

Thumbby

Users Guide

Common Body Parts

- Hips
- Back
- Shoulders

Body Positions

- Leaning on wall
- Seated
- Laying on floor (with yoga mat/blanket)

The Thumbby self-massage tool is made of soft, solid silicone, the same material used for many household and personal items. Silicone is non-reactive, and easy to clean with soap and warm water or an anti-bacterial wipe.

The Thumbby is designed to stick to walls for ease of use, leaning with just your body weight. It can also be used on the floor without sliding like balls. Plus, the soft silicone texture will not bruise and the shape has multiple geometries to release trigger points and restrictions in most parts of your body. You can use the point, slope, shoulder, and base of the Thumbby to find the right angle to apply pressure to a muscle.



Hips (standing or lying down w/leg crossed)

This technique releases the hips, buttocks, low back and core.



Lean into Thumbby, so the point is connected to the most restricted area.

Allow your hip to sink deeply for 5-10 minutes or until you feel a release.

Repeat for all restricted areas.



Hips (seated and/or with leg crossed)

This technique releases the hips, buttocks, low back and core.



Lean into Thumbby, so the point is connected to the most restricted area.

Allow your hip to sink deeply for 5-10 minutes or until you feel a release.

Repeat for all restricted areas.



Back (standing)

This technique releases the upper back, mid back, and spine.



Lean into Thumbby, so the point is connected to the most restricted area.

Allow your back to sink deeply for 5-10 minutes or until you feel a release.

Repeat for all restricted areas.

Shoulders (standing or lying down)

This technique releases the shoulders, upper back, and neck.



Lean into Thumbby, so the point is connected to the most restricted area.

Allow your rhomboids (the muscle between your shoulder blades and spine) to sink deeply for 5-10 minutes or until you feel a release.

Repeat for all restricted areas.



Shoulder Cap (standing w/unwinding)

This technique releases the shoulders, upper back, and neck.



Lean into Thumbby, so the point is connected to the most restricted area.

Allow your deltoid (the muscle that caps your shoulder) to sink deeply.

Then slowly move your arm around to find an angle that feels more intense until it releases.

Continue to move your arm around repeating the process until everything feels free.