



www.magnassager.com



MAGNASSAGER®

**Making
Miracles
with
Massage**



MAGNASSAGER®

Owner's Manual

Introduction

Thank you for selecting the Magnassager. I hope you discover and enjoy the many benefits from the use of this product.

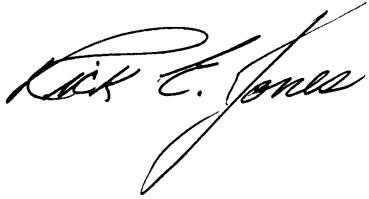
There are no substitutes for a professional hand massage, however, the Magnassager is the only product that simulates the actual kneading technique of massage. It was designed to provide a soothing massage without the irritating vibration that is characteristic of other massage devices. Another innovative feature is the natural permanent magnet which suspends the massage balls in place.

With the action of the rotating massage balls, the correct massage technique is similar to hand massage which incorporates a slow, but stronger pressure toward the heart and a softer return stroke away from the body. The user should allow the massage balls to freely roll over the muscles. When continuous massage is maintained, heat conducts into the deep muscle layers.

I am confident that as you use your Magnassager, you will be impressed not only with its functional design and innovative action, but you will grow to appreciate the quality components that have gone into the manufacture of the finest massage device in the industry.

Once again, thank you for selecting the Magnassager.

Sincerely,



Manufacturer's Warranty

Your Magnassager is warranted, to the original owner, for one year from date of purchase against all defects in material and workmanship under normal use and service. Should your Magnassager prove defective within one year from the date of purchase, contact Babacu at www.magnassager.com with an explanation of the problem and claim. If it is determined that your Magnassager should be returned to the distributor please package your Magnassager carefully to avoid damage in transit. Under this warranty, Babacu will repair or replace any parts found to be defective.

This warranty is only valid if the appliance is used solely for personal use in accordance with the instructions. The warranty is invalid if the unit is connected to an unsuitable electrical supply, or dismantled, or interfered with in any way, or damaged through misuse, accidents, negligence, or is used in any manner for which it is not intended. There are no warranties other than that expressly set forth herein. This warranty is not transferable. This warranty applies only to the product and Babacu, is not responsible in any way for damages, losses or inconveniences caused by equipment failure. Babacu is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation, other consequential damages of whatsoever nature, failure to follow instructions or warnings in owner's manual or use of products in a manner for which they were not designed. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

This warranty does not apply to the following:

1. Damage use to accidents, misuse, abuse, alteration, or vandalism.
2. Improper or inadequate maintenance.
3. Unauthorized modification or commercial use.
4. Damage in return transit.
5. Normal wear and tear including chips, scratches, abrasions, discoloration or fading.

Resources

- Davis, A.R. & Rawls, W.C. 1991. Magnetism and Its Effect on the Living System. Acres Publishing Company. Kansas, MI.
- Gach, M. 1990. Acupressure Potent Points: A Guide to Self-Care for Common Ailments. Bantam Books, New York, NY.
- Hannemann, H. 1990. Magnet Therapy: Balancing Your Body's Energy Flow for Self-Healing. Sterling Publishing Company, New York, NY.
- Hosler, R. 1982. Runner's World: Massage Book. Mountain View, CA.
- Lawrence, D. 1986. Massage Techniques. Putman Publishing Group. New York, NY.
- Lawrence, R. 1996. Magnets: Stop Pain, Ease Arthritis. Help Heal Broken Bones and More. Health Confidential.
- Lidell, L. 1984. The Book of Massage. Simon & Schuster, Inc., New York, NY.
- Washnis, G. & Hricak, R. 1993. Discovery of Magnetic Health: A Health Care Alternative. Nova Publishing Company, Rockville, MD.

Before You Begin

The application of the Magnassager is unlike any massage device on the market. Most users have come to expect massage devices to vibrate or pulverize the muscle into submission. The Magnassager does not vibrate; it is intended to soothe and gently knead the muscle. Please follow the recommended techniques for best results:

- USE SLOW SPEED SETTINGS TO GET USED TO THE MAGNASSAGER'S ACTION
- MAINTAIN CONSTANT CONTACT WITH THE BODY AND ALL THREE MASSAGE BALLS
- MASSAGE THE MUSCLE; KEEP CLEAR FROM BONY PROTRUSIONS
- FOR INDIVIDUALS WITH LOW MUSCLE MASS, TRY THE MAGNASSAGER OVER A TOWEL HELD TAUT
- USE SLOW MASSAGE STROKES
- LET THE MAGNASSAGER DO THE WORK FOR YOU

Important Safeguards

FOR HOUSEHOLD USE ONLY

When using an electrical appliance, basic precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING THE “MAGNASSAGER”

DANGER

To reduce the risk of electric shock:

Read all instructions before using the appliance.

