotional stress will aggravate symptoms of muscle discomfort. Many people also believe that nutritional deficiencies contribute to trigger point formation. Whatever the cause, most of us are susceptible to trigger points in our muscles (including dogs, cats and horses!).

Applying pressure or compression to the muscles almost always creates a sense of relief, even though the pressure itself can be somewhat uncomfortable when applied. If you do not experience immediate results when using the Backnobber tool, try applying deeper pressure for a longer time and to the muscles surrounding the most affected area. Exploring the contours of your body with the Backnobber tool will help you become more aware of areas that need attention.



Please note that the various diagrams throughout this booklet show only common or typical trigger point locations in muscle. The exact sites of these areas of soreness can vary widely from person to person and

need not occur in only muscle but also in fascia and other connective tissue. Keep in mind also that trigger points may also cause other non pain symptoms such as dizziness and nausea. *If you are experiencing unusual symptoms please consult your health professional to rule out any serious conditions unrelated to trigger points.*

WHY SELF CARE?

You are the key to fully understanding your own body. The knowledge you gain and the actions you take to become or remain healthy are the heart of self care.

Pay close attention to the responses your body produces when stressed or in pain. Knowing when to stop and follow up with compression, stretching, relaxation and other exercises and techniques which help to reduce discomfort and tenderness is part of an intelligent self care routine.

Use the Backnobber User Guide as a beginners tool to help you locate the muscles you intend to self treat. You will know when you have found the areas to compress when you discover how tender they are to the touch. As you become more experienced and confident with various Backnobber techniques you will know what feels best for you. Please keep in

mind that treatment by your health care practitioner in addition to recommended daily use of the Backnobber tool may be necessary to help you reduce chronic or more complex cycles of muscle pain.

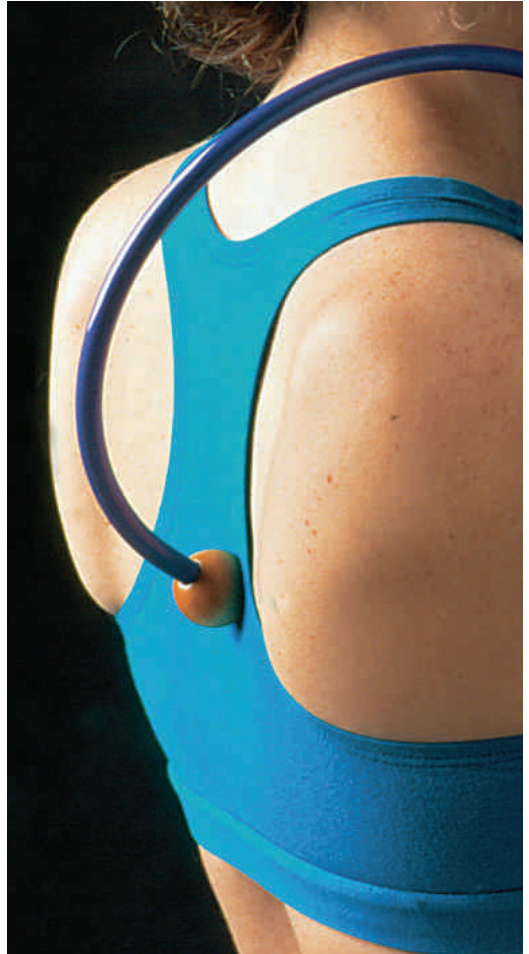
Be particularly mindful when using the Backnobber tool to keep your body as relaxed as possible, especially in the area where you are applying pressure. In addition, strengthening and resistance exercises to build and tone the muscles along with proper nutrition and sleep will produce noticeable results.

The goals of your comprehensive self care strategy should be to reduce discomfort and stiffness, restore function, increase range of motion and improve strength, posture and balance. The Backnobber tools, this guide and suggested lifestyle changes will help you to begin to achieve these goals.



PRECAUTIONS

1. Only use the Backnobber® tools for their intended purpose. These products are designed for external use on all small and large muscles that can be comfortably reached with them.
2. Do not use the Backnobber® tools without a physician's consultation if a) you recently experienced injury or b) suffer from a serious medical ailment or c) are currently under a physician's or therapists care.
3. If you recently underwent surgery, consult with your physician and/or therapist before using the Backnobber® tools.
4. Bruising may occur if you apply pressure too deeply. If bruising does occur, or if you experience residual pain, discontinue use until symptoms subside completely. After 1-3 days of rest, you may resume your self care being mindful to use less pressure.
5. Following use, if the area becomes swollen or red, apply cold packs. Consult your physician if inflammation persists for more than two days.
6. Do not apply directly to the bones of the spinal column or any other bony structure.
7. Gently stretching the muscles after using the Backnobber® tool is greatly encouraged.
8. Remember to pay attention to the signals your body is sending you. Only apply pressure that you can comfortably tolerate (good pain). Although you may experience some soreness and discomfort after initial use, these symptoms will subside as overall health improves.



GENERAL USE GUIDELINES

The general guidelines listed below can be followed when using any of the Original Backnobber® tools on any muscle of your body:

1. Isolate a muscle sore point by pressing firmly with your fingertips or The Original Backnobber® tool over a specific part of the neck, shoulders, upper, middle or lower back, buttocks, leg or upper arm.
2. When you feel a hard, sensitive knot (like a lump) or feel soreness, apply pressure to determine the depth of tenderness in the area. Some sensation of pain is to be expected from the pressure; although for many people, this sensation is somewhat pleasurable and satisfying (good pain). Experiment to determine a tolerable level of pressure.
3. Once you have located the sore spot and know how it feels, you are ready to begin using the tool. As you become more accustomed to detecting these areas of soreness on your body and how to apply pressure, you can begin immediately with the Original Backnobber® tool instead of performing the preliminary search.
4. The tool can be hooked over the shoulder or under the arm or around the torso. The smaller curve works best for the neck and upper shoulder area. The larger curves of the Backnobber® II and Big Bend tools best accommodate the torso and hip area. Apply direct, steady pressure to the muscle.
5. Pressure preferences vary widely among professionals and patients alike, but for many, pressure can effectively be applied for between 5 and 30 seconds. It often takes time for the muscle to “trust” the pressure, so the first 20 seconds may be a mere beginning. In general it is best to start slowly and gradually increase pressure as desired following your own best intuition and judgment.
6. Apply pressure firmly to the affected muscle. You may also choose to employ a very subtle and gentle milking action to the point of compression if direct pressure is too intense. Stop and apply longer or deeper pressure to any knots or lumps as you work. Although almost any pressure on a muscle will usually have some releasing effect, it is best to apply pressure along the entire muscle from one end to the other; in approximately one inch intervals, and then stretch before moving onto another area.
7. Harmony and balance between both sides of the body are vital to achieving proper posture and function. It is best to work both sides of the body, just in case any sensitivity is referred to the other side after being released.
8. Remember to breathe! Sit back, relax and take some deep breathes both before, during and after using the Original Backnobber® tool.
9. Specific concentration on breathing can enhance the desired results of compression techniques. Take a deep breath and begin applying pressure as you exhale. Continue deep breathing as you perform compression techniques to your muscles. This is the same deep breathing method that therapists use when performing therapeutic massage on their clients. It encourages relaxation and focuses attention.
10. It is crucial to gently stretch the muscle after pressing on it. In this way you begin to re-educate your muscle about its full range of motion. Stretch gently and with intent. Focus on stretching during exhaling as it is difficult to be tense during exhalation. Remember to breathe fully and completely. Never bounce or stretch past a point of pain. This User Guide shows basic stretching for selected muscles. Refer to the resource section of this Guide for additional and more comprehensive stretching guidance.
11. In addition to using the Original Backnobber® tool, paying attention to healthy lifestyle habits will also produce noticeable and desirable effects. Drink plenty of water; participate in physical activity at least 30 minutes a day, eat a balanced diet and get plenty of restful sleep. As you notice improvements in function and movement, you may also find yourself relaxing and enjoying life more than ever before.

