



Lower Back Bolster

Release tension and pain from the Lower Back

Material: Paulownia (16 x 6 x 2 inch)

▣ Benefits of Lower Back Bolster ▣

1) LBB helps correct and recover the natural curve of the spine

▣ How to Use ▣

- 1) Placing the Lower Back Bolster flat on the ground, gently lie down with your knees bent and feet on the floor like image 1.
- 2) Bring the feet together and move the LBB directly behind the bellybutton.
- 3) Inhale and comfortably hold your breath as you press the Kidney acupressure point for about seconds like image 2.
- 4) Breathe deeply and feel the pressure in your lower back as it releases tension. Do this for about 2 to 3 minutes like image 3.
- 5) Gently lift the hips and remove the LBB and rest for 2 to 3 minutes.
- 6) When you are ready to finish, slowly bring your knees to your chest and release like image 4



▣ Caution ▣

- 1) Never sit up abruptly while using the LBB. Raise your hips carefully to remove the LBB and sit up slowly.
- 2) Sometimes you may find it difficult to lift your hips after using the LBB. If this occurs, do not panic, just slowly raise your waist and carefully remove the LBB.
- 3) Do not fall asleep while using the LBB or use for prolonged periods of time.
- 4) If you have severe scoliosis or a disc problem, please consult a physician before use.