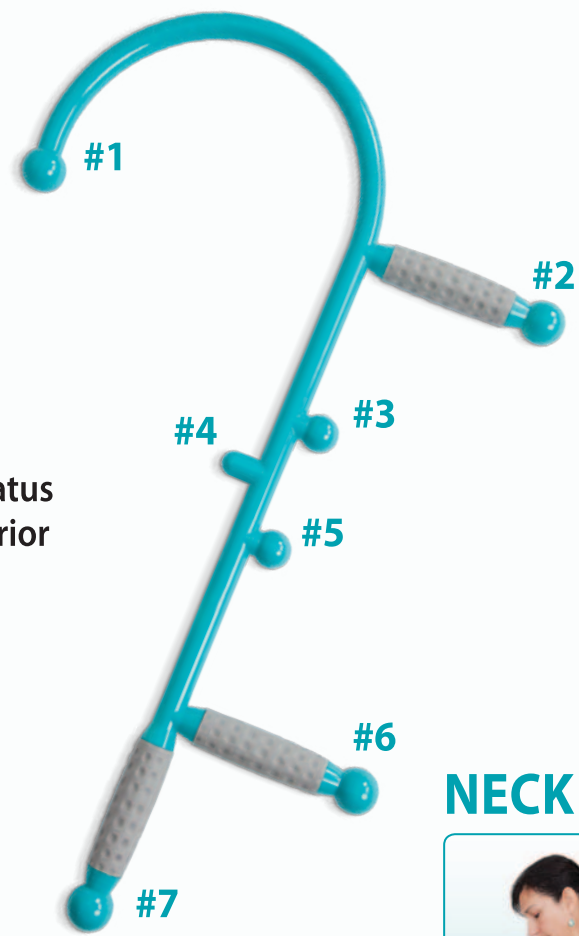
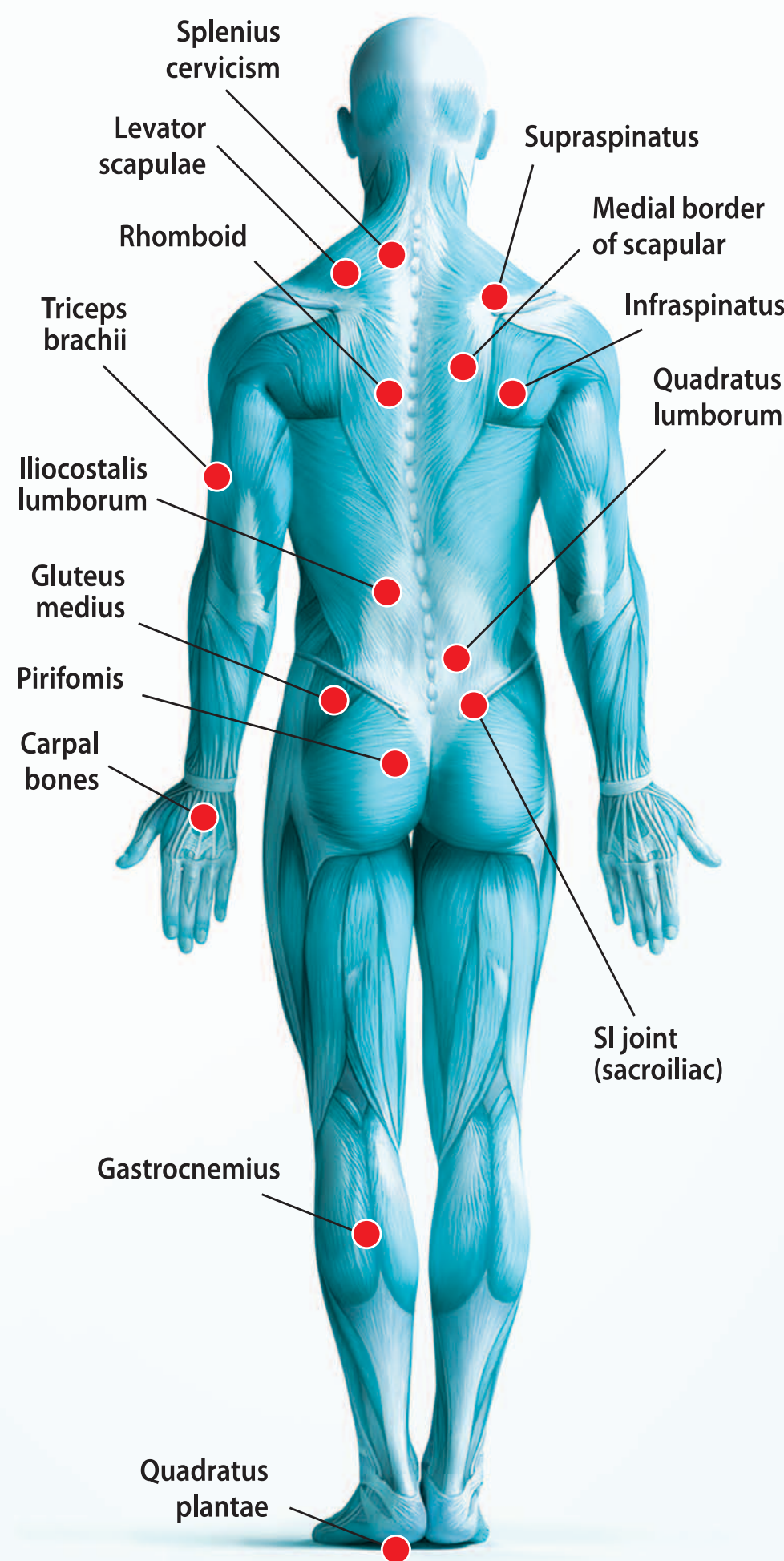