THE ORIGINAL BACKNOBBER® II

SPECIAL FEATURES

Locking Mechanism



The Original Backnobber® II tool differs from the metal versions in that it is equipped with a built in, patented mechanism that allows it to be taken apart for easy transport and storage. Press the buttons on each side of the tool, located directly in the center of the mechanism and gently pull apart. The material that the tool is made from can sometimes be sensitive to humidity changes so if you have trouble pulling them apart try rocking the two pieces gently to coax the two pieces apart.

To reassemble, just fit the two ends and push gently until they click into place. To ensure proper assembly of the parts and the locking mechanism, pull on both ends after each assembly. The two ends cannot be pulled apart unless the buttons are pressed.

Travel Features

The Original Backnobber® II will easily fit into a normal sized briefcase, overnight bag or gym bag as well as an office or bureau drawer.

The Original Backnobber® II is made from a highly durable, polymer composite making it a reliable travel companion.

It is ideal for home and office workers as well as travelers, sports enthusiasts and others on the go.



BACKNOBBER TECHNIQUE TIPS

The Backnobber® tools were designed to work seamlessly with your body as an extension of your own arms and hands. Leverage is the simple concept that allows you to apply as much or as little pressure as you need. There is no right way or wrong way to hold the tool. Use it however it works best and feels most comfortable in your hands. It may feel awkward initially but feel free to experiment with different positions until you find the ones that work best for you. The following tips will help you to develop your own techniques as you become one with your Backnobber®:

- Always look for ways to use the Backnobber® tool that require the least amount of energy and provides the deepest amount of pressure.
- Using the tool should be a relaxed, reflective experience. Remember to breathe.
- It is generally best to use the tool over a light weight layer of clothing such as a cotton tee shirt or light weight shorts or pants.
- Use either end of the tool. The large knob delivers a slightly more diffused pressure. The small knob delivers a precise, exact pressure.
- Avoid bony areas especially those on the neck and spinal column. Also avoid applying pressure in to vulnerable joint spaces such as the hollow of the elbow, knee and armpit as well the throat and front of the neck.
- You can safely use the tool up to 6 or more times a day. Sore muscles respond well to frequent but relatively short compressions. Resist the urge to press deeply for periods of more than 30 seconds or you risk the chance of bruising.
- Although there maybe some discomfort while pressing with the tool, that discomfort should go away immediately after use, and be replaced by more relaxed muscles.
- Use the Backnobber® tool while sitting in your favorite chair watching television, lying in bed or on the floor; sitting at your desk or while in the car (passenger seat only).
- Take the Backnobber® to work, to the gym, while traveling and anywhere you might find yourself unexpectedly in need of deep penetrating massage.

Stretching, especially after applying compression to your muscles, enhances the effects of the Backnobber® tools. Stretching should not hurt. It is normal to feel a pulling sensation when stretching but please stop if painful symptoms develop or increase.

Strengthening exercises improve the condition of your muscles and assist in preventing further injury. As your muscles become stronger they do not have to exert as much energy to perform. They become more efficient. And as you become stronger; you can tolerate more physical activity and do more work without experiencing an increase in stiffness, soreness and fatigue. Applying resistance may be accomplished by using the natural weight of your arms and legs or by using weights or elastic bands.

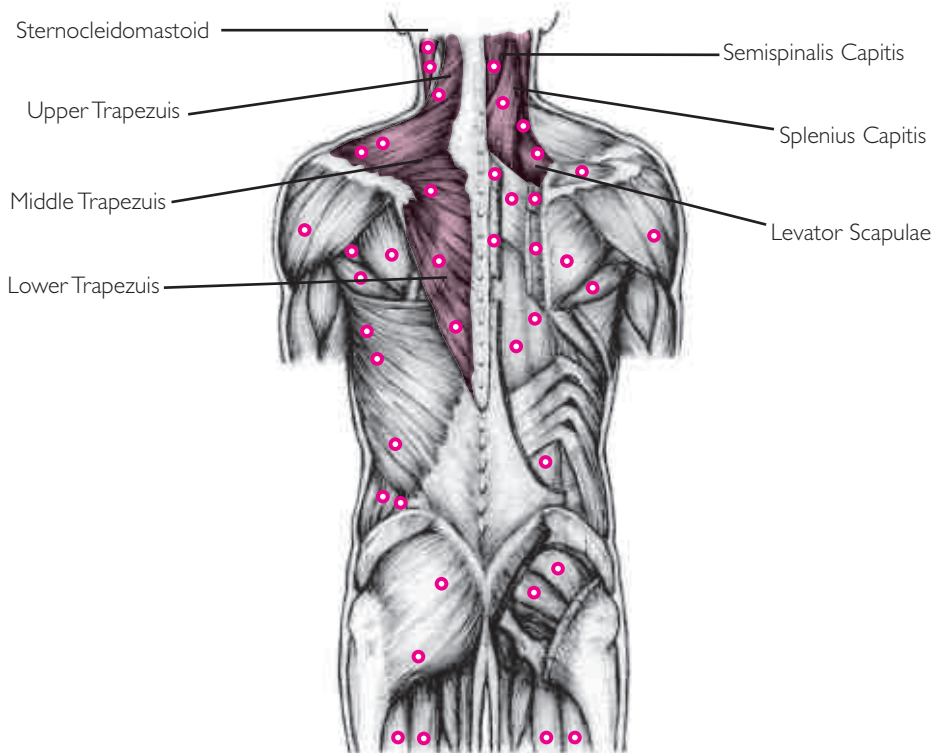
The stretching and strengthening exercises on the following pages should be executed in a slow, consistent and comfortable manner. Begin with 5-10 repetitions of each exercise. Gradually increase the number of repetitions as your physical well-being improves. Consult your healthcare practitioner before embarking on any exercise program and as needed.

NECK & SHOULDER

Overview

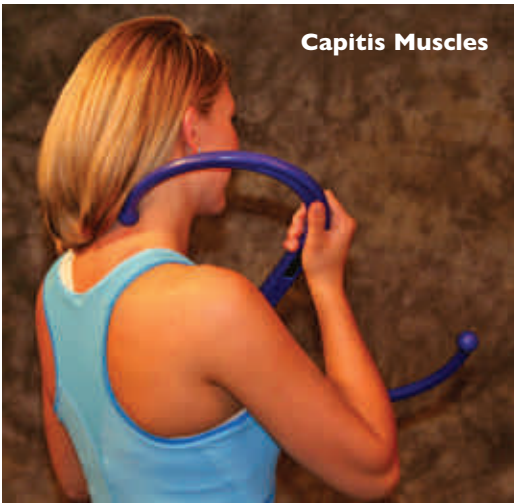
The neck and shoulders are areas of the body that very commonly harbor muscle soreness. Taut bands of muscles on the sides and back of the neck and shoulder region indicate problem areas for many people. There are many muscles

that originate in the head and neck and extend to other areas in the body. When these muscles have been injured, overused or chilled, they can result in general soreness, stiffness, fatigue and or headaches.

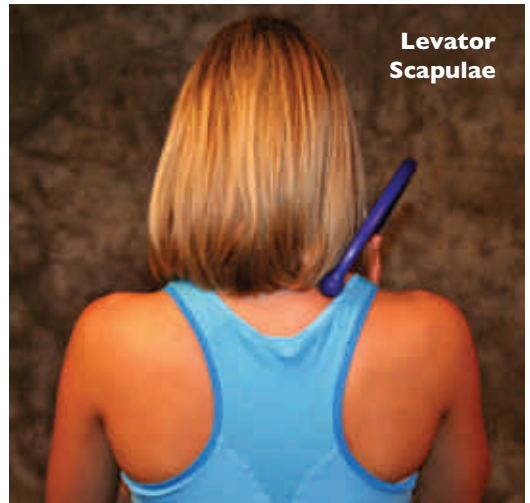


NECK & SHOULDER

Backnobber Techniques



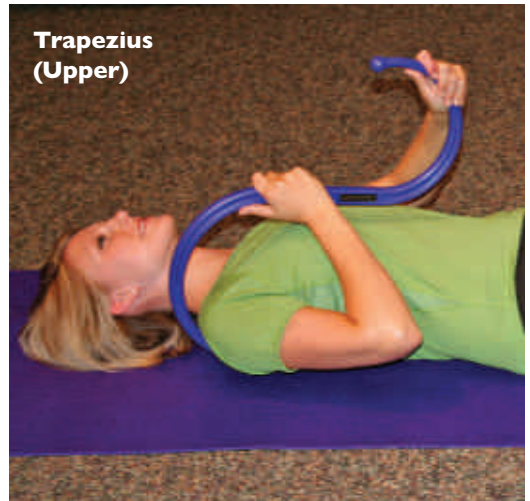
Avoid pressing The Original Backnobber® Tools into bones, especially on the neck and directly on the spinal column.



