

Da Vinci Tool

Users Guide

Body Parts (photos on following pages)

- C1/C2 standing (rounded edge)
- Hips (rounded edge)
- Spine (rounded edge)
- Side of spine (rounded edge)
- Shoulders (pointed edge)
- Lower legs (serrated edge)
- Upper arms seated (serrated edge)
- Lower arms seated (serrated edge)
- Occiput lying (serrated edge)

Body Positions

- Leaning on wall (upper neck)
- Laying on floor (with yoga mat/blanket)
- Seated with table nearby

The Da Vinci Tool's innovative shape has 3 sides designed to offer you a wide range of uses throughout your entire body. Use the blunt (rounded) side when you want a broader & softer release on an aching trigger point. The edged (pointed) side allows a more direct & acute release that penetrates as deep as you need. The serrated edge has multiple uses; ideal for fingers & toes, it also works great as a grip for partner use. Experiment to find what it can do for you.

Rounded Edge



Pointed Edge



Serrated Edge



C1/C2 (standing with rounded edge)

This technique releases the occiput and occipital condyle, which connect to C1 & C2. This is good for headaches, neck pain and TMJ issues.



Standing against a wall, hook the rounded edge into the soft tissue just below the base of your skull (occiput).

Bring your right ear towards your right shoulder, then your left ear towards your left shoulder.

Hold still in the most restricted area until it releases (5-10 minutes).

Hips (rounded edge)

This technique releases the hips, buttocks, low back and even legs and knees.



Allow your hip to rest on the rounded edge, with a bent leg for greater releases.

Cross that leg over the other knee for deeper releasing.

Allow the hip to sink deep for 5-10 minutes in each restriction.

Spine (rounded edge)

This technique releases the spine and anything attached to the restricted area.



Hook the rounded edge where the spine is most restricted, with spine in the space between the rounded edges. Hold up your head with your hands, sinking gently.

Continue to sink deep for 5-10 minutes in each restriction.



Hook the rounded edge along the side of your spine that is most restricted, sinking gently.

Continue to sink deep for 5-10 minutes in each restriction.

Shoulders (pointed edge)

This technique releases the shoulder, the neck and spine.



Hook the pointed edge medial to the edge of the scapula, pointed laterally.

Keep your arm raised and allow unwinding, holding for restrictions until they release.

Lower legs (serrated edge)

This technique releases the lower leg, knee, ankle and foot.



Hook the serrated edge into the calf.

Allow your leg to sink deeply for 5-10 minutes or until you feel a release. Repeat for all restricted areas.

Upper arms (seated with serrated edge)

This technique releases the upper arm, elbow, wrist and hand.



Hook the serrated edge into the upper arm.

Allow your arm to sink deeply for 5-10 minutes or until you feel a release. Repeat for all restricted areas.

Lower arms (seated with serrated edge)

This technique releases the lower arm, elbow, wrist and hand.



Hook the serrated edge into the lower arm.

Allow your arm to sink deeply for 5-10 minutes or until you feel a release. Repeat for all restricted areas.

Occiput (resting with serrated edge)

This technique releases the neck, head, jaw and headaches.



Hook the serrated edge into the occiput.

If it's too intense, place a towel between your neck/head and the Da Vinci Tool.

Sink deeply for 5-10 minutes or until you feel a release.