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(54) Titre : « HITCHINS POST » AUSSI APPELE « BACK UP 2 IT »

(54) Title: HITCHINS POST AKA BACK UP 2 IT

(57) **Abrégé/Abstract:**

The Hitchins Post is a self manipulated pressure point tool. The tool is designed such that it can be mounted in several different ways to any flat surface. The primary function for this tool is to utilize the solid structure to which it is mounted against to allow the operator to self-apply force to the hard to reach areas such as the upper/middle back, providing deep pressure point massage therapy. The tool is made to be portable and versatile such that it can be used at any time or place to relieve stress and strain such as on an airplane or at work using the chair or nearby wall as your mounting surface. The tool was designed to relieve the pain associated with Fybromyalgia, Myofascial, as well as other back and muscle related pains. The pressure point massage is accomplished using two strategically placed and sized balls which are separated by specific distances to accommodate different users.



The Hitchins Post
(a.k.a. Back Up 2 It)

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The Hitchins Post - Description
(a.k.a. Back Up 2 It)

The Hitchins Post is most effective when the user mounts it against an unmoving flat surface such as a chair, floor, or a wall. When mounted, the Hitchins Post is a hands free tool which provides the ability to self-apply the appropriate pressure for a deep tissue massage. This pressure and location of the massage is completely self-manipulated so that the user can control how much, and where relief is applied. It however is also capable of being used in the palm or your hand as well to apply pressure. The tool being small enough to carry in a purse is ideal for long travel times and the discomfort associated with being stuck in a chair for hours on end. This is also true of many workplaces. Having such a tool to provide relief from Fybromyalgia, Myofascial, as well as other back and muscle related pains where you need it when you need it will help reduce the need for pain medications and professional physical therapies.

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Figures: _____

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