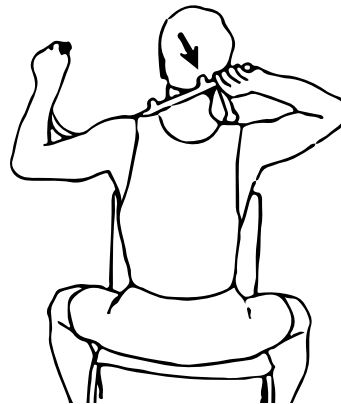
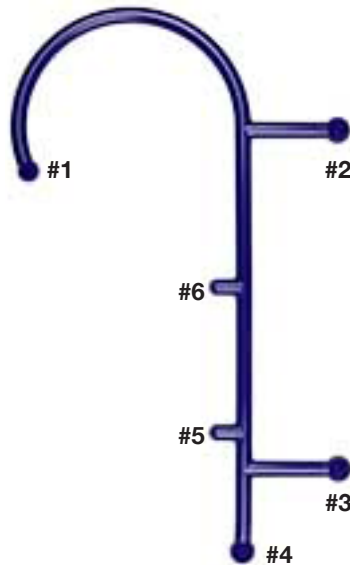




Full Body Massager Instructions

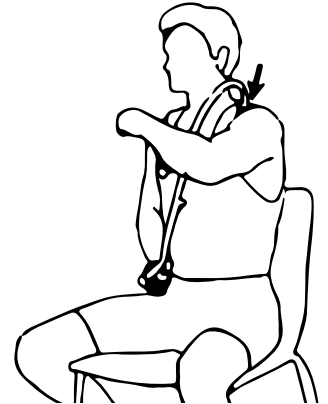
Applications

Each ball has been assigned a number, 1 to 6. Beneath each illustration lists the area being massaged and the ball used. Reverse hand position from those shown in illustrations when massaging the opposite extremity or side of the body.



Neck

Use ball #5
Place #5 ball on back of neck and lean head back into the ball to apply pressure.



Shoulder

Use ball #1
Place #1 ball on shoulders and place left forearm on #2 ball shaft to apply pressure.

NECK & SHOULDER



Neck

Use ball #3
Position hands as shown and place #3 ball on neck, push downward on #2 ball shaft to apply pressure, then move neck slowly across the ball.



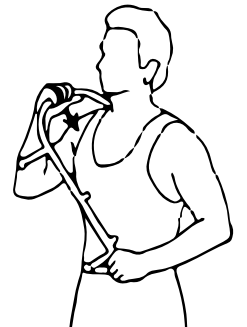
Neck

Use ball #5
Position hands as shown and place #5 ball on neck, push downward on #2 ball shaft to apply pressure, then move neck slowly across the ball.



Shoulder

Use ball #5
Push downward with left hand and move ball slowly back and forth across the shoulder.



Shoulder

Use ball #1
Place right hand at top of hook portion of cane, place on shoulder and press downward to apply pressure.

ARMS



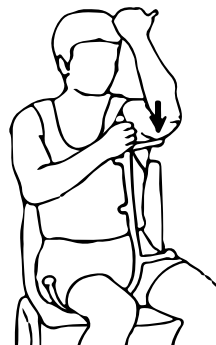
Upper Arm

Use ball #5
Sit sideways in firm backed chair and position the Full Body Massager on top of the lap as shown or loop hook portion under leg, lean upper-arm into #5 ball.



Forearm

Use ball #6
Position Full Body Massager high up over legs on lap and place forearm on #6 ball. Place left hand on top of forearm for pressure.



Upper Arm

Use ball #3
Loop Full Body Massager under leg and to chest, place left arm on Ball and lean weight into #3 ball for pressure.



Upper Legs

Use ball #3
Position Full Body Massager across the lap. Keep left arm still and move right hand back and forth to apply pressure.

BACK



Upper & Mid Back

Use ball #1

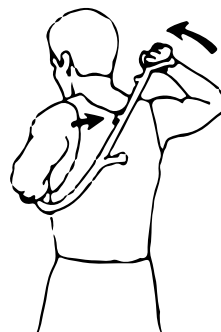
Push left arm forward using a slight downward thrust to apply pressure. Right arm remains still.



Upper Back

Use ball #1

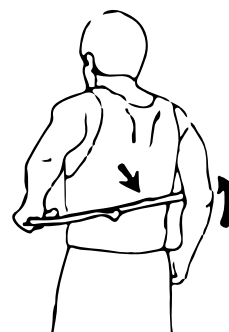
Push right arm forward and towards left side of body to apply pressure. Left arm remains still.



Upper Back

Use ball #6

Position as shown, to apply pressure lean forward slightly and/or push right arm forward and up and down.



Mid Back

Use ball #6

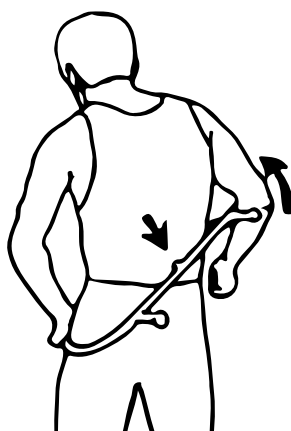
Loop right arm inside #3 ball shaft, push right arm forward to apply pressure and/or move arms side to side.



Mid Back

Use Ball #1

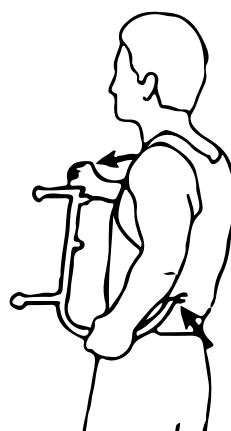
Lean Full Body Massager against a firm back chair, push left arm forward to apply pressure and then move upper-torso side to side.



Low Back

Use ball #6

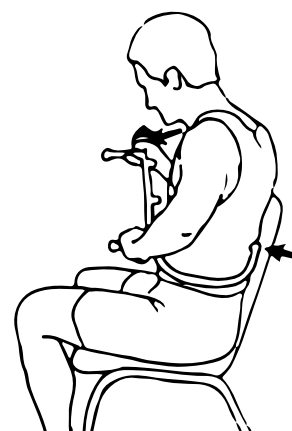
Loop right arm outside the #3 ball shaft, push right arm forward at the elbow for pressure, keep left hand and arm still.



Low Back

Use ball #1

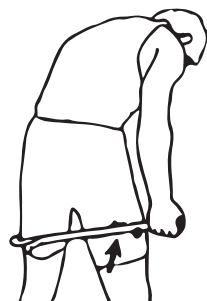
Push #1 ball up and into the muscle with the left hand, arch back slightly for added pressure.



Low Back

Use Ball #1

Lean Full Body Massager against a firm back chair, push right hand forward to apply pressure and then move upper-torso side to side.



Upper Legs

Use ball #6

Loop the hook portion of the Full Body Massager around left leg and push forward with right hand to apply pressure on right leg.



Lower Legs

Use ball #6

Loop Full Body Massager around left leg as shown and push downward with right hand to apply pressure on right leg.



Upper Mid & Low Back

Use ball #1

Hold at #6 ball and push up to apply slight pressure and then move arms back and forth from head to toes.



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