Compressing the muscles around the neck and shoulders can temporarily ease symptoms caused by muscle tension.



It is best to try to relax the arm muscles on the side of your body that you are treating.



Lay down and use the floor as a fulcrum to apply the pressure to your relaxed postural muscles.

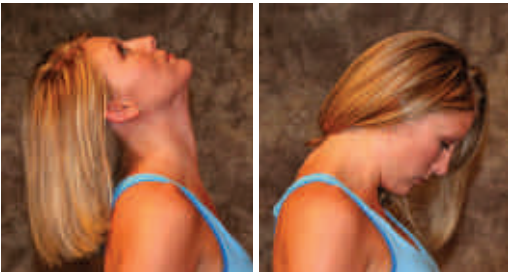
NECK & SHOULDER

Stretching and Strengthening



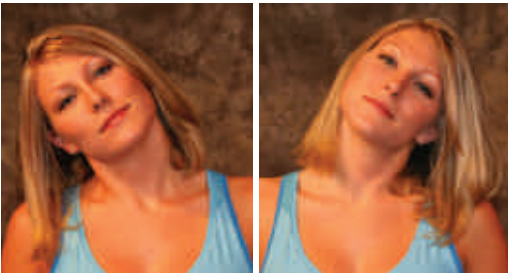
Head Turn

Turn your head to one side and hold for 10 seconds. Repeat on the other side (cervical rotation).



Head Lift

Slowly raise your chin (extension) and hold for 10 seconds. Lower the chin towards your chest (flexion) and hold for another 10 seconds.



Head Tilt

While facing forward, tilt and lower the head toward one shoulder. Hold for 10 seconds and repeat on the opposite side (cervical lateral flexion).



Lateral Neck Stretch & Exercise

Place the left hand around to the opposite side of the head and gently pull toward the left shoulder.

Anchor the arm on the side being stretched by either sitting on your hand or grasping the bottom of the chair. Hold for 10 seconds and release. Repeat on the opposite side. To add resistance to strengthen the action of the lateral neck flexors, simply resist the pulling action of your hand by pushing against the pulling movement of your fingers. Hold for 10 seconds and release. Repeat on the opposite side.



Chin Press

Place two fingers on the chin and gently push downward. At the the same time, gently raise your head and resist against the pushing movement of the fingers. Hold for 10 seconds and release.

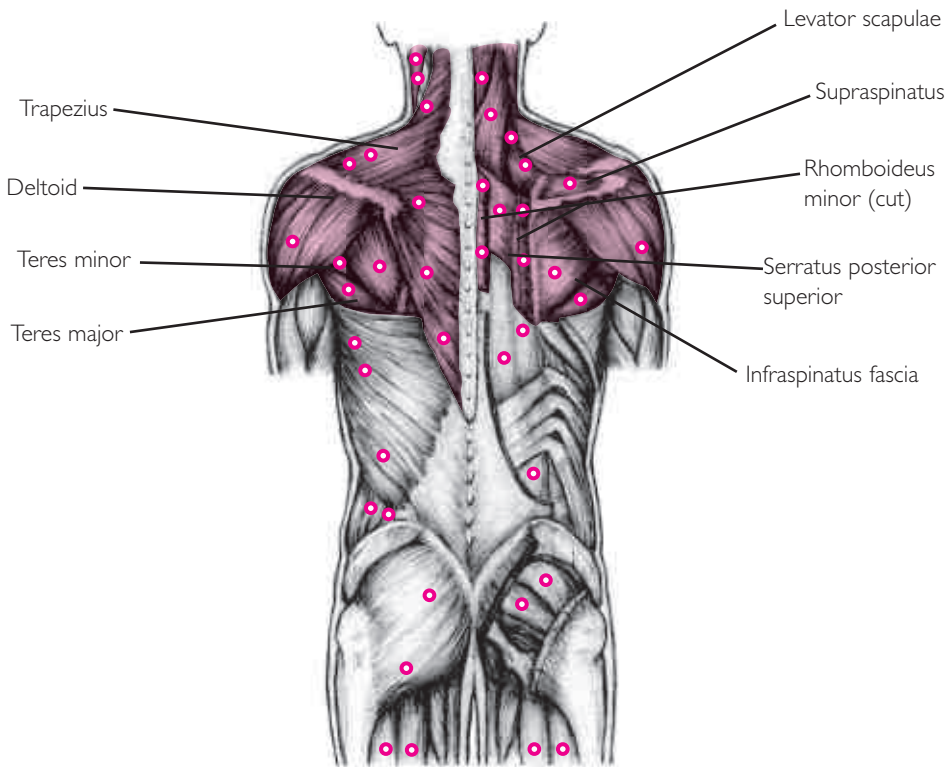
The suggested durations of these and the other exercises are only approximations. Begin slowly and gradually increase the intensity and the time according to the signals your body gives you.

SHOULDER & UPPER BACK

Overview

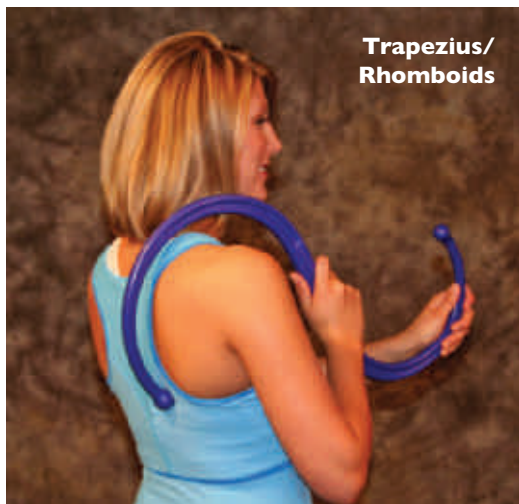
Muscle soreness can be found in the taut bands of muscles in the posterior back and along the spine. These muscles are postural and provide the support mechanisms for successfully performing everyday work and leisure activities. It is easy to take for granted how many activities these specific muscles support, such as providing

the ability to sit and type at the computer; talk on the phone, hold a child, gardening or golf. All too often, we become acutely aware of their existence when discomfort prevents us from full range of motion. During stressful times, whether physical or emotional, the shoulders and upper back generally become tense.

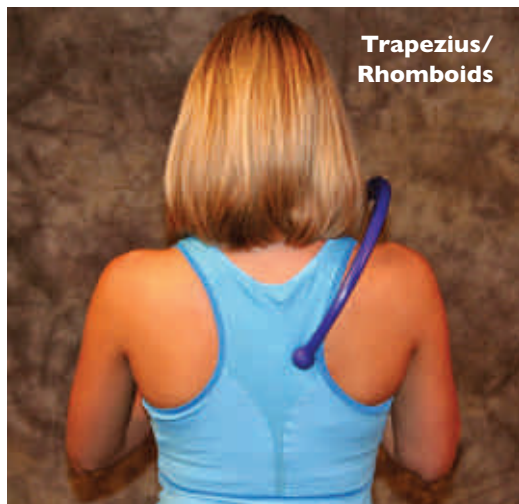


SHOULDER & UPPER BACK

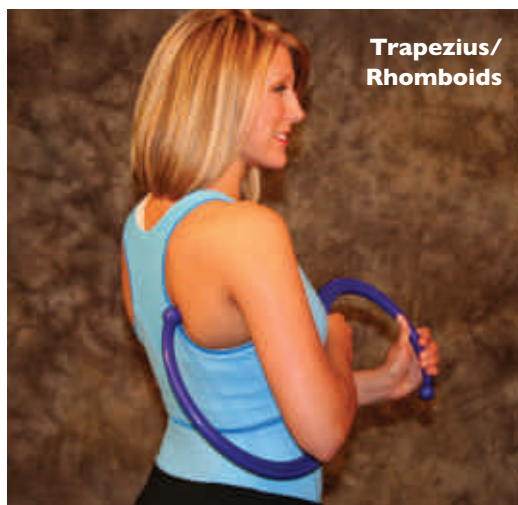
Backnobber Techniques



Always look for ways to use The Original Backnobber® II tool that require the least amount of energy and provides the deepest amount of pressure.