DO NOT use while bathing or showering.

Do not place or store product where it can fall or be pulled into a tub or sink.

Do not place in or drop into water or other liquid.

Do not reach for an appliance that has fallen into water. Unplug immediately.

Always unplug this appliance from the electrical outlet immediately after using or before cleaning.

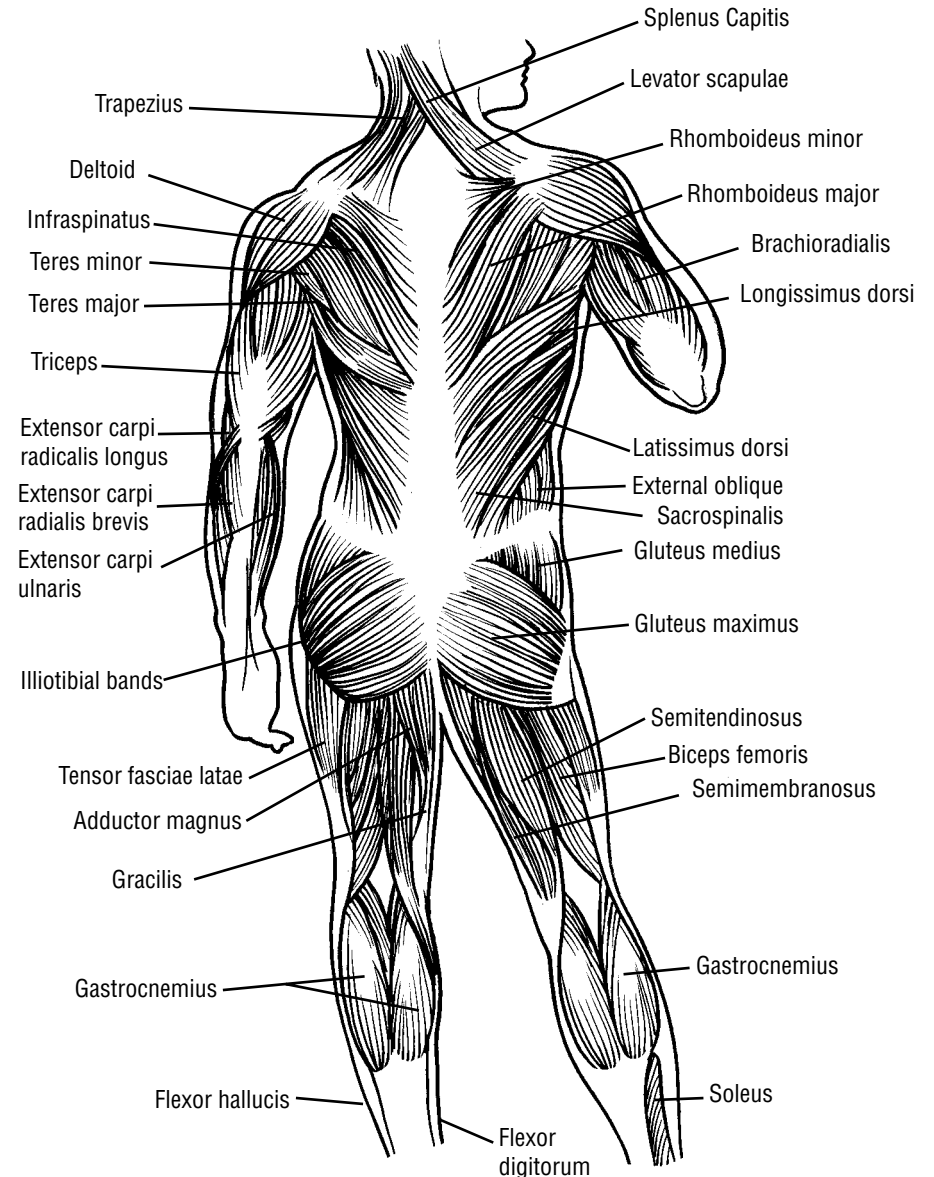
Do not use water to clean or sterilize appliance. For cleaning, you can use a damp cloth, **ONLY** after unplugging the appliance.

