



Dr. Berg[®]

THE KNOWLEDGE DOC[®]

Neck & Back SELF-MASSAGE TOOL

MANUAL



Introduction

You are about to learn a powerful stress-releasing technique. My name is Dr. Berg. I have been in practice for 25 years and have taught and certified more than 2,500 doctors in my stress and pain elimination techniques. I have created thousands of YouTube videos with hundreds of millions of views to educate people about their bodies.

Here I've provided the do-it-yourself version of these techniques!

Enjoy!

The device you are going to use has been uniquely designed after my own hand. In fact, I developed it to use on my own body, as I've had more injuries than most patients I've seen, including wrestling injuries (fractures of the leg and the neck), car accidents, and karate injuries.



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3. Quick Overview
4. The 7 Self-Massage Techniques



Basic Theory

Let's get to the point – your body is a stress bucket; it accumulates lots of stress over time, and this turns into body tension, stiffness, and tightness, which can prevent a good quality sleep.

BODY STRESS is a type of inner tension that prevents you from relaxing or going to sleep. If you scan your body for tension, the most likely locations are the neck and shoulders, lower back, and feet. You're going to learn the 7 areas on your body where most (85%) of your stress lies.

The problem with most techniques to relieve pain and stress is thinking that you can just rub the trigger spot, the tight muscle and melt the stress; this rarely works! Much of your body stress is stuck in 7 places.

In your body, there are “on” switches and “off” switches. These switches are part of the nervous system, controlling contraction and relaxation. Many people who try to relax can't because these switches are not working. It's either too contracted or too relaxed. But you can use the self-massage tool to get your body into a fully relaxed state.

For doctors & practitioners: The sympathetic (flight-or-fight) part of your autonomic nervous system is the ON switch and the parasympathetic (rest and digest) is the OFF switch.



The acupressure device shown above has 3 widths; narrow, medium, and wide, designed so it can be used on people of different sizes.



Rules:

Never press to the point where it feels uncomfortable.

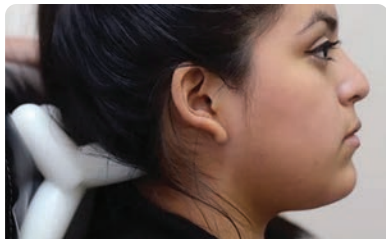
All of the techniques you are going to apply should feel good if you have the correct points and use the correct pressure. Since this is a do-it-yourself procedure, you have control over how much pressure is used.

I recommend covering all 7 points each night for 1 minute each. You may want to focus on the neck points 2 minutes longer. Some of the points will cover a larger area and take longer, especially because they have a left and a right side.

If you are sore after the technique, wait until all the soreness is gone before performing the massage exercises again.

If you feel worse after doing any procedure (this is rare), it probably means there is tension or pain being caused by something else.

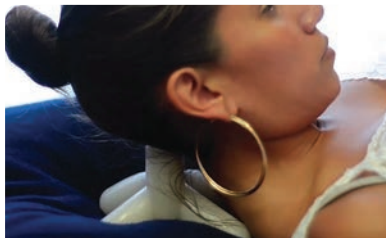
The 7 Stress Points



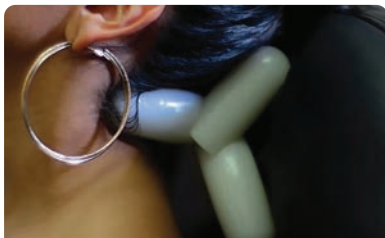
#1: Upper Neck Points



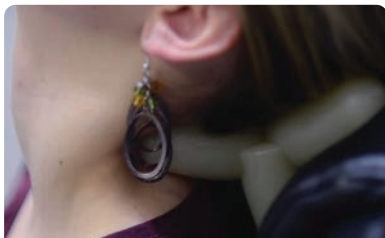
#1: Upper Neck Points



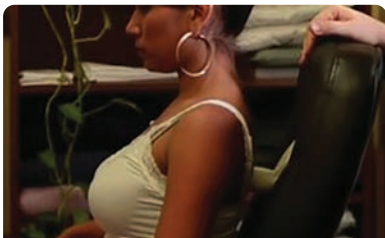
#2: Occipital Points



#3: Mid-Neck Points



#4: Lower Neck Points



#5: Mid-Back Points



#6: Collar Bone Points



#7: Abdominal Fascia Points

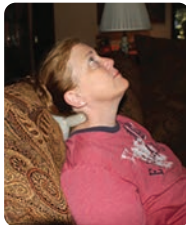
There are 7 main areas of your body that hold most of your body's stress. I recommend that you perform these following 7 techniques each night before going to bed.

