

## **WORKING THE NECK**

1. Raise your head and position Neck King under your neck with the lower bumps facing towards your feet. Keep your neck centered between the bumps.
2. Relax and let the bumps melt into your tense muscles.
3. Gently rock your head to one side looking for other tender areas to release.
4. Stay over the tender areas on both sides of the neck allowing them to release. These tender areas should become less tender with regular use of Neck King.
5. Finally, stretch your neck by allowing your head to roll all the way to each side. Hold the stretch and relax. Repeat this several times. This will help increase your range of motion.

Repeat steps 1 to 4 with the higher bumps towards the feet.

Step 5 is optional and may not be easy for some people.

## **WORKING THE UPPER BACK**

1. Place a pillow under your head so you don't hyperextend your neck.
2. Place Neck King just below the pillow and carefully lower your back onto the Neck King. Make sure to keep your spine centered between the bumps.
3. Relax and let the bumps melt into your tense muscles.
4. To work each side more intensely, you can bend your knees so your feet rest flat on the floor. Then, gently rock your knees side to side. This will allow you to focus more on one side at a time.

You can reposition Neck King a little further down the spine and repeat to another area.

A second pillow can be placed at the lower end of Neck King when working the back to reduce the intensity of the bumps and support the spine.

## **WORKING THE LOWER BACK**

1. Bend your knees so your feet rest flat on the floor. Raise your hips off the floor and position Neck King under the lower back. Gently, lower yourself onto Neck King with your spine centered between the bumps.
2. Relax on the bumps or add a small rocking motion with the knees to add movement.
3. Neck King can work the gluteal muscles by raising the hips and placing the higher bumps to the outside of the body. Work one side at a time.
4. Raise the hips to remove Neck King when using for lower back and hip areas.

## **SIDE LYING OPTION FOR THE NECK**

1. Another way to work the sides of the neck is lying on your side.
2. Place Neck King on a pillow or two trying to keep the spine straight and centered between the bumps. Avoid using to the front of the neck.

## TIPS

Gradually, work your way into using Neck King with a short session.

Using on a rug or yoga mat will stop Neck King from sliding around and work deeper.

Using on a bed will allow Neck King to sink down for lighter pressure.

If the bumps feel too hard on any area of your body, place a folded towel over the bumps until you get used to it.

Neck King is designed to be used in both directions. The lower bumps towards the feet will be less intense when working the back than the higher bumps towards the feet. Using both sides for the neck will allow you to work different points in the neck.

## NOTES

Check with your doctor if you have any injuries or medical conditions before using Neck King.

It is normal to feel tenderness where the bumps make contact with tight muscles.

Only a few minutes is needed to release tense muscles. Stop using if you feel any numbness. This could happen if you stay on the bumps in one place for too long.

## HEAT PACK (OPTION)

Warm the heat pack in the microwave 60 to 90 seconds to your desired temperature.

**DO NOT MICROWAVE NECK KING.**

Place pack inside Neck King to add heat to the Neck King, or use it alone.

Please!

- Read these instructions completely before using Neck King
- View our **Ways to Use Neck King** video at [NeckKing.com](http://NeckKing.com)



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MADE IN USA

**NeckKing.com**

Leaflet NK-L01-002

Product NK01-001



**Melt your Tension Away  
with Neck King®**

*Hands-free Trigger Point  
Self Massage Tool  
for the Neck and Back*

Release Tense Muscles  
Relieve Tension Headaches  
Improve Range of Motion  
Increase Circulation