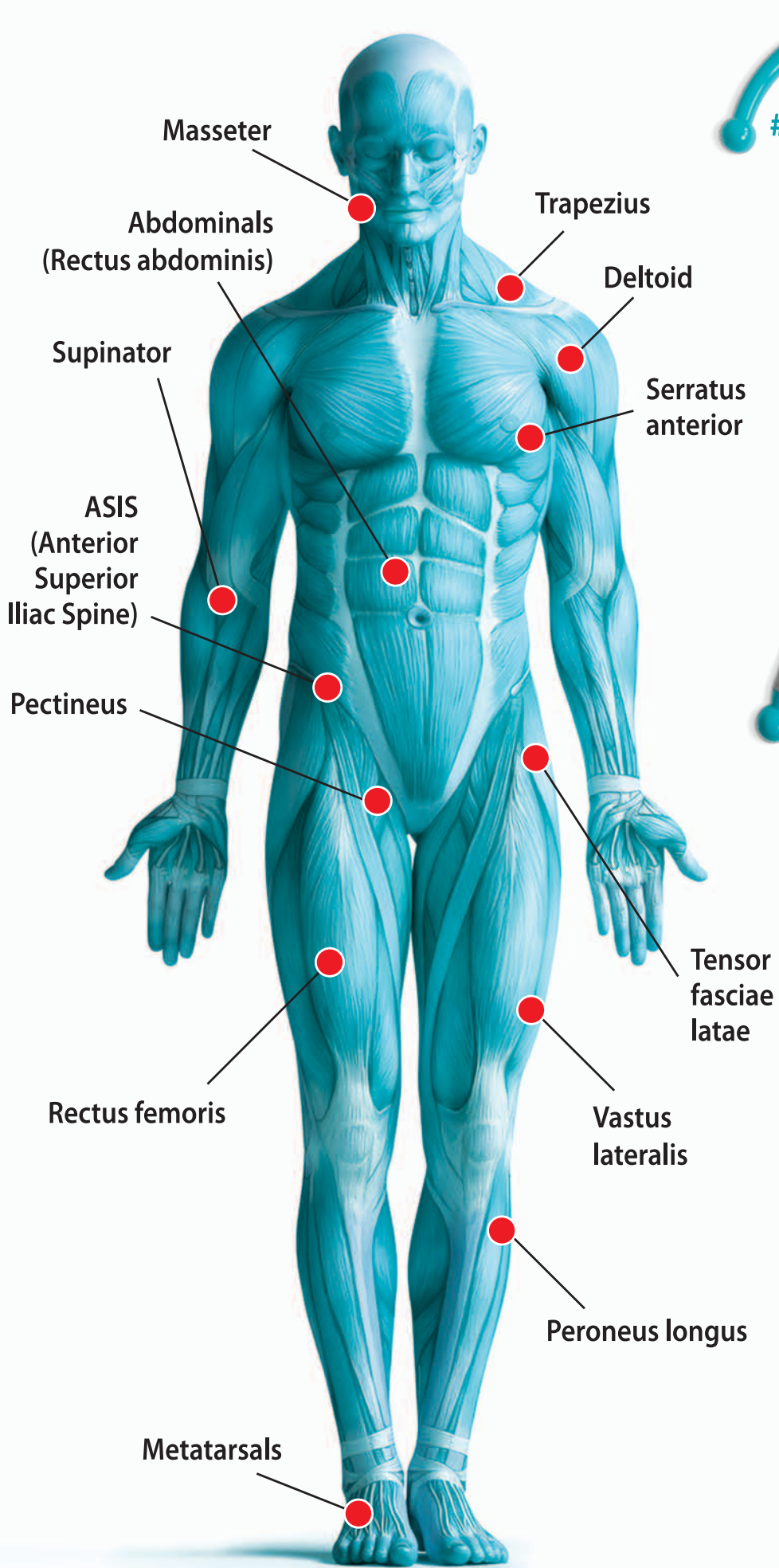