1. Upper Neck Points

This technique is very powerful to ease your stress and enhance your sleep. Most people use the widest width on the tool for this one, but others may use the medium width. Start by placing the widest part just under the bottom part of your skull at the top of the neck and lean back. The best place to apply point #1 (upper neck points) is on your couch, as shown in the image below.

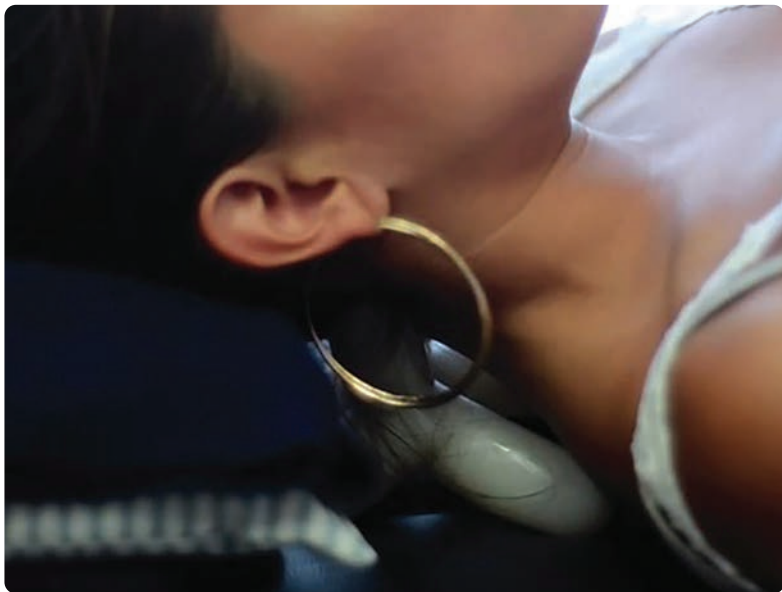
If you have a high-back office chair, this is a good setting to use the tool too. I regularly use this tool in my office.

It could also be used in your bed with some pillows, but this setup may introduce too much pressure because the entire weight of your head is placed on the tool; test it out and position your pillow correctly. The medium width is being used in the image below.



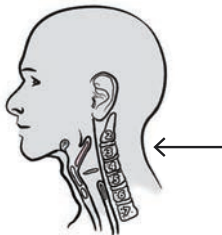


Tuck the device just below the skull and let gravity do the work. After 2-5 minutes your whole spine will let go and relax. The pressure at this location releases the tension down the spine causing a whole body relaxation.



Again, place the device directly under the back of your skull, where your neck begins (at the first cervical vertebra, which wraps around and overlaps the second vertebra).

How Does It Work?



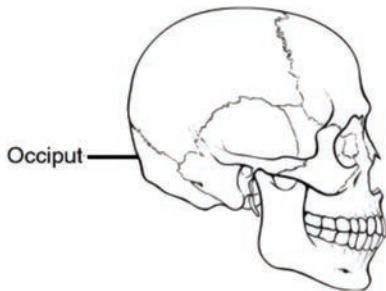
Once you position it, you will find a sweet spot, an area on which it feels good to apply pressure. Let the gravity of your head place pressure on these points (left and right) in the wedge. After about 1 to 2 minutes, your entire spine will be relaxed, and you'll be ready for sleep.

These points at the top of the neck are one of the “off” switches of the body. This switch is part of the nervous system called the parasympathetic nervous system or PNS. Another name for the PNS is “rest and digest.” These are anti-stress points.

