

Back Pain Relief Tools I Recommend

A curated collection of massage tools, over-the-counter pain relief products, posture props, and books I personally recommend for managing back pain. These support recovery, reduce tension, and deepen your understanding of long-term relief. These are personal recommendations based on my experience. Not intended as medical advice.

Innova Inversion Table

<https://amzn.to/3YFAi5r>



Headstand Bench

Safely do inversions without putting weight on your neck. These really helped me with back pain relief because it provides traction from being upside down. It also helped me to dial into my core muscles in a whole different way. Highly recommend.

<https://amzn.to/3YqND1f>

LEAH BUSH *Pilates*



Shiatsu Neck and Back Massager with Soothing Heat

<https://amzn.to/3ijJ9KS>

This massager feels AMAZING if you have tight upper traps. The heated massagers will make your muscles melt. Plus I love that you can control the pressure by pulling down on the straps.



Lower Back Electric Massager

<https://amzn.to/3F15V2b>

I found that this massager was great for tight areas in the middle and lower back. When I used it on my upper back it was uncomfortable on my shoulder blades.



Theracane Massager

<https://amzn.to/3pk0BiN>

This tool can concentrate pressure into those hard to reach spots. I find it particularly good for releasing upper back, neck, and shoulder trigger points, particularly a knot I always had between my right shoulder blade and spine.

LEAH BUSH *Pilates*



Salon Pas Pain Relieving Patch Small

<https://amzn.to/3CsR5QQ>

My go-to for muscle pain relief. These smaller patches are great for the upper trap, shoulder, or scapular areas. I only buy this brand because I have found others to be inferior. These contain two active ingredients: menthol and methyl salicylate, an NSAID like aspirin. The sensation is similar to Icy Hot or Tiger Balm, but without the mess and risk of getting it in your eye (I've done this and it's not fun). Wearing them for a long time may irritate your skin so wait a while before you massage the area.



Salon Pas Pain Relieving Patch Large

<https://amzn.to/3QjYHut>

These large patches are better for the mid and lower back area.



Aspercreme Roll-On Lidocaine

<https://amzn.to/3ih1SXR>

LEAH BUSH *Pilates*

I like this roll-on product because it's mess-free and can be applied to a targeted area. It does the trick when I need something stronger than the SalonPas patches.



Percussion Muscle Massage Gun

<https://amzn.to/3QiHGRs>

Percussion massagers penetrate deep into targeted areas of muscle tissue. You can find affordable options on Amazon that can be set at all different speeds and come with an array of attachments. Good for areas with persistent knots.



The Orb Massage Ball

<https://amzn.to/3vIjkqR>

A medium surface area great for rolling out targeted areas of the quadriceps, glutes, or hamstrings. I love this tool because of its size - it can fit in any gym bag, it's not as easy to lose as a tennis ball, and it's not as intense as a tennis or lacrosse ball because of its bigger surface area.



Peanut Massage Ball

LEAH BUSH *Pilates*

<https://amzn.to/3CsNBOm>

This tool is great for deep massaging the bands of muscle that flank either side of the spine.



Great for keeping your pelvis in alignment when having to sit for a long time at a desk or in a car.

Lumbar Support Pillow

<https://amzn.to/3X9cHcH>



A cool gadget designed to hit that sweet spot in your middle back.

BackPod

<https://amzn.to/3CwGHYb>



Reading List

These books really helped me to understand the many factors of back pain and the many approaches there are to manage it. These books are among the top five on Amazon. I experimented with techniques from all of them and picked what was right for me.

Crooked: Outwitting the Back Pain Industry and Getting on the Road to Recovery

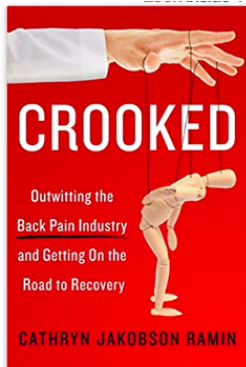
Cathryn Jakobson Ramin

<https://amzn.to/3jY0bPb>

LEAH BUSH *Pilates*

If you suffer from chronic back pain I *highly* recommend you read the book, “Crooked: Outwitting the Back Pain Industry and Getting on the Road to Recovery,” written by Investigative Reporter Cathryn Jakobsen Ramin. It’s easy to read and will really blow your mind.

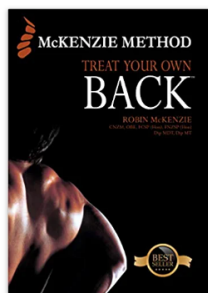
You can buy it from Amazon [here](#).



Treat Your Own Back

Robin McKenzie

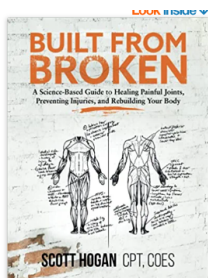
<https://amzn.to/3XsJGcr>



Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body

Scott H Hogan

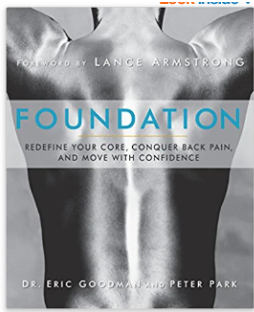
<https://amzn.to/3ZdYSeZ>



Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence

<https://amzn.to/3Z8zalk>

LEAH BUSH *Pilates*



Back Mechanic

Dr. Stuart McGill

<https://amzn.to/3w1VhU9>



Doctor's Best High Absorption Magnesium Glycinate Lysinate

<https://amzn.to/3ZLHk9G>

