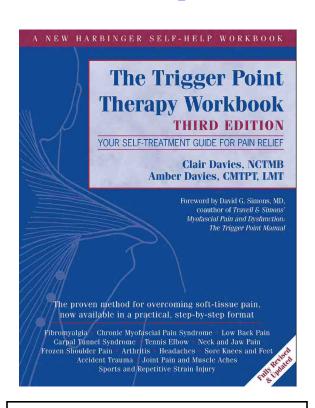
Helpful Tools for Relieving "Dentist Pain"





Healthy Back Exercises

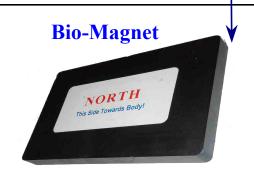


Back Wellness Kit

https://drdeanbellavia.com/index.php?option=com_hikashop&ctrl=product&task=show&cid=66&name=back-wellness-program&Itemid=733

Avoid or Reduce your Back Pain with:

- 1. 7 minutes of Lower Back WAKING Exercises
- 2. 3 minutes of Lower Back RETIRING Exercises
- 3. 6-Minute UPPER BACK weekly exercises
- 4. Bio-Magnetic Therapy (Bio-Magnet included)



Wedge-Board Example





Massage Guns

https://buyersguide.org/foot-

massagers/t/gun?m=e&d=c&c=650714343006&p=&oid=kwd-801360404578&lp=9005544&li=&nw=g&nts=1&gclid=CjwKCAjwx OymBhAFEiwAnodBLHupwHne3u_VTrKU9NFfGRZnWDNXne55 sY_ICBytV_AnmQox699FPBoCZYwQAvD_BwE&tdid=8889294