There are even chiropractic techniques which specialize in the first cervical vertebra. This first technique applies low force over 1-2 minutes to help align the first segment of your neck. Many people find that once this is perfectly in place the entire spine lines up. The inner connective tissue that protects your spine is called the dura. This dura then gets stretched creating a wonderful relaxed sensation across the entire body. This first technique is the most important in extracting stress.

2. Occipital Points

The occiput is a bone in the lower back part of your skull.



There are several muscle attachments in this area, and many people feel major tightness here. If you loosen up these upper neck and occipital muscles, it will feel like you grew an inch, because your whole spine will be lengthened. On this point, you will use the most narrow part of the massage device and position it at a slightly upward angle, creating some traction like the image below.



Notice in the above image that the head is tilted forward and the device is actually higher (pressing into the skull) than in the upper neck stretch. Let gravity stretch this area; if this is done correctly, you will feel a slight lift to your head.



This technique is fantastic for people who have had a tailbone injury – when you fall on the tailbone, the force travels all the way up your spine and gets stuck at these points. This technique may also reduce lower back pain from a tailbone injury.

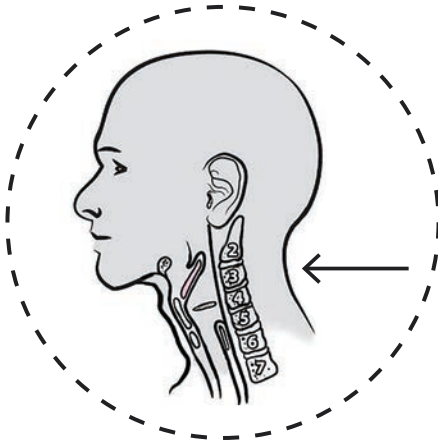
You can also focus on this point while lying down.



3. Mid-Neck Points

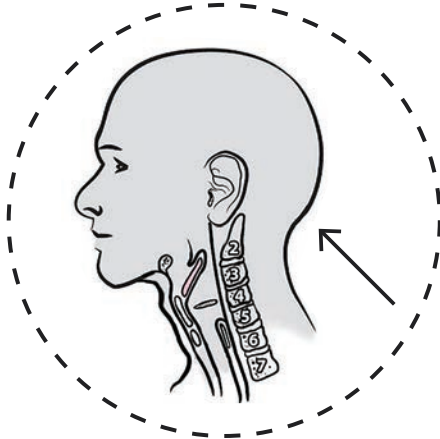
When you lose the natural curve in your neck and it starts to straighten out – or even worse, exhibit a reversed curvature – lots of tension will occur. This causes the head to feel heavier, as there is no more spring left, and the average head weighs 14 pounds! This technique helps to put the curve in the neck and removes lots of tension. You will be pressing directly on the mid part of the neck.





Simply arrange the tool at the mid part of your neck and lie back.

4. Lower Neck Points



This technique is fantastic for people who have had a tailbone injury – when you **fall** on the tailbone, the force travels **all** the way up your spine and gets stuck at these points. This technique may also reduce lower back pain from a tailbone injury.

I recommend using the medium width. A couch or a high-back chair will work best. This usually is an area of major tension for people, yet they do not often realize it until they perform this procedure. Apply pressure for 1-2 minutes. When you are done, you'll feel as though you have a nice curve in your neck.



How Does It Work?

This procedure gives people a great deal of relief from accumulated stress. This could include a history of sore throats, whiplash injuries, and tension from sitting in front a computer for 8 hours every day. Pressing inward on these points can provide increased circulation and muscle relaxation.