WARNING

To reduce the risk of burns, fire, electric shock or injury to persons:

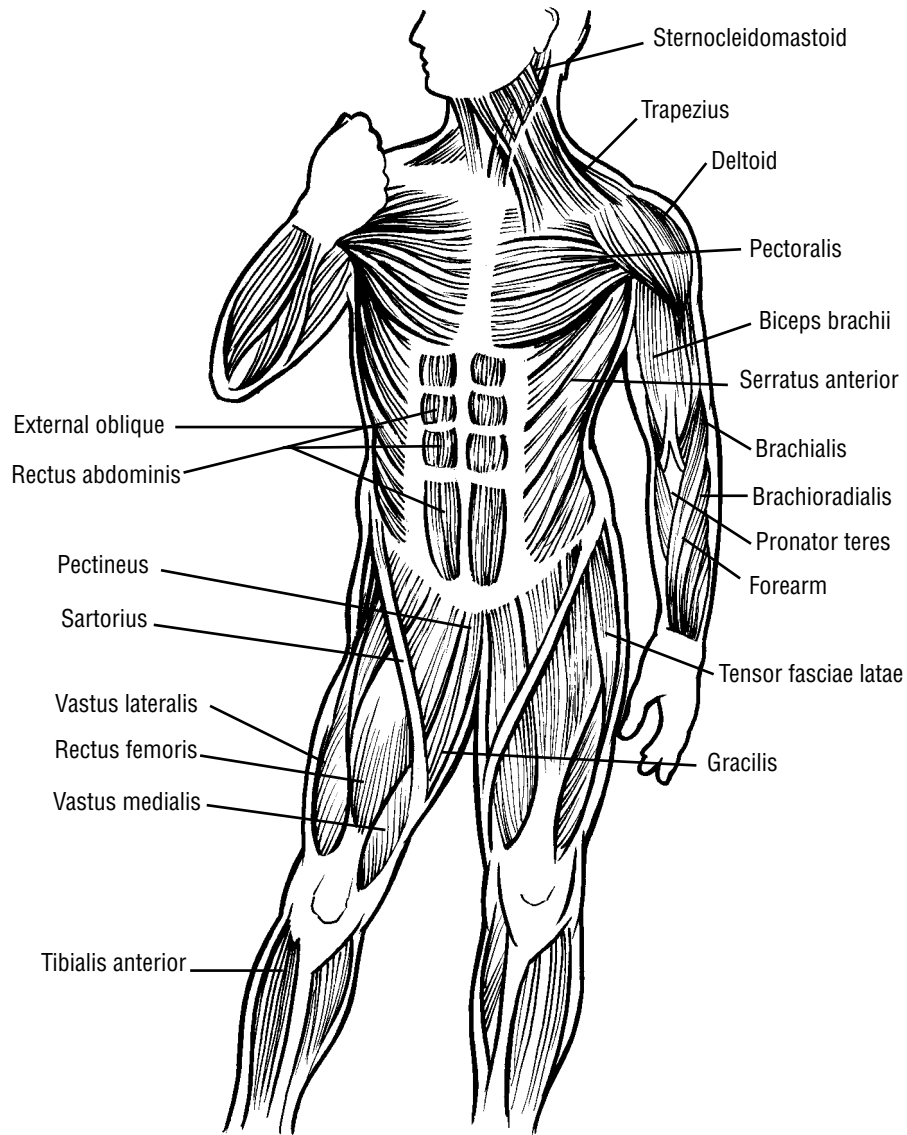
- Close supervision is necessary when the Magnassager is used by, on, or near children, invalids, or disabled persons.
- Use the Magnassager only for its intended use as described in this manual. DO not use any other accessories or attachments not recommended by the manufacturer.
- Never operate the Magnassager if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if it has been dropped into water. Return the appliance to the factory of manufacturer for examination and/or repair.
- Keep the electrical cord away from heated surfaces.

Anatomy Chart



POSTERIOR

Anatomy Chart



ANTERIOR

Important Safeguards (cont.)

- Always grab by the plug to remove from outlet. DO NOT pull on cord.
- Never force the plug into an outlet.
- Never use while drowsy.
- Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch where the air openings may be blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening or hose.
- Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
- The appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before attaching or removing parts.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Do not operate near televisions, personal computers, floppy disks, compact disks, pagers, cellular phones or other sensitive electronic equipment.
- The Magnassager contains a natural permanent magnet which emits a negative pulsating magnetic field of 1000 gauss. **Individuals with pacemakers or detached defibrillators may be at risk.**
- Do not carry this appliance by the supply cord or use the cord as a handle.
- To disconnect, turn all controls to the OFF position, then remove plug from outlet.
- Never use pins, knives, tacks or any other metallic fasteners or objects near the Magnassager.
- Keep children away from this appliance. If swallowed, massage balls may become lodged in the throat.
- Do not drop or slam the Magnassager against any surface. If dropped on control knob, it may short circuit. If dropped on the massage balls, it may impact the magnet and break. Return the appliance to the factory or manufacturer for examination and/or repair.
- **Do not use the Magnassager on patients with PACEMAKERS or INTERNAL DEFIBRILLATORS.**

SAVE THESE INSTRUCTIONS

Product Features

Maintenance

The Magnassager comes pre-assembled. To dismantle for cleaning, make sure the speed control knob is in the OFF position and disconnect the unit from the power supply.