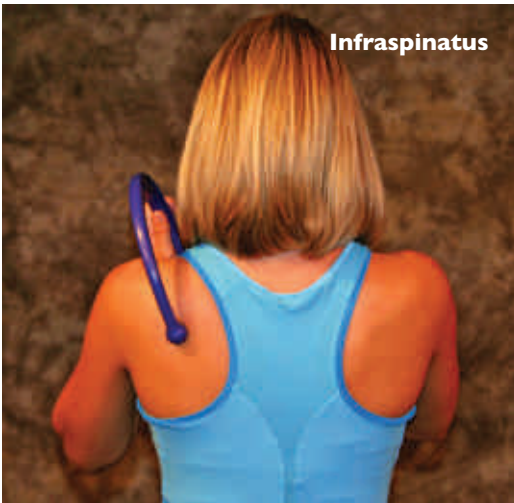
Although there may be some discomfort while pressing with the The Original Backnobber® II tool, that discomfort should go away immediately after use, and be replaced by more relaxed muscles, and a decrease in discomfort.



The larger end of The Original Backnobber® II tool can reach over the shoulder or under an arm and into the middle back area.

SHOULDER & UPPER BACK

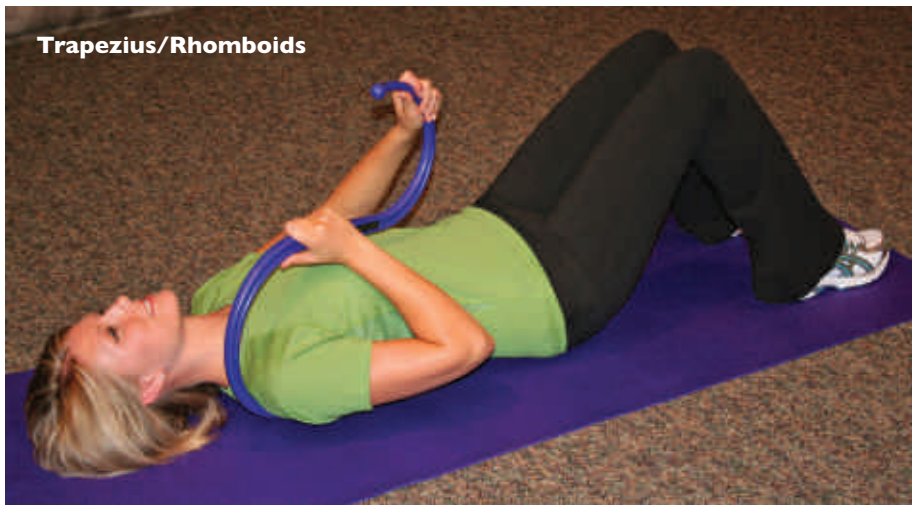
Backnobber Techniques



Breathe deeply and completely while using the Backnobber. Press and or stretch during exhalation.



It is generally best to use The Original Backnobber® II tool over a layer of light weight clothing such as a cotton tee shirt or light weight pants or shorts.



When using The Original Backnobber® II tool lying down, let the floor act as a fulcrum.

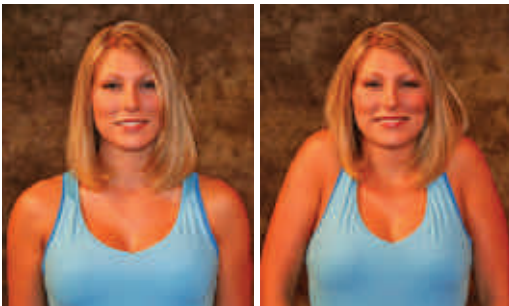
SHOULDER & UPPER BACK

Stretching and Strengthening



Shoulder Rolls

Roll the shoulders in a circular motion.
Repeat in the opposite direction.



Shrugs

Elevate both shoulders and hold for 20 seconds.



Side Stretch

Reach overhead and clasp hands together.
Slowly, lean to one side and hold for 20 seconds.
Repeat on the opposite side.



Shoulder Stretch

With arms at shoulder height, grasp your elbow and pull it across your chest as far as you comfortably can. Hold for 20 seconds and release. Repeat on the opposite side.

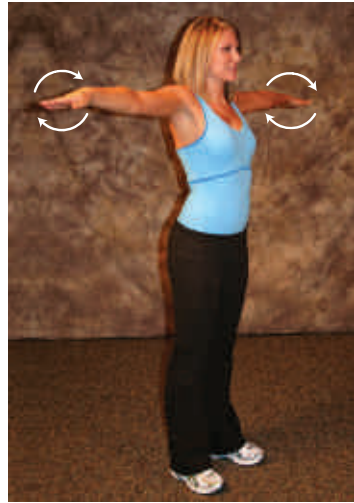
SHOULDER & UPPER BACK

Stretching and Strengthening



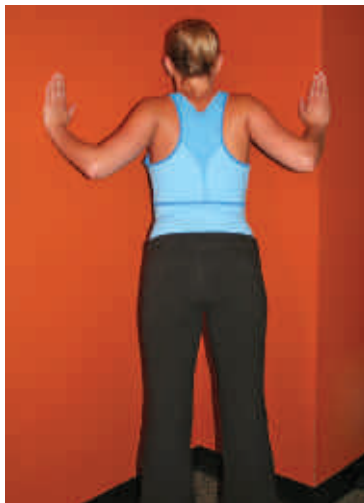
Shoulder Blade Squeeze

Clasp hands behind the base of the head. As you inhale, slowly press the shoulder blades together. Hold for 5 seconds, exhale and release.



Arm Circles

With arms at shoulder height, rotate in small circular motions. Repeat in the opposite direction. Gradually increase the arc of the arm circles.



Wall Chest Stretch

Face the corner of a wall with the hands at shoulder height and feet apart. Slowly lean forward, hold for 10 seconds and release. Feel a gentle stretch across the chest.

SHOULDER & UPPER BACK

Stretching and Strengthening



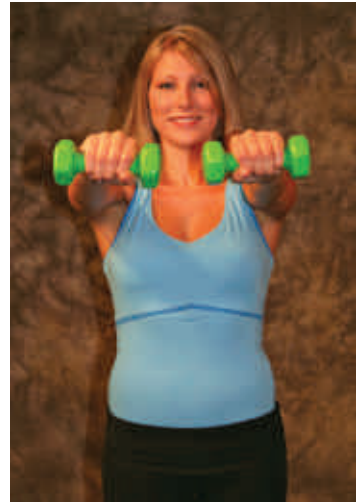
Side Arm Lifts

Begin with arms at hip level and raise to shoulder height. Hold for 5 seconds and release.

Apply resistance by holding small weights (1-2 lb.) or by attaching weighted bands around the wrists.

Hold weights that you can lift easily.

As strength and endurance improve, increase weight, and height of lift.



Front Arm Lifts

Raise arms straight out in front of your body to shoulder height. Hold for 5 seconds and release.