5. Mid-Back Points (Static & Dynamic)

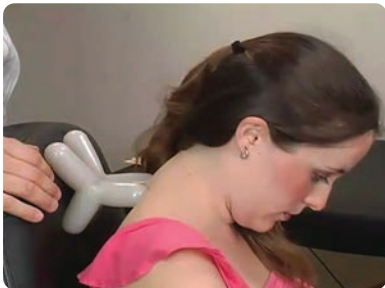
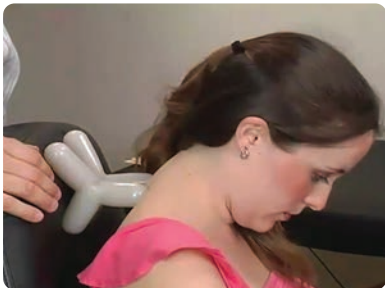
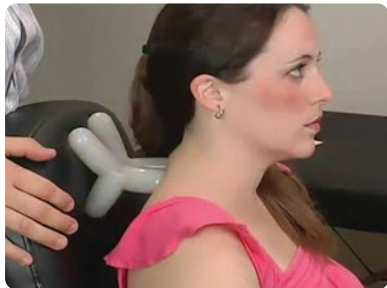
This technique is the most difficult to do by yourself – you may need a friend to help you. It can be done on the couch, a high-back chair or on your bed, depending on your back sensitivity. Some people feel that using it while lying down causes too much pressure. Use the tripod with the medium points facing upward. If you are on your couch, a friend can position and re-position the device at the different areas down the spine. As they hold the tool in place, lean back and extend yourself backwards (dynamically) and hold this position for a few seconds. Then move the massage tool downward on the spine a few inches at a time.

If you are using the tool on your bed, place it in the correct position and then lie back on the device and let gravity do its work statically (without backwards motion). You should hold the position for 30 seconds at a time for each new position. I like to start lower in the mid-back and gradually move up every other vertebrae. This could give you tremendous amount of relief, especially if your posture is poor.

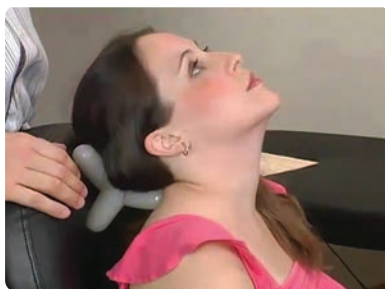


You can also do this dynamically by flexing backwards and forwards over the device. Simply do this several times at each section of your spine as you work it downward.



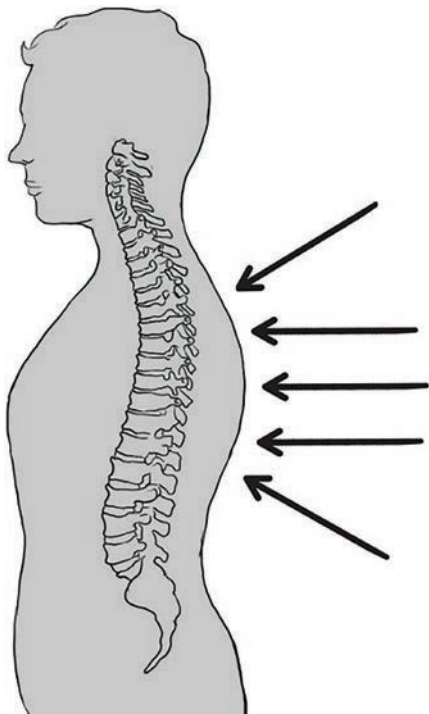


Move the tool down slightly, and then continue to move it **all** the way down to the bottom of your mid-back.



How Does It Work?

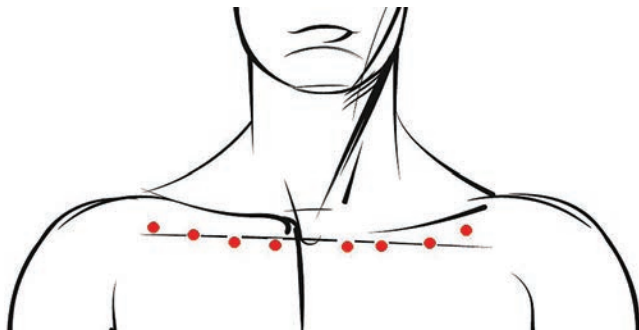
The mid-back, in an area to the left and right about 1 inch, houses the “on” switches of the body. This is the activation part of the nervous system, which is called the fight-or-flight mechanism. Adjust the angle of the tool so it’s aligned with the curve of your mid-back.