The stainless steel balls are suspended in place by a magnet. To remove the balls from the rotator plate, simply pull them out with your fingers or shake the unit.

After removing the stainless steel balls from the rotator plate, detach the plate from the mounting shaft by pulling down on the rotator plate.

Wash the stainless steel balls and rotator plate with an anti-bacterial soap. Do not use thinner or other solvents. Dampen a cloth with a mild soap and wipe the inside and outside of the Magnassager housing. Do not submerge Magnassager in water. Allow a few minutes for the Magnassager to dry.

Periodically, clean the air vents with a dry toothbrush to remove lint deposits.

Assembly

Position the rotator plate to slip on to the shaft adapter. The rotator plate should be flush with the housing after installation.

Place the stainless steel balls into the holes. The magnet should pull them into place.

Operation

Note: Always check for metallic objects attached to the bottom of device. The Magnassager's switch should be in the OFF position when you do this.

While holding the Magnassager, plug in wall adapter. Turn the switch clockwise to the ON position. Turn knob to desired speed. Apply the Magnassager to massage site.

Product and Cord Storage When Appliance Is Not In Use

The Magnassager should be unplugged and stored after each use away from heat and water. Cord should not be allowed to hang over edge of counter or table or touch hot or wet surfaces. The cord should be coiled after each use and stored.

Procedure: Hips – Supine Position

Hips

Iliacus

Psoas major

Tensor fasciae latae

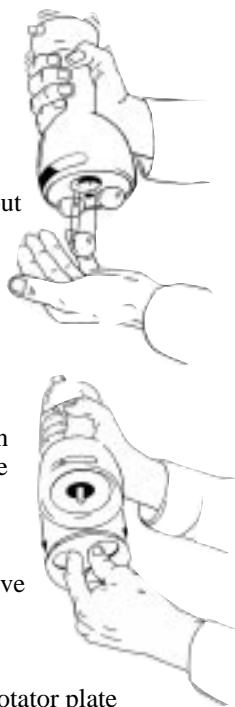
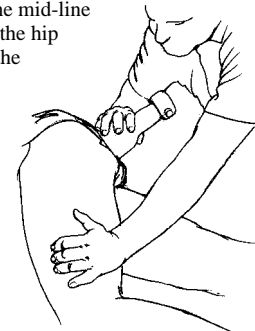
Slightly flex and extend the leg across the mid-line of the body. This exposes and stretches the hip muscles. Begin the massage by setting the Magnassager at a fast rotational speed.

Massage the entire buttock area starting at the base of the gluteals and working the front and side of the hip. The technique should incorporate large circular strokes while covering the entire area and progress to smaller overlapping strokes.

Avoid massaging over the hip bone.

The massage should sequentially progress to isolate the deep buttock muscles and the hip flexor/extensor muscles by allowing the weight of the Magnassager to rest on the skin. If the individual can tolerate it, apply firm pressure around the hip joint.

Due to the structure and size of the buttocks, slower Magnassager speeds combined with direct pressure are recommended.



Procedure: Feet/Legs – Supine Position

Feet / Bottom of Foot

With your free hand, support the heel or rest the foot on the table and place your free hand on the top of their foot.

Begin the massage by applying light or soft pressure against the bottom of the foot so that the Magnassager does not “dig” into the skin.

Slow circular strokes should be used over the entire length of the foot. As most individuals may be ticklish or uncomfortable with faster speeds, the general massage should sequentially progress from the heel to the arch and finally, the balls of the foot.



Legs

Psoas major

The user may want to position the leg so that the leg is flexed at 90 degrees over the side of the table. This will stretch the quadriceps.

Tensor fasciae latae

The massage technique should include up and down strokes in a longitudinal direction from above the knee and below the hips.

Pectineus

Adductor longus

Rectus femoris

Sartorius

Adductor magnus

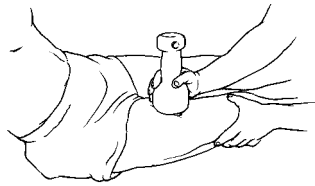
Gracilis

The massage technique should include large circular strokes in a clockwise direction. During the initial massage, set the Magnassager at higher speeds. Firm pressure should be applied toward the heart with a light return pressure away from the body.

Vastus lateralis

The massage should progress to slower motions and a reduced rotation speed. Shorter circular patterns that attempt to overlap each muscle provide a better isolation of each muscle and an enhanced therapeutic effect.

Vastus medialis



Product Features (cont.)

Cord Care Instructions

When appliance is in use check cord periodically to make sure it has not become twisted or tangled. If this occurs gently untwist cord and remove tangles or knots.