Shoulder Rotation Internal/External

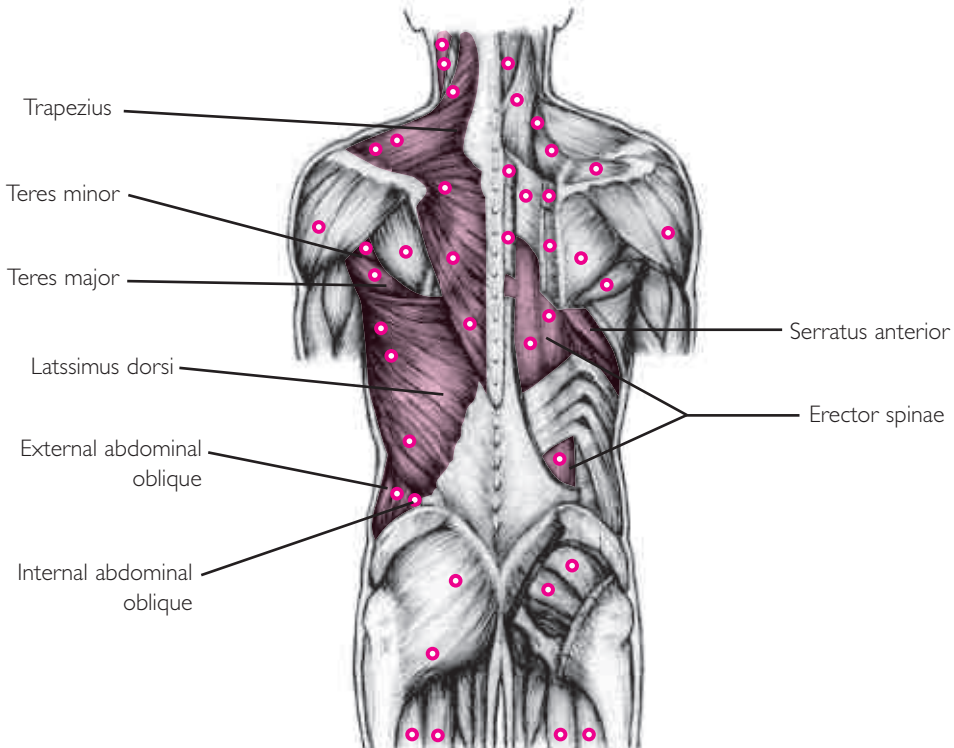
Keep your back straight and your shoulders relaxed. Bend your elbow 90° and hold the weight close to the center of your body. Extend the weight out and to the side of your body. Repeat on the opposite side.

MID & LOW BACK

Overview

Muscle soreness can be found in the taut bands of muscles in the posterior back and along the spine. These muscles are postural and provide the support mechanisms for successfully performing everyday work and leisure activities. It is easy to take for granted how many activities these specific muscles support, such as providing the ability to sit and type at the computer; talk on the phone, hold a child, gardening or golf.

All too often, we become acutely aware of their existence when discomfort prevents us from full range of motion. Mid and back pain could be from any one of a number of causes including referred pain from muscles not located in the back. Please note, if acute pain in your lower back persists, or if you are experiencing bowel or bladder issues despite your self treatment attempts, please refer yourself to a qualified health professional to rule out a more serious medical condition.

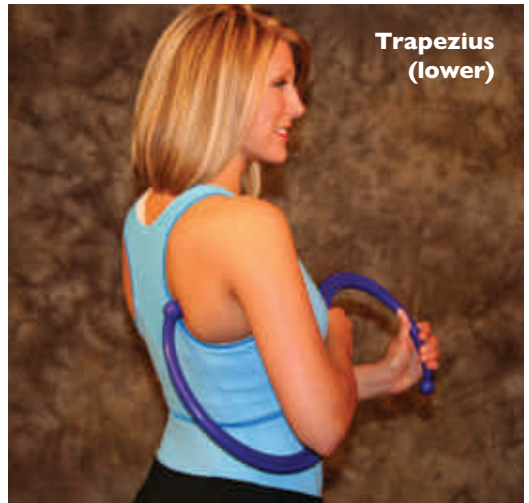


MID & LOW BACK

Backnobber Techniques



Be mindful of applying too much pressure for too long of a period despite the fact that it feels good. You will bruise the underlying tissue by doing so.



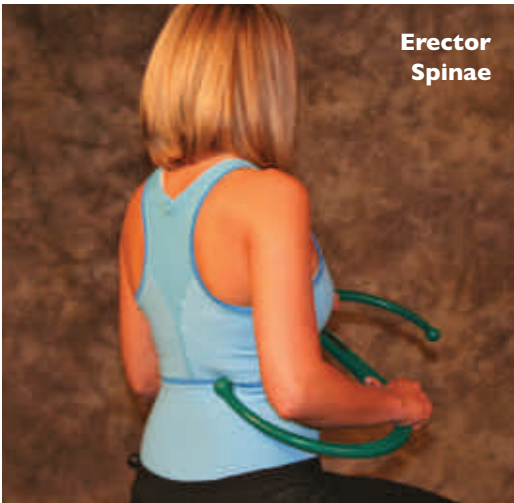
Use the Backnobber to methodically treat the entire muscle area with gentle, probing pressure.



Lying on a firm surface allows your postural muscles to relax into a more neutral position and optimizes the effects of the Backnobber.

MID & LOW BACK

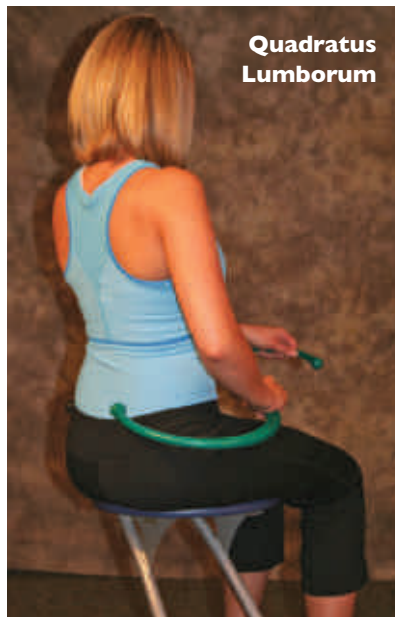
Backnobber Techniques



Soreness in the Erector Spinae muscles often refers discomfort to distant areas throughout the back and abdomen.



Pay particular attention to your breathing while treating the Quadratus Lumborum. Remember to breathe deeply and exhale completely.



Soreness in the Gluteal muscles may also cause tenderness in the Quadratus Lumborum (lower back).

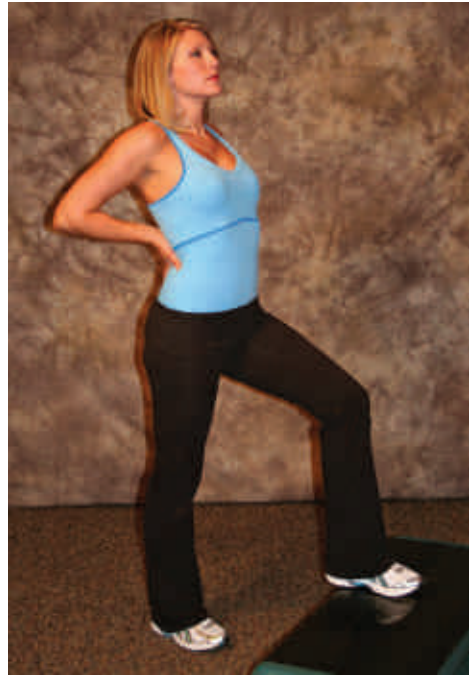
MID & LOW BACK

Stretching and Strengthening



Ab Extension

Place both hands in the small of the back. Keep your head facing forward with knees slightly bent. Gently extend your upper body backwards. Hold for 15 seconds.



Ab Extension (alternative)

Elevate one foot on a firm surface, no higher than 8". Hold for 15 seconds.



Seated Rotation Stretch

Sit on a firm surface with your legs straight in front of you. Bend your left leg at the knee and place foot on the floor, against the outside of your right knee.