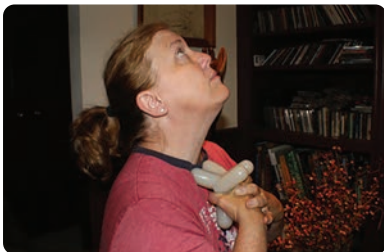
By stimulating these points, you turn off the "on" switch and experience relaxation. You are also reversing your normal forward posture, which facilitates a nice stretch.

6. Collar Bone Points

The muscles under the collar bone are most often ignored. If these muscles are tight (and they usually are), they will cause tension in the neck area and lead to tight upper back muscles. These muscles become tight after you experience a whiplash injury. Apply the device at different widths under the collar bone and then stretch your neck backwards. This will lengthen and stretch the muscles under the collar bone, which will automatically relax your upper back muscles and loosen your neck. This is a great exercise to help melt away shoulder tension.



Once you position the tool under the collar bone, you'll want to extend your neck backwards several times as you position the device centrally, then to one side, and then the other.



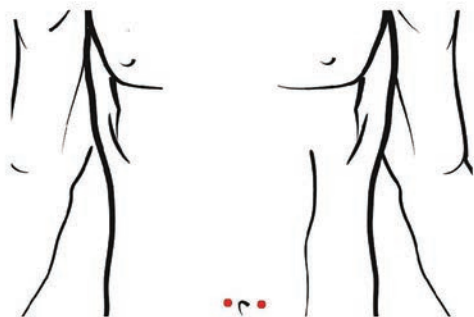
Use one prong of the tool to shift on the outer parts, both on the left and right.



7. Abdominal Fascia Points

Fascia is a type of connective tissue sheet or bands beneath the skin which attaches, stabilizes, encloses, and separates muscles and other internal organs. Fascia absorbs stress and tension from the inside of the body and muscles.

Lots of tension can build up within the fascia in your abdomen. There are several points you'll press on to release some of this stress. Make sure you press lightly and gently and apply sustained pressure in this area. There is usually a lot of stress on these points. As seen in the image below, you'll be pressing certain acupressure points starting with the left side. Press straight down on each point for 30 seconds and then switch to your right side.



Start with one side at a time from lower to higher. Spend 30 seconds on each point.





Muscle Tightness

Most people stretch their tight muscles. In this technique, you'll stretch the muscle opposing the tight muscles. For example, if you have tight hamstrings, stretch the front part of your thighs as seen below.



Why does this work?

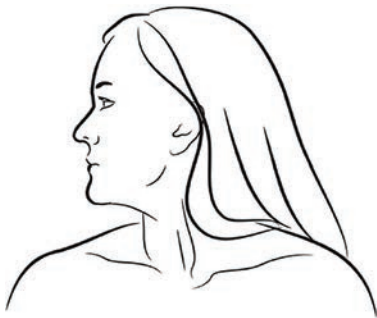
The front and back muscles always work together to create movement. Every time you tighten a muscle, the opposite muscle gets the message to loosen up. Based on this principle, to loosen up a tight muscle, all that is needed is to stretch, stimulate, or massage the muscle opposite the tight one.

Joint Motion

You can apply the same principle to a stiff joint. Do NOT stretch the tight muscle, instead stretch in the opposing direction.

For example; let's say you can't look to the right and it's stiff – as seen below.

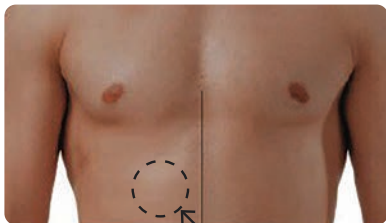
You would then stretch to the left, gently pushing your head a few times. You will suddenly notice that you will be able to turn your head to the right side much better.



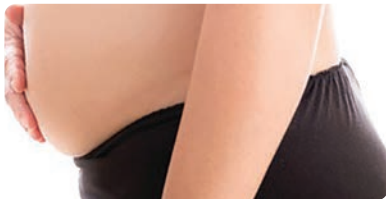
You can do this for any joint motion. Find the motion that is tight and stretch in the opposite direction.

Bloating

For bloating, press under your right rib cage. Hold gentle pressure for 1-2 minutes. This releases tension on a nerve called the phrenic nerve, which typically causes right shoulder pain.



Bloating? Press Here



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