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Patent No. USA: 5722102

Please read these instructions thoroughly before using the Sports Stretcher.

INSTRUCTIONS FOR USE

Use anywhere - in the office, in the lounge or on the bedroom floor.

1. Start seated on the floor and align the bony part of your spine with the centre to allow the vertebrae to rest in the 'channel' created between the knobbls. Lie back slowly and *relax*. This first position creates a straight spine and is equivalent to being propped up in bed.
2. Increase the stretch as you become accustomed to the Sports Stretcher. Your bottom will be sitting on the wooden rollers at the height of the stretch.
3. If necessary support the head with a cushion. Make sure your head and neck are comfortable at all times.
4. Return slowly to your starting position and gently roll sideways and push up to the upright position.



Start with sessions lasting no more than a few minutes.

Gradually build-up minute by minute as you progress, maximum between 10-15 minutes. You will find on a daily basis a couple of minutes a day last thing in the evening is sufficient.

The secret with the Sports Stretcher is a 'little and often'.

Always lie down slowly and gently - never force movements.

Start in the straight spine position before progressing into the full stretch position.

Bend knees up to relieve tension on lower back.

If necessary cover with a towel for added comfort.

At the height of the stretch the head and pelvis are stretched in opposite directions under the force of gravity creating a mild natural traction effect.

To be used only in the longways position. (i.e., the spine must stay in the central 'channel' at all times)

✗ People with 100% fused vertebrae/brittle bones and pregnant women should not use the Sports Stretcher.

✗ Never fall asleep on the Sports Stretcher.

Note: As with all forms of exercise people with pre-existing medical conditions should consult first with their Doctor.

If in any doubt consult your Doctor before using a Sports Stretcher. Please read these instructions thoroughly and follow them carefully.

This Sports Stretcher is not intended as a substitute for professional medical care nor is this a medical device and may not be suitable for all people. If you feel pain or dizziness, stop using this Sports Stretcher.