# BODYtool™

## TRIGGER POINT SELF MASSAGER

COMMON TRIGGER POINTS



### BACK



#1 Upper & Mid-Back

#4 Mid-Back

#1 Mid-Back



#1 Rib Cage

#1 Upper & Mid-Back

#4 Low & Mid-Back

Using the hook of the Body Tool™ allows you to access hard to reach areas. The upper back areas such as traps, rotator cuff, medial border of the scapula, and lower back areas such as the quadratus lumborum (QL) and the sacroiliac joint (SI) can be accessed.



#1 Back (Supine)

### NECK



#2 Neck

#4 Neck

#4 Neck

#1 Neck



#3 & 5 Neck

Be aware the neck has many large blood vessels and nerves at the front and side. The large attachments at the back of the neck are great to work and can release many tension headaches. There are 4 tissue layers of muscle that attach the skull to the cervical spine.

Use caution around the cervical spine, avoiding the processes (bony protrusions) of the cervical spine.

### TORSO



#7 Abdomen

#4 Abdomen

#7 Abdomen

#1 Hips



#1 Hips



#1 Chest

Use the Body Tool™ to release many areas of the torso. Work the serratus anterior, abdominals and legs at the anterior superior iliac spine (ASIS).



#7 Abdomen

#1 Backside/Glutes

### LEGS



#1 Back of Legs

#4 Top of Legs

#4 Lower Legs

#2 Inside of Legs

#4 Back of Legs

#5 Back of Legs

#4 Knee

#4 Lower Legs

#7 Top of Legs

#1 Outside of Legs

#4 Lower Legs

#4 Lower Legs

You can use the balls or even the flat surface of the Body Tool™ to massage the back and front of the upper and lower legs. Use the large handles for the sides and between legs.

### SHOULDERS



#1 Shoulder

#1 Shoulder

Shoulders have many moving parts. You don't need to know anatomy, just use the senses to guide the Body Tool™ to the rotator cuff. Reach those hard to reach places along the scapula and the top of the shoulder (deltoid). Finish the work you have done with a good stretch.

### ARMS



#1 Upper Arm

#2 Upper Arm



#2 Upper Arm

#3 Mid Arm



#2 Forearm

#2 & 6 Forearm



#3 Forearm

#4 Forearm

Place stick on the affected area and use natural leverage (not strength). It really should not feel like work. You can use your fingers to examine any area and if you feel a pulse or a tingle into the appendage, use caution.

### HAND & WRIST



#2 Wrist

#2 Hand

We use our hands every day to lift, nurture and perform all our daily activities. The Body Tool™ can be a nice treatment. Using the balls, place pressure on the palm or wrist and it will help increase blood flow to these areas.

### FEET



#2 Foot

#1 Foot

#4 Foot

#1 Foot