

The Back King™

A multi-positional
pressure point
massage and
stretching device

Product BK01-001



Release muscle tension

Improve posture and mobility

Quick Tips

By using used or pressure-less tennis balls with The Back King™ you can adjust the height, add an incline, and have it rock. You can even use the bottom side up with the tennis balls in, for a softer feel.

Start off with a short session using in a low position to let your body get used to The Back King™.

You can use it flat without any tennis balls inserted in the bottom, or use it with two or four tennis balls at one end to create an incline.

- Use a head pillow if needed when working on your upper back.
- Place a towel over the plastic bumps if they feel too hard for you.

Using The Back King

Center your spine between the tennis balls and place your back onto The Back King.

stretch back



Positions of The Back King™

1. Low Flat - No tennis balls added to the bottom side.
2. High Flat - insert all 10 tennis balls and use either the soft or hard side.
3. Low Incline - Add two tennis balls into the pockets of one end of The Back King™.
4. Mid Incline - Add four tennis balls into the pocket of one end of The Back King™.
5. High Incline - Insert eight tennis balls in the bottom pockets leaving two out of the lower end. Place one tennis ball under the bottom end at the first tennis ball intersection at the higher end.
6. High Incline to Flat - Move the bottom tennis ball to the second tennis ball intersection and lay back to a flat position for a high stretch.

Rocking Positions

7. Gentle Rocking - Insert six tennis balls in the bottom center pockets leaving the two end pockets empty on both sides.
8. Seesaw Rocking - Insert two tennis balls in the bottom two center pockets.

Neck Positions (long side across the body)

9. Low Neck - Place two tennis balls in the two center bump intersections using a tennis ball on each side of the neck.
10. High Neck - Insert tennis balls to the bottom side to elevate higher and use the same as the "Low Neck".

Low Back and Glute Position (long side across the body)

With bent knees raise the hips off the floor to position The Back King™.

11. Low Back and Glute Rocking - Insert all 10 tennis balls with the ball side up and rock side to side
12. Low Back and Glute Pressure Points - Using the ball side up place one or two tennis balls in the tennis ball intersections.
13. Glute Low Flat - With no tennis balls rock gentle on one side, then repeat to the other side.

The Back King™ can also be used in a seated position. To increase lumbar support place two or four tennis balls in the pockets at the lower end.

To help improve forward hunched posture focus in the upper back area between the shoulder blades.

To focus high between the shoulder blade to the base of the neck, insert four tennis balls at one end inclined towards the head. Bend your knees with your feet flat on the floor. Raise your hips up will focus on the top area of the back.

To focus on the lower back place the incline with two or four balls towards the feet just above the belt line.

To get off of The Back King™ while using along the spine, gently roll off to one side.

In General

Start with a short session in a low position before moving to a higher position. You should not experience pain from use afterwards, if you do, discontinue use in that area.

Consult your physician if you have any injuries or medical conditions before using The Back King™.

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