DANGER

This product is factory equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. Do not modify the plug provided - if it will not fit the outlet, have the proper outlet installed by a qualified electrician. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

Power Supply

Volts: 120V AC
Frequency: 60 HZ

Product Specifications

Volts: 24V DC
Amps: 800 mA
Approximate rotational speed: 33 to 76 rpms
Magnet: 1,000 gauss
Magnet strength at tip of balls: 624 gauss
Magnet strength at rotater plate: 900 gauss
Polarity: Negative field

Benefits

The Magnassager combines the benefits of massage, magnetic therapy, and acupuncture. The actual benefits are specific to the type of technique selected when applying the Magnassager. Because the Magnassager is ergonomically designed, its weight and rotating mechanism allows the user better control while performing the massage. By applying uniform strokes and constant pressure, the effectiveness of massage is greatly enhanced. In addition, forearm, hand and finger fatigue which is a common experience with hand massage is avoided when properly applying the Magnassager. Often, the root of muscle discomfort lies deep within the tissue layers and requires a progressive, thorough massage technique. This is one reason why the Magnassager is so effective.

Therapeutic Benefits

The Magnassager combines the benefits of massage, acupressure and magnetic therapy. The actual benefits are specific to the type of technique selected when applying the Magnassager. Because the Magnassager is ergonomically designed, its weight and rotating mechanism allows the user better control while performing the treatment. By applying uniform strokes and constant pressure, the effectiveness of treatment is greatly enhanced. In addition, forearm, hand and finger fatigue, which is a common experience with hand massage, is avoided when properly applying the Magnassager. Often, the root of muscle discomfort lies deep within the tissue layers and requires a progressive, thorough massage technique. Repetitive motion may prematurely fatigue the user and diminish the therapeutic benefit. This is one reason why the Magnassager is so effective.

The Magnassager provides a superior cross fiber and transverse friction massage. The Magnassager dilates the blood vessels, increasing the body's circulation of blood, oxygen and lymph fluid. During stress or prolonged injury, a decrease in the body's exchange of nutrients directly affects its ability to heal itself. Waste products like lymph, carbon dioxide, lactic acid and water need to be eliminated. By applying the Magnassager, the transport and exchange of nutrients and waste products provide the means for the body's natural healing processes.

The Magnassager utilizes a natural permanent magnet to suspend the massage balls in the base of the unit. When activated, the unit emits a pulsating negative magnetic field which is transferred to the tissues. Magnets have historically been used to dilate capillaries by stimulating the autonomic nervous system and by affecting the ions located on blood cells. The resulting therapeutic effect is increased blood flow and alkaline shift and an overall reaction to balance the body's natural healing mechanisms.

Summary of Benefits

- Increases peripheral blood flow
- Increases oxygen uptake and capacity
- Increases range of motion
- Increases removal of waste products
- Increases lymphatic drainage
- Increases mobility and flexibility
- Decreases pain and relaxes muscles
- Improves performance
- Alleviates fatigue, soreness and spasms
- Helps prevent and treat injuries

Procedure: Neck/Hand – Supine Position

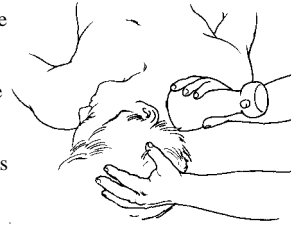
Neck

Sternocleidomastoid

Rotate the head away from the side to be massaged. This will expose and stretch the neck muscles.

Trapezius

Begin with light pressure at the base of the hair-line and proceed along the side of the neck and the top and front of the shoulder. Slow rotational speeds are effective for this area. Soft pressure should be applied as you massage the area.



Massage with small overlapping strokes.

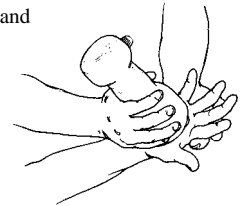
Avoid massaging or applying direct pressure over the carotid artery.

Always keep the Magnassager perpendicular to the body so that all three massage balls maintain contact with the skin.

Hand

Palm side of hand

Place the Magnassager on the palm of the hand and allow the massage balls to glide over the area. Slow speed settings generally work best for this area. Support the hand by placing your free hand under the individual's hand.



Procedure: Chest/Shoulders/Arms – Supine Position

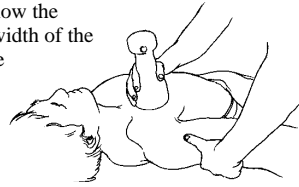
Chest

Pectoralis

Serratus anterior

Anterior deltoid

Starting at the base of the arm pit and below the shoulder, massage the entire length and width of the pectoral muscles. Position the arm above the head to elongate and stretch the pectoral muscle for maximum exposure. The Magnassager should initially be set at moderate to fast speeds while the technique includes a general sweep of the area.



