



Patent No. UK: 0741533  
Patent No. JAPAN: 2825979  
Patent No. USA: 5722102

Please read these instructions thoroughly before using the Neckstretcher.

## INSTRUCTIONS FOR USE

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

1. Lie down on your back, feet flat on the floor, knees bent.
2. Place the Neckstretcher behind the head so that the shoulders rest on the long sloped section containing the three rollers - making contact with the tense muscles.
3. The top roller makes contact with the pressure points at the base of the skull and either side of the bony part of the neck.
4. Once positioned make yourself comfortable by slowly lowering your legs flat. Arms resting lightly by your side. Breathe naturally...*Relax*. Let the Neckstretcher do all the work.

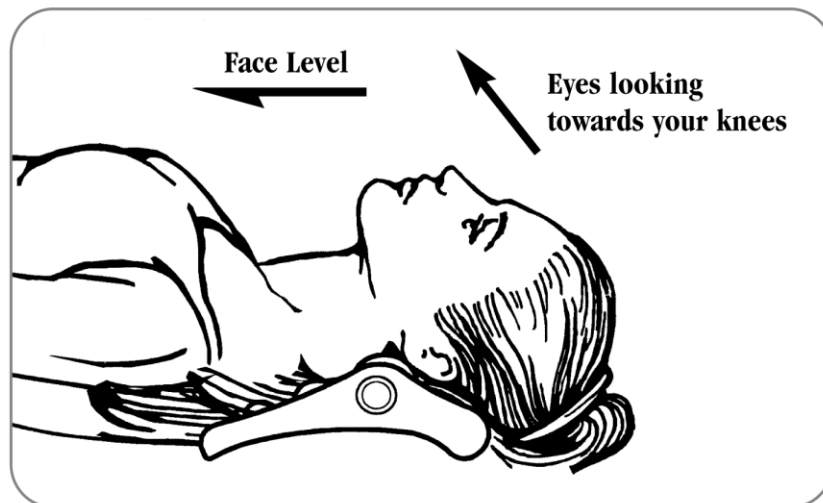
**Always lie back slowly and gently - never force movements.**

**Cover with a folded towel for added comfort if necessary.**

**Bend knees up to relieve tension on lower back.**

**Start with sessions lasting no more than a few minutes.**

**Gradually build minute by minute as you progress, maximum between 10-15 minutes.**



**✗ People with 100% fused vertebrae/brittle bones and pregnant women should not use this Neckstretcher.**

**✗ Never fall asleep on the Neckstretcher.**

**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 Neckstretcher. Please read these instructions thoroughly and follow them carefully.

This Neckstretcher 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 Neckstretcher.