Congratulations and thank-you for your purchase of your Back Relief Massage System. You are about to make your boring old seat into your personal masseuse. Let’s get started!

1) Place the panel on the seat with the fleece (soft) side facing downward on the seat. The curved arch on the panel will be facing away from the seat back.

2) Place the buckles and straps closest to the backrest through the gap between your seat and backrest as shown:

3) Lift panel off seat and place against backrest while carrying the top two set of straps over the back of the seat.

4) On the backside of the seat, click the buckles from the bottom to the buckles that are draped over the back of the seat. Cover buckles with protectors.

5) Adjust buckles and straps on the back taut but not overly tight. Make sure the icepack panel and the buckles on the backside are both in the middle of the seat.

6) You should now be able to adjust the icepack panel up or down with the straps feeding through your seat.

*Some seat bottoms on autos may require the straps to go around the backside lower seat skirt or it can be folded up.
Optional: For some truck seats that have built-in headrests, you may consider using included cross-straps on the back to keep the straps vertically in place. Caution: Do not use massage balls while vehicle is in motion. You will find plenty of time while parked. Balls can be secured behind seat while in motion.

7) Choose your desired massage balls. Place cord under the adjustment bands and thread ball through the end of the loop to secure balls to the adjustment band.

8) You can now move the loops up or down along the vertical straps.

9) The entire panel can also be moved up or down to "macro" adjust and position the ice pack panel for optimal pain relief.

Thank-you for being part of our test program for this system. We hope you love it. Please call or email us if you need help or have any questions or comments:
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