Large circular strokes should transition to smaller, overlapping strokes. The rotational speed should be reduced and combined with firm pressure, isolate areas of specific muscle regions.

Do not massage directly over the sternum or clavicle.

Shoulders / Arms

Front deltoid

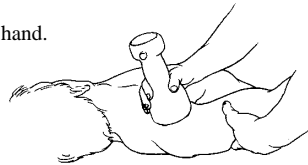
Pronator teres

Biceps brachii

Brachioradialis

Forearm extensors

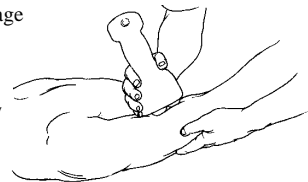
Support the forearm with your opposite hand. Begin with a general massage over the front of the shoulders and progress down the length of the arm over the biceps and forearm.



Apply a general massage to the entire area.

Some overlap should occur as the massage transitions from each muscle group.

Massage strokes should attempt to isolate and outline each muscle. A slow rotational speed should be selected. In addition, small overlapping strokes should massage each muscle sequentially in a clockwise direction.



Apply pressure as tolerated by the individual. Firm pressure at slow, circular speeds is more beneficial than faster speeds and light pressure. Allow the weight of the Magnassager to rest on the skin, while controlling the motion over the muscles.



Avoid massaging over the collar bone.

When to Use and When NOT to Use the Magnassager

Indications

The Magnassager is designed to assist in providing a more thorough massage of the soft tissues, and is best indicated for

- Tightness
- Stiffness
- Soreness
- Low back pain
- Fatigue
- Tension
- Muscle spasm
- Chronic back pain

The Magnassager is not recommended for individuals with the following conditions. If you have any of the following conditions consult your physician before using this appliance.

Individuals with pacemakers and internal defibrillators should not use the Magnassager.

- Cancer
- Swelling that might be a malignancy
- Skin infections or ulcerations
- Edema or inflammation, whether superficial or deep, trauma or hemorrhage (i.e., varicosities, peptic ulcers, hemophilia, aneurysm)
- Ischemia
- Bleeding disorders
- Phlebitis, thrombosis or other vascular diseases
- Lymphangitis
- Acute fever
- Pregnancy
- Acute osteomyelitis, tubercular joints or any infectious bone or joint disease
- Hypertension (do not perform vigorous massage on someone with hypertension)
- Intermittent claudication or symptoms of pain in the legs which gets worse upon exertion
- Insensitivity or any conditions where there is impairment of nerve sensation or an inability to communicate and/or respond to pain

Use of the Magnassager should be pleasant and comfortable. If the individual exhibits pain or discomfort, discontinue use immediately and consult a physician.

There are certain individuals in which the Magnassager should be used with caution and/or is contraindicated. Please consult a physician if you are unsure of its application.

Special Considerations

Pacemakers

The Magnassager should not be used on individuals with pacemakers and/or internal defibrillators.

Pain

The movement of oxygen-rich blood into the muscle, as well as the removal of toxins, may result in discomfort for some individuals. The user should be aware of the individual's tolerance and comfort level during the massage and adjust his/her technique accordingly.

Low Muscle Mass

Individuals with low lean body mass or those with loose or flaccid skin have bony protrusions and should use caution (e.g., scapula, iliac crest, ankles, elbows, and knees). Those persons with loose skin are at risk because the skin may collect under the massaging balls. The user should use their guiding hand to stretch the skin under the unit to avoid this situation.

Hair

Although unlikely, the Magnassager may pull or tangle body hair. This may be uncomfortable for the individual, therefore the user should encourage feedback or choose to perform the massage over an article of clothing. A water-based topical gel or oil over skin helps to inhibit pulling.

Alcohol

Alcohol impedes the massage process and may interfere with the elimination of toxins. Alcohol should be avoided within 24 hours of massage and directly after. Alcohol effects may mask pain sensors and may result in further injury or discomfort.

Diabetes

Diabetic individuals may have peripheral neuropathy and circulatory limitations. Massaging the feet and legs should be performed with caution.

Pregnancy

The Magnassager should not be used during pregnancy.

Medications

Certain prescription drugs (i.e., pain medication, heart medication, blood pressure medication, corticosteroids and blood thinners) may mask the pain sensors and require caution.

Dehydration

Because massage stimulates lactic acid, carbon dioxide, lymph, blood and oxygen flow, the user should encourage liberal water intake after each session.