Place your right elbow against the outside of your left knee, and slowly rotate your body towards the left. Hold for 15 seconds and repeat on the opposite side.

MID & LOW BACK

Stretching and Strengthening



Knee Pull

Lie on your back with knees bent, feet flat on the floor, and arms relaxed at your sides. Bring one knee up to your chest, and hold for 20 seconds. Release the knee slowly, extending the leg. Resume the starting position and repeat with the opposite knee.

Tighten the abdominal muscles to raise leg.



Towel Pull

If you find it difficult to maintain the Knee Pull posture on your own, wrap a towel behind one knee, hold the ends of the towel in each hand and slowly raise the knee towards the chest.

Feel a gentle stretch.



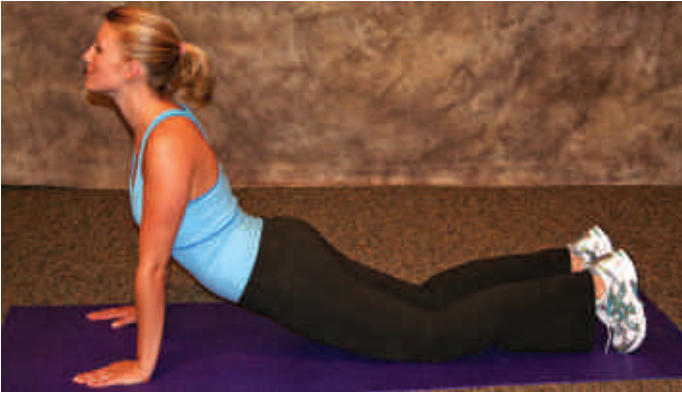
Crossed Knee Pull

Intensify the knee pull stretch by placing the heel across the opposite knee. Slowly bring the left foot toward your chest. Hold for 20 seconds and repeat with the opposite leg.

Feel the stretch in your low back, hips and buttocks.

MID & LOW BACK

Stretching and Strengthening



Modified Push Up

Lie face down with your elbows bent as if beginning a standard push up. Slowly push your body off the floor. Your waist, hips and legs remain touching the floor although this maybe difficult for some. Hold for 10 seconds and release.

Feel a gentle stretch in your abdomen.



Alternate Leg and Arm Lifts

Lie face down on the floor. Extend your arms above your head. Lift one arm and the opposite leg. Hold for 10 seconds and release. Repeat using the opposite arm and leg.

Always follow this exercise with corresponding stretches of your low back, hips and buttocks.



Bridging

Lie on your back with knees bent and arms at the sides of your body. Elevate your hips and buttocks slightly, keeping the small of the back touching the floor. Hold for 15 seconds and slowly release.

Deliberately tighten your stomach muscles, and slowly elevate your hips.

MID & LOW BACK

Stretching and Strengthening



Cat Stretch

Extend arms directly out in front of you and sit back on your heels. Hold for 15 seconds, release and move back into a cat-like arching position.

Feel an easy stretch in the low back, hips and buttocks.



Cradle Rock

Lie on your back with knees bent. Bring both knees up to your chest and clasp your hands under your legs. Hold for 20 seconds and release.



Rotation

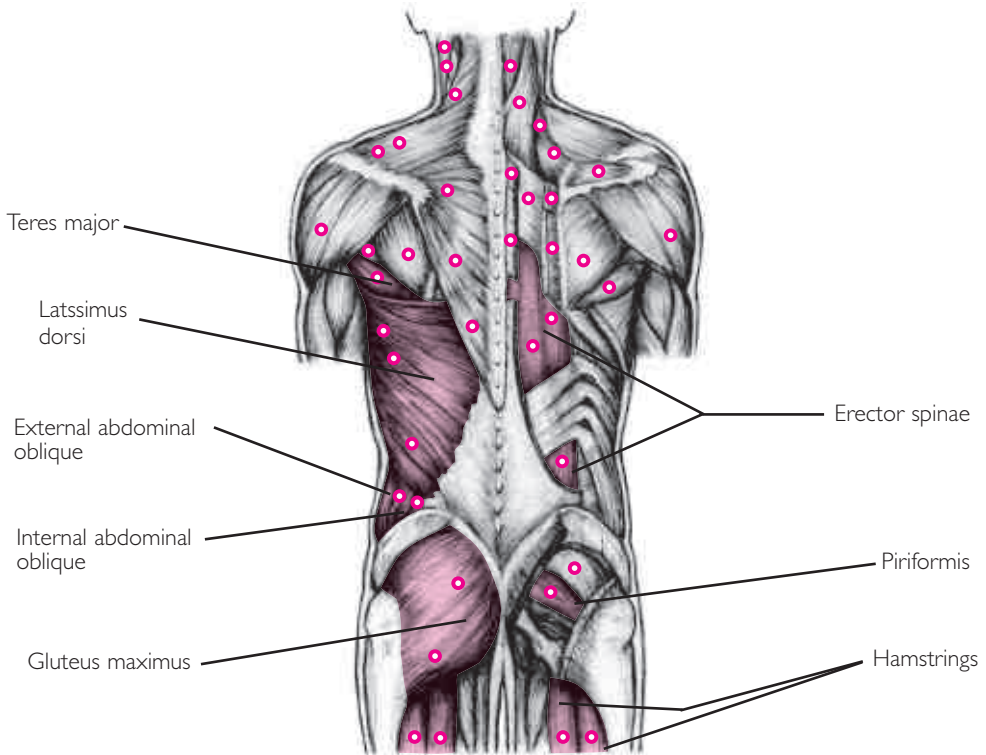
Lie on your back with knees bent, feet flat on the floor and arms at the sides of your body. Slowly drop your knees to one side. Hold for 15 seconds. resume start position and repeat on the opposite side.

HIP, BUTTOCK & LOWER EXTREMITY

Overview

You may find muscle discomfort in taut bands of muscles in the posterior hips, buttocks and thigh. These muscles stabilize the body and are essential for activities such as sitting, walking, riding a bike or driving a car. When they are overworked, fatigued or injured, soreness and

tightness occur and every movement may produce discomfort. Once these muscles have been released using deep sustained compression, stretching can help to restore flexibility and function.

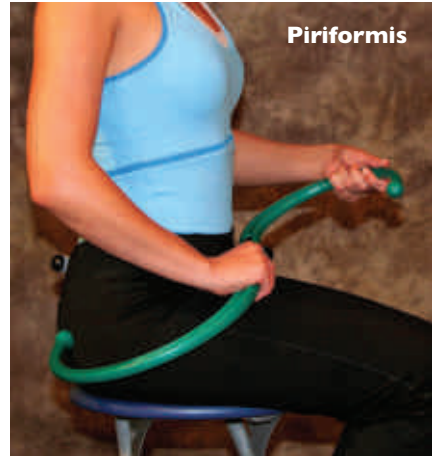


HIP, BUTTOCK & LOWER EXTREMITY

Backnobber Techniques



The TFL is a strong muscle that is attached to the Iliotibial Band. If you use your legs powerfully and experience pain in the front of your hip, use the Backnobber to search for muscle knots below and to the outside of the hip bone. Be sure to keep your hip relaxed in a neutral position or a very slight stretch.



If you experience tenderness in your sacrum or hip, chances are that the Piriformis muscle is involved. Use the precision of the Backnobber to probe for the tenderness of the offending muscle which lies deeply under the Gluteus maximus.



Muscles of the three gluteal muscles are responsible for much discomfort felt in the lower back. However, muscle knots in the Gluteus Minimus can cause discomfort down the back or side of the thigh and the lower leg, even as far away as the ankle.

A tip for men: Be mindful that a back pocket wallet can compress the gluteal muscles causing a restriction of adequate blood flow. The resulting muscle pain can be in the low back or even mimic the pain of sciatica.

