

## What are BakBalls®?

BakBalls are portable, affordable self-treatment devices that allow the user to relieve pain and stiffness in the back, neck, shoulder, ITB, and plantar fascia at home, at the office, even in the car.

## How do BakBalls® work?

The patented design replicates physiotherapy or massage treatment by exerting localized pressure directly on painful, stiff joints and tight muscles. BakBalls can help prevent pain caused by poor posture by helping the user sit in an upright position.

## How do I use a BakBall®?

To relieve pain and stiffness, lay on the BakBall on the floor or lean against it while sitting or standing.

## BakBalls® Pricing Information



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Contact us today for more information about BakBalls<sup>®</sup>.



www.vitalitymedical.com