Procedure: Legs/Hips – Prone Position

Legs

Iliotibial tract

Vastus lateralis

Bicep femoris

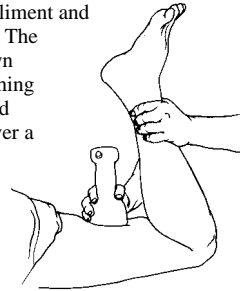
Adductor magnus

Gracilis

Semitendinosus

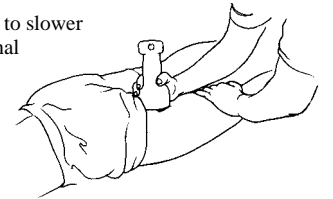
Semimembranosus

The massage technique for the legs should compliment and follow the sequence applied to the foot and calf. The technique should continue to include up and down circular strokes starting above the knee and finishing below the gluteal fold. A general massage should include moderate to fast rotational speed and cover a large surface area.



The massage strokes should progress in a clockwise direction with firm pressure applied toward the heart and softer return strokes away from the body.

The massage sequence should progress to slower stroking motions and a reduced rotational speed. Shorter circular patterns which overlap each muscle provide better isolation.



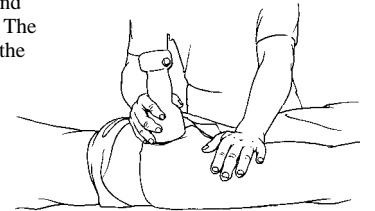
Hips

Gluteus maximus

Gluteus medius

Iliotibial band

Begin at the base of the buttocks and massage in a clockwise direction. The massage area includes one half of the buttocks. Large circular strokes covering the entire area should progress to smaller overlapping strokes.



During the initial massage, the Magnassager may be set at moderate to fast speeds.

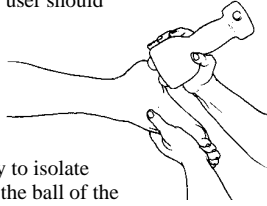
Avoid massaging directly over the hip bone.

The massage should progress to smaller overlapping circular strokes, as this better isolates individual muscles. If the individual can tolerate it, apply firm pressure. Due to the structure and size of the gluteals, slow Magnassager speeds combined with direct pressure enhances the therapeutic effect in this area.

Procedure: Feet/Calves — Prone Position

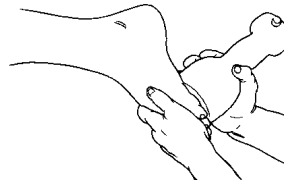
Feet / Bottom of Foot

After the upper body has been massaged, the user should proceed to the lower body. Beginning with one foot, slow circular strokes should massage the entire length or base of the foot. Slower rotational speeds should be used, as most individuals may be ticklish or uncomfortable with faster speeds. The general massage should progress sequentially to isolate specific areas of the foot (i.e., heel, arch and the ball of the foot).



With the opposite hand, the user should support the top of the foot or rest the foot on the table and place your opposite hand above the heel for support.

Apply light or soft pressure against the base of the foot so that the Magnassager does not “dig” into the bottom of the foot.



Avoid massaging over the ankle bone.

Calves

Soleus

Gastrocnemius

Flexor digitorum

Flexor hallucis longus

Best results occur when the user can elongate the calf muscle by flexing the ankle 90 degrees. This elongates and stretches the calf muscles exposing a larger surface area.



Begin by applying a general massage with longitudinal strokes at moderate to fast rotational speeds. The massage should cover the area in a clockwise direction just below the knee and above the ankle.

The technique should progress to shorter circular strokes at slow speeds.

The rotational speed should be reduced and the strokes should isolate smaller surface areas. The user should apply firmer pressure toward the heart with softer return pressure away from the body.

How to Use the Magnassager

Breaking In Period

The Magnassager motor may require a break-in period for up to 20 hours of use.

Preparation

Prepare for massage by creating a relaxing environment, encourage the individual to breathe during the treatment and, when possible, apply a thin layer of body gel or oil to the area to be massaged.

Technique

Note: Start with a slow speed to get used to the Magnassager’s action. Stay in the muscle; let the Magnassager do the work for you.

With the Magnassager, the user should first massage the entire selected muscle group or muscle belly. Set Magnassager at a moderate to fast rotation and stroke the intended surface area at a speed of approximately two to three inches per second. The massage technique should include a general massage which outlines the muscle, and the massage strokes should be longitudinal (i.e., up and down the length of the muscle). During this technique, the user should let the weight and rolling action of the Magnassager glide over the skin. Avoid resting the unit in one place for an extended period of time. A gradual, progressive massage helps to relax the individual.

The initial technique should progress to a slower rotational speed and the massage strokes should attempt to cover a smaller surface area at a speed of approximately one inch per second. The massage should continue to cover the length of the muscle and allow the massage balls to transverse or massage across the muscle belly. Strokes should overlap, and the user should attempt to massage the peripheral fluid in the direction toward the heart. This can be accomplished by applying firm pressure toward the heart and softer pressure away from the body. This procedure enhances the benefits received from the Magnassager.