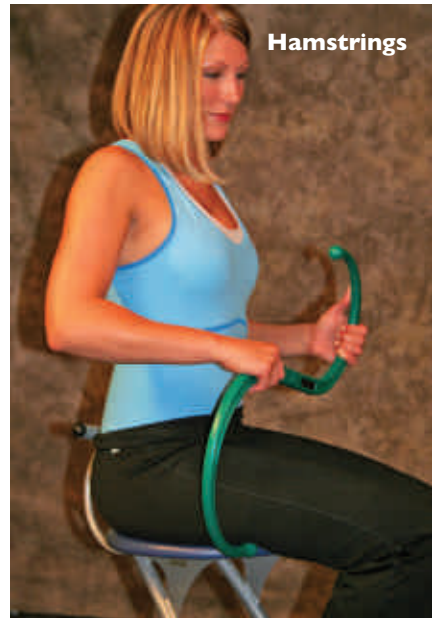
HIP, BUTTOCK & LOWER EXTREMITY

Backnobber Techniques



Quadriceps

It is thought that Quadriceps muscle knots are the primary source of knee discomfort. Use the edge of the shaft of the Backnobber II, or the Tiger Tail Rolling Massage tool to apply gliding pressure to the broad muscles of the quadriceps. Use the balls at the end of the Backnobber to apply more precise compression.



Hamstrings

Untreated muscle knots in the multiple muscles of the hamstrings can cause a cascading effect of tenderness and associated symptoms from headaches to lower back pain. Slip the Backnobber between the back of your thigh and a chair and use the chair as a fulcrum to apply upward pressure to muscle knots in the thick muscles of the hamstrings.

HIP, BUTTOCK & LOWER EXTREMITY

Stretching and Strengthening



Groin Stretch 1

Sit on the floor with back straight, shoulders relaxed and heels together. Gently pull your upper body forward. Hold for 20 seconds and release. This stretch is also great for the lower back and hips.

Feel an easy stretch in your groin and the inside of your thighs.



Groin Stretch 2

If you find it difficult to keep your heels together, sit on the floor with shoulders relaxed. Extend the legs out to form a wide v-shape. Reach forward. Hold for 20 seconds.

Reach forward for a comfortable stretch. Do not bounce!



Sitting Hamstring Stretch

Sit on the floor with your legs apart and toes upright. Reach toward one foot. Hold for 20 seconds and repeat on the opposite side.

A good way to maintain a straight upper body position is to lean your back against a wall.

HIP, BUTTOCK & LOWER EXTREMITY

Stretching and Strengthening



Calf Stretch

Stand a few feet from a wall or fixed support. Place one foot forward and bend at the knee. Straighten the other leg behind your body, with the heel firmly on the ground. While pushing against the wall with your hands, slowly lean towards the wall. Hold for 20 seconds and repeat with the opposite leg.



Quadriceps Stretch

Holding onto a firm surface with one hand, grasp the opposite ankle and pull foot behind the body. Hold for 20 seconds.

Feel an easy stretch in the front of the thigh.



Standing Hamstring Stretch

Stand with one foot firmly on the ground and place the other foot (heel) upon a flat firm surface no higher than hip level. With both hands reach towards your ankle as far as comfortable. Hold for 20 seconds.

HIP, BUTTOCK & LOWER EXTREMITY

Stretching and Strengthening



Iliopsoas Stretch

Place one foot firmly on the floor, and bend your knee 90°. The top of the other knee is touching the floor. With a straight back, slowly lean forward until you feel a stretch in the front of your thigh. Hold for 20 seconds and repeat with the opposite side.

Place a pillow under the knee for added comfort and hold on to something if necessary for balance.



Hip Stretch

Stand with your arm touching a wall or fixed support. Cross one foot in front of the other. Hold for 20 seconds.

Next, cross the same foot behind the other and hold for 20 seconds. Repeat with the opposite leg.



Modified Lunges

Stand with one leg in front of the other as if in mid stride. Bend one knee and move forward until it is bent 90°, directly over the ankle. The opposite leg is outstretched behind, with your foot resting on the floor. Hold that position and lower the front of the hips. Hold for 20 seconds and release. Repeat with the opposite leg.

FREQUENTLY ASKED QUESTIONS

1. How do I locate the muscle knot?

Feel the muscle for a knot or lump or tender area. Muscle knots often can be found deep in the muscles where you experience pain, tightness, soreness or discomfort.

2. How do I hold the Backnobber® tool?

Hook the Backnobber tool over your shoulder, under your arm, around your torso, or while sitting, under your leg or buttocks, whatever is most comfortable and allows you to achieve the best results. In general, hold the Backnobber with both hands, close to your body center.

3. How much pressure should I apply?

Apply pressure gradually to the sore muscle, ideally increasing it until you actually feel the muscle relax. Optimal pressure varies from person to person. Only apply pressure that you can tolerate and that produces the desired results.

4. How should I apply pressure?

Gradually apply pressure directly, firmly and steadily to a sore muscle, holding it until you feel the muscle respond by relaxing slightly. Such changes in the muscle can be subtle, so if you don't notice any change, be patient and don't give up.

5. How long should I apply pressure?

You should apply pressure for about 10–30 seconds or longer if necessary and if tolerated. As you feel tension in the muscle release under the pressure, gradually ease off and move along the same muscle and apply pressure again.

6. How should I position the Backnobber tool?

Hold the Backnobber in any position that is comfortable, which allows your body to be relaxed and which allows you to apply as much pressure as you need to affected muscles. As a rule, try to keep the elbows in towards the body to avoid strain on the muscles of the upper arms.



7. What else do I need to do?

Stretch the muscle area, especially after applying the Backnobber to your sore muscle. Breathe deeply from the abdomen, lengthening the stretch on your exhale.

8. Will I experience pain and or soreness?

Pain or discomfort may occur during muscle compression, but a pain of a “5” or “6” on your pain scale of 1-10 (with 10 being the worst pain imaginable) should not be exceeded. Often people use too much pressure for too long because they are finally able to reach their sore muscle. Resist the urge to overwork an area. Bruising occurs at a deeper level than the skin so often you will not see a bruise but when pressed will feel it. Use frequent and short self treatments rather than one, long continuous self treatment session.

9. What if the area I use this technique on becomes swollen, inflamed or bruised?

Rest, apply cold packs and consult your physician if necessary. Discontinue use on bruised area and resume only when healed. You may be applying too much pressure. Next time take it slower and easier and remember to always include gentle stretching. Be particularly careful if you bruise easily or take blood thinning medications.

10. What if I would like more information or want to provide feedback?

Please call or write us at:

The Pressure Positive Company,
128 Oberholtzer Rd. Gilbertsville, PA 19525,
or call 800-603-5107.

A WORD FROM OUR SATISFIED CUSTOMERS

"The Original Backnobber released a knot that I had suffered with for well over 2 years. I have spent thousands of dollars in that time period on acupuncture, physiotherapy, chiropractic and massage, etc., with no relief. But one evening with The Original Backnobber and I found relief!!

Thank you. Your kindness, compassion and generosity have restored my faith in humanity."

Sincerely,

Florance R. Rickards, Surrey, B.C., Canada

"I came across the Backnobber II by chance. I had no idea that I had just come across a very simple solution for treating problems I have had for years with my back, particularly around and under the shoulder blades. I pitched baseball growing up, but did the real damage while coaching baseball and throwing batting practice. I had an unsuccessful rotator cuff surgery and ended up going to a specialist for a second surgery, who used a "bone-block" to prevent my shoulder from coming out of socket. The result was a lot of scar tissue and deep muscle pain.

Over the years since then, I've never been able to get into those areas, and have never been successful at getting others to apply pressure in those exact spots with the intensity that I'm after. Those days are history! I now quickly and easily apply deep, soothing massage relief. And I'm not talking slight pressure- with the Backnobber II you can apply as much pressure as you can possibly stand. A bonus is its simple design, which makes it easy for daily use and travel. I stand wholeheartedly behind this product and recommend it to anyone experiencing deep tissue pain in the shoulders or back areas. I only wish I had found one 20 years ago!"

Drew Mercer, Macon, GA

I love the Original Backnobber !!! It is the most wonderful invention I have ever come across. I can't believe that it has been around so long and I haven't seen it. My doctor showed me hers a couple weeks ago and I went back to work and immediately ordered two. I also showed the people in my office a picture of it and my friend went home and ordered three!

