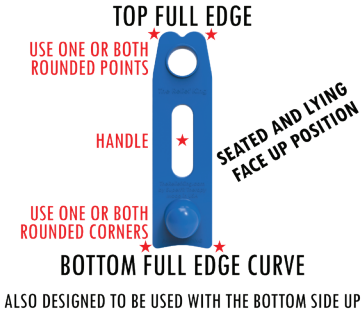
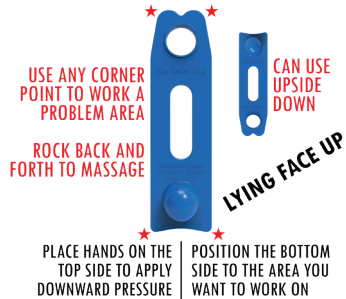


## UPRIGHT CONTACT POINTS



## UPRIGHT POSITION FOR THE CHEST AND FRONT OF THE SHOULDER

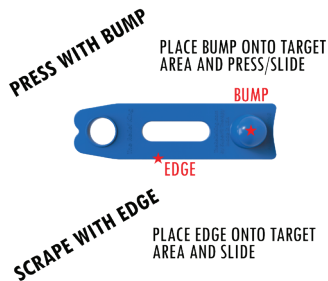


## FLAT POSITION



USE UNDER THE BODY  
-OR- PLACE ON THE  
FLOOR AND SLIDE YOUR  
FOOT OVER THE BUMP

## HAND-HELD MASSAGE TOOL



The shoulder is the most mobile joint in the body. HELP KEEP IT THAT WAY.

### Working Under the Shoulder Blade - SEATED

- (Right side example.) Sit with the knees apart.
- Place the curved bottom edge on your right thigh.
- Hold the slotted handle with your left hand.
- Raise right arm, and bend elbow 90 degrees.
- Slowly lower body forward onto the top of the device along the rib cage below the shoulder blade.
- Drape the shoulder blade over the top edge and reach your right hand toward your left knee.
- (Left side similar.)

#### Options:

- Lean forward getting under the shoulder blade looking for tender areas. Relax on those areas with gentle pressure to help them release.
- Rock the body back and forth to massage the area.
- Rock the body side to side to change the pressure angles.
- Move the knee inward and outward.

### Working the Outer Edge of the Shoulder Blade - SEATED

- Work this area similar to working under the shoulder blade, but this time place the top edge on the outer border of the shoulder blade.
- Work the lower edge, and continue working it up towards the top edge.
- For this area, you can use both the bottom and top sides.

### Working the Chest - SEATED

- Sit with the knees apart.
- Place the top edge into different areas of the chest muscles, working your way to the front of the shoulder.
- Use the top and/or the bottom curved edges for this area.

### Working the Chest and Front Shoulder - LYING ON BACK

- Place the curved bottom on the chest close to the front of the shoulder (near the armpit).
- Apply pressure by inserting thumb in the thumb hole (or hold the top) to grip the device.
- For more pressure, use two hands.
- Rock front to back to massage the area.
- (Option) Tilt the top towards the head to get in deeper with the rounded corner.

**USE BOTH** - save time working both sides.  
**USE ONE** - focus on a single problem area.  
**STACK BOTH** - to raise the height of the bump.

### Working Under the Body

- Position the bump using the handle to guide in place.
- Rocking side to side will massage the area.
- Rolling toward the bump will increase the pressure. Hold over the area to help it release.

### Working the Hips/Glutes

- Position the bump using the handle to guide in place.
- (Option 1) Rock the foot side to side with a straight leg to massage the hip area.
- (Option 2) Rock the knees side to side, with bent knees and the feet lying flat.

### Working the Lower Back - Below Ribs/Above Pelvis

- Position the bump with bent knees below the ribs.
- (Option 1) Rock the knees side to side to massage the area.
- (Option 2) Lean to one side and hold to help it release.

### Working the Mid Back - Below the Shoulder Blades

- Position the bump using the handle to guide in place.
- Using ONE allows control of the pressure in this area.
- Using BOTH on a softer surface reduces the pressure.

### Working Between the Shoulder Blades

- Place BOTH devices one on each side of the spine. (Place the bump end towards the head.)
- Lay back onto the bumps centering the spine between them.
- Relax over the bumps, or rock to massage.
- (Option) Add arm movement that reaches across the body.

Use on a floor to get in deeper with the bump.

Use on a couch or bed for more gentle pressure.

# THE RELIEF KING

The Easy Way to Help Relieve Many  
Tight Muscle Discomforts



Use one or both at the same time.

Use both separately or both together in a stacked position.

Multiple contact point options for working on different muscles.



**TWO PIECE SET**

## NOTES

Check with your doctor if you have any injuries or medical conditions before using The Relief King.

It is normal to feel tenderness where contact points press against tight muscles.

Only a few minutes are needed to release tense muscles. Stop using if you feel any numbness. This could happen if you stay on the bumps in one place for too long, or from pressing on a nerve. If this happens, reposition to a different area.

Read these instructions completely before using The Relief King™



**SuperFit**  
THERAPY

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MADE IN USA

More info at  
[TheReliefKing.com](http://TheReliefKing.com)

Leaflet RK-L01-002

Product RK01-001



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# THE RELIEF KING

Self-Care Massage Tool for the  
Whole Body



**TWO PIECE SET**

**REDUCE MUSCLE TENSION  
INCREASE MOBILITY**