Helpful Hints

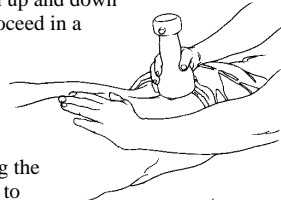
- If the massage balls are cold, place them under warm tap water for 5 seconds. NEVER RUN WATER OVER THE BALLS WHILE THEY ARE IN THE UNIT. The stainless steel massage balls are an excellent conductor of heat. Be sure to dry the balls thoroughly before placing them back into the unit.
- Better results can be obtained whenever the muscle can be elongated or stretched (e.g., ankle flexion to stretch the calf muscles). Use caution with recent or chronic injuries to the muscle(s) or skeleton.
- Always keep the Magnassager perpendicular to the body so that all three massage balls contact the skin evenly. Avoid bony protrusions; massage only the muscle.
- When using over clothing, use your free hand to keep the material taut to avoid binding.

Procedure: Back/Shoulders – Prone Position

Lower Back

Sacrospinalis

Massage the muscles along the spine in an up and down technique. The massage strokes should proceed in a longitudinal direction, covering the entire lower back region. The area massaged should be above the hips and below the shoulder blades.



Spinalis thoracis

Latissimus dorsi

Longissimus thoracis

Rhomboides

Begin with large longitudinal strokes along the erectors. Your technique should progress to smaller overlapping strokes and cover a smaller surface area. The strokes should continue in the direction of the muscle.

Overlapping strokes should isolate individual muscle groups. Use a two-handed grip if one hand becomes fatigued.

Do not massage the bony protrusions of the spine or the posterior iliac crest of the hips.



Upper Back / Shoulders

Rhomboides major/minor

Teres major/minor

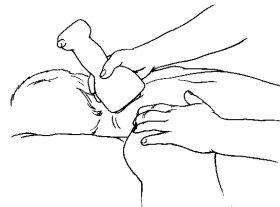
Levator scapulae

Trapezius

Deltoid

Latissimus dorsi

Starting at the side closest to the user, massage the mid-back area up and down. This includes the area between the shoulder blades and the base of the neck. Proceed horizontally across and down from the shoulders.



The massage area should initially include a light pressure that covers the mid and upper back region and the back of the shoulders. Some overlapping strokes should occur as the massage transitions to each area. The technique should isolate individual muscle groups in each area.

A deeper and more penetrating massage can be obtained with slower rotational speeds and firm direct pressure.

Avoid massaging directly over the shoulder blades and spinal column.

To best expose the shoulder muscles, abduct and flex the individual's arm so that the head is resting on the extended hand.

Procedure: Neck/Arm – Prone Position

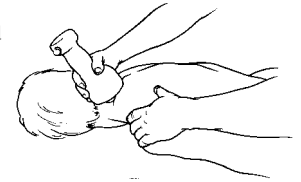
Neck

Trapezius

Splenius capitis

Levator scapulae

Return individual's arm to their side and position head slightly flexed forward and down so that the forehead supports the head on the table. A rolled up towel or cloth can substitute as a pillow. Massage the side closest to the user and work the back of the top of the shoulders.



Avoid the bony protrusions at the tips of the shoulders and the back of the neck.

This area may be very tender for some individuals. Setting the Magnassager at a slow rotational speed may be more comfortable and therapeutic. Begin with a light massage pressure and proceed downward to the base of the neck. Apply soft pressure as you massage horizontally across the top of the shoulders, allowing the weight of the Magnassager to rest on the skin. Depending on the individual's tolerance, firmer pressure may be applied.

Always keep the Magnassager perpendicular to body so that all three massage balls contact the skin.

Arm

Deltoid

Triceps brachii

Brachialis

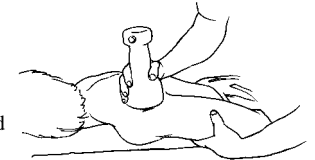
Brachioradialis

Pronator teres

Forearm extensors

Forearm flexors

Slightly extend the individual's arm to better expose the back of the arm by supporting the forearm with your opposite hand. Begin with a general massage over the top half of the arm and shoulder. Start with the shoulder or the middle and posterior deltoid muscle, then progress down the length of the arm to the triceps and forearm muscles.



Some overlap should occur as the massage transitions to each area. After applying the general massage, specific strokes should attempt to isolate and outline each muscle. A slow rotational speed should be selected.

Avoid massaging directly over the elbow.

Move to the opposite side and repeat upper body massage sequence.