Thank you so much for this device. It definitely will make my life more comfortable and easier to get through the day.

Very Sincerely,

Vicki Lewis, Roswell, NM

"I take my Backnobber to work everyday now. I'm a true convert, a zealot! I now have my own personal massage therapist, anytime. And I am in control! As soft or hard as I want, even those hard to reach areas. Your company name says it all.

In fact, as I write this it is hanging from my shoulder. It has become such a part of me. I just turned 40 a month ago and I thought that these headaches and neckaches were just part of getting older; that they would never go away. But your product has proved me wrong. 4 weeks now without a headache. After 3 years! 4 weeks!

I cannot stress this enough and it comes from the bottom of my heart,...thank you for creating such a fine product."

Sincerely,

Dave Bisciglia, Kenosha, Wisconsin

"I recently purchased The Original® Backnobber. I cannot begin to tell you how it has helped me. Many nights, when suffering from excruciating pain, I have wished that there was some way that I could give myself deep tissue trigger point therapy but instead I suffered until I could get an appointment from my chiropractor and/or my massage therapist. I no longer have to suffer without being able to help myself."

Nancy Michelli, Hercules, CA

RESOURCES

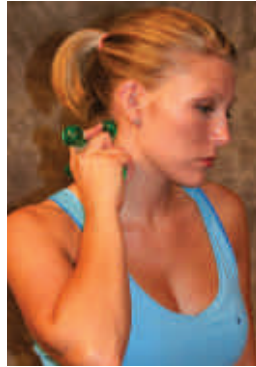
- 1** Travell, JG and Simons, DG, "Myofascial Pain and Dysfunction: The Trigger Point Manual", 1983.
- 2** Davis, C., "The Trigger Point Therapy Workbook", 2nd Edition, 2004.
- 3** Sharon Sauer, CMTPT and Mary Biancalana, CMTPT, "Trigger Point Therapy for Low Back Pain", 2009.
- 4** Valerie DeLaune, L.Ac., "Trigger Point Therapy for Headaches and Migraines Workbook", 2008.
- 5** Valerie DeLaune L.Ac., "Trigger Point Therapy for Foot, Ankle, Knee and Leg Pain", 2010.
- 6** Julie Donnelly , LMT, "Treat Yourself To Pain Free Living", 2009.
- 7** Rich Poley, "Self Massage For Athletes", 2008.
- 8** Headley, B., "When Movement Hurts: A Self-help Manual for Treating Trigger Points", 1997.
- 9** Dr. Hal Blatman, "The Art of Body Maintenance: Winner's Guide To Pain Relief", 2006.
- 10** Julie Kelly, M.S., R.N. and Rosalie Devonshire, M.S. LCSW, "Taking Charge of Fibromyalgia", 2005.
- 11** Lorianne Green, CEAS & Richard W. Groggins, CPE, LMP, "Save Your Hands: The Complete Guide to Injury Prevention & Ergonomics for Manual Therapists", 2008.
- 12** Prudden, B., "Pain Erasure The Bonnie Pruden Way: Discover the Wonders of "Trigger Point Therapy"", 1980.

ABOUT OUR PRODUCTS

In 1979, when we first developed the original line of Pressure Positive tools, it was our goal to develop well-crafted products of high-quality material with a design grace of elegant simplicity. These simple, deep muscle massage tools provide a way for you to manage muscular discomfort in the privacy of your own home or office and in conjunction with professional treatment and therapy.

The Original Jacknobber® II Tool

The Original Jacknobber® II tool can be held in the hand to provide a most pleasant and relaxing back massage. The knobs at each of its four points can be used in a variety of ways to apply deep compression to muscular knots. The smaller knobs provide deeper pressure, the larger knobs provide broader, gentler pressure. One knob may be used to press deeply into trouble spots. Two knobs at a time can be used to press into tired muscles on either side of the spine.



The Original Index Knobber II®

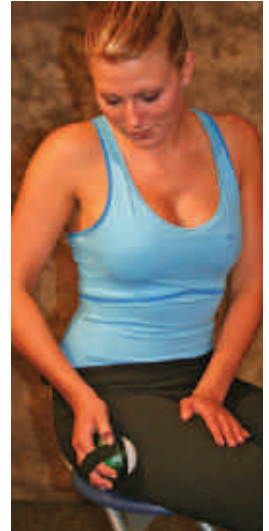
The Original Index Knobber II® tool is an ideal instrument for home or clinic use. Molded in highly durable polymer, it allows the user the ability to apply deep, sustained and precise compression to muscle knots. Hand and massage therapists rave about the ease in using The Original Index Knobber II® tool, stating that it protects against fatigue and overuse of the hand and forearm as they perform deep tissue therapy on their clients.



ABOUT OUR PRODUCTS

The Original Orbit Massager®

The Original Orbit Massager® has a smooth, comfortable shape that allows you to give stress releasing, relaxing massage to the back, neck and shoulders and to muscles throughout the body. You can use the Orbit Massager on yourself or on someone you care about. The innovative, gliding action of its freely rotational ball kneads the muscles in the same way the professional massage therapist works to loosen and relax soft tissues and to improve circulation to tight muscle tissue.



The Original Palmassager™

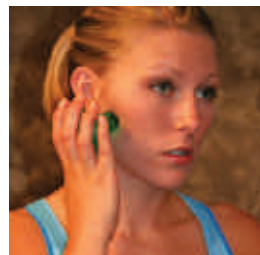
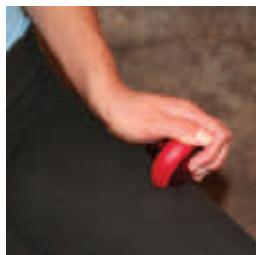
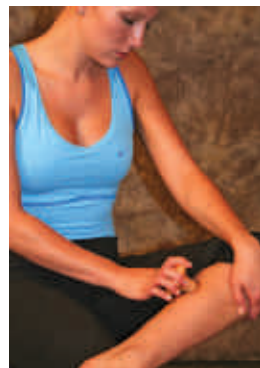
The Original Palmassager™ is one of the most efficient massage therapy aids ever made. Hold it firmly in the palm of the hand and use one, two or three of its smooth, round knobs to massage tense, tired or sore muscles of the neck, back, shoulders, arms or legs. Ergonomically placed finger holds at the base of each leg provide for optimum comfort.



ABOUT OUR PRODUCTS

The Knobble® & Knobble® II

The Knobble® II is the new design of the all wood favorite. Made of durable polymer with a band of non-latex, Santoprene, The Knobble II gives your hand more power when you need it. Use the tip of the Knobble II when working on stubborn muscle knots. The base can be used for lighter massage strokes and the rounded Santoprene band is perfect for friction work. The Knobble II fits neatly into the palm of your hand and allows for direct contact with the receiver's body.



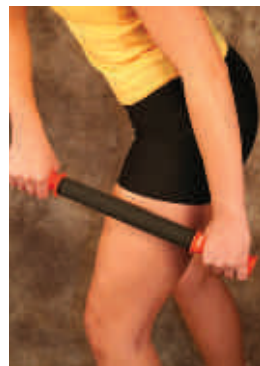
The Tiger Tail® Rolling Muscle Massager

The Tiger Tail® Rolling Muscle Massager helps to temporarily relieve muscle knots, muscle aches and stiffness.

- Easy-to-use self-massage tool
- Speeds muscle recovery
- Consistent distribution of pressure
- Cushioned, foam cover spins smoothly
- Saves fingers and hands from fatigue
- Closed-cell, non-porous, zero latex, zero rubber; non-deteriorating foam
- Easy to clean with antibacterial gel/spray
- Take it anywhere



TIGER TAIL®



To find out more about the entire family of
Pressure Positive massage tools
or to place your order

Call: 1-800-603-5107

or visit our website at
www.pressurepositive.com

Ask for our free catalog

*Health professional
and wholesale inquires
are always welcome*



