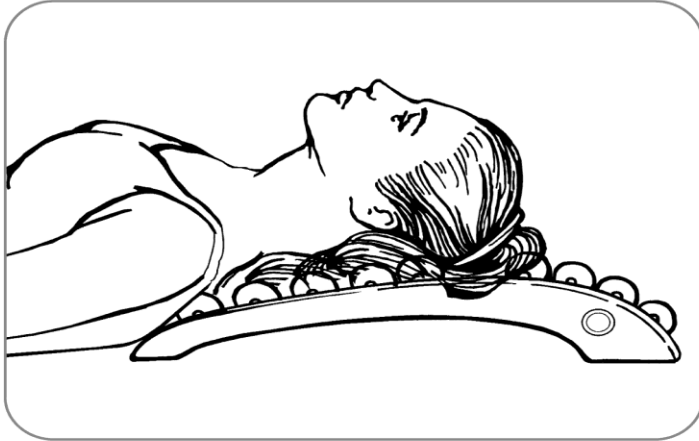


Please read these instructions thoroughly before using the 'Soft & Gentle' Backstretcher.

INSTRUCTIONS FOR USE

a **Starting position:** *As easy as propping yourself up in bed.*

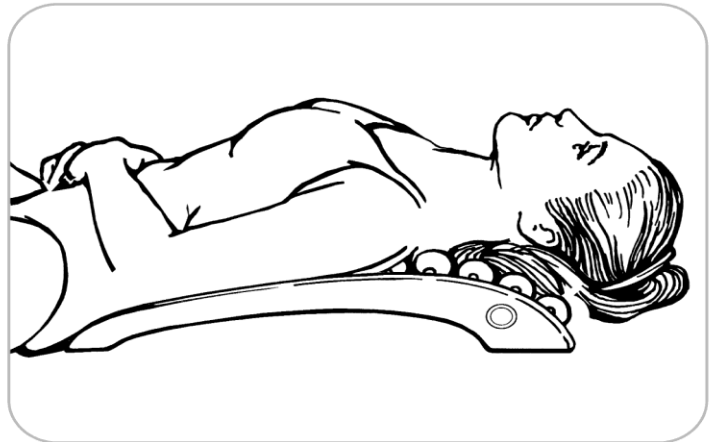


1. Start seated on the floor. Slowly lie down so that your head positions itself as per the illustration *a* (This creates a comfortable starting position, the spine is straight in this position.)
2. Make sure you align the bony part of your spine with the centre to allow the vertebrae to rest in the 'channel' created between the knobs.
3. Always lie back slowly and gently - never force movements.

Start with sessions lasting no more than a few minutes at a time.

b **Upper back stretch position:** *Great for correcting round shoulders.*

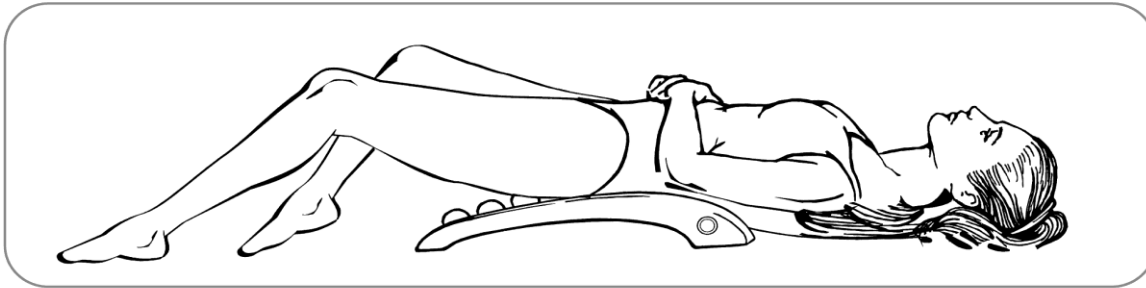
4. Gradually move along the Backstretcher until you are in the upperback stretch position as per illustration *b*.
5. (Until you become fully used to these stretches support the head with a cushion to make your head and neck comfortable at all times. If necessary cover with a towel for added comfort.)
6. Bend knees up to relieve tension on lower back.
7. 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.
8. Placing your arms above your head increases the stretch.



As you become accustomed to the Backstretcher you can gradually build up minute by minute as you progress to a maximum of 10-15 minutes.

You will find on a daily basis, a couple of minutes in each position, last thing in the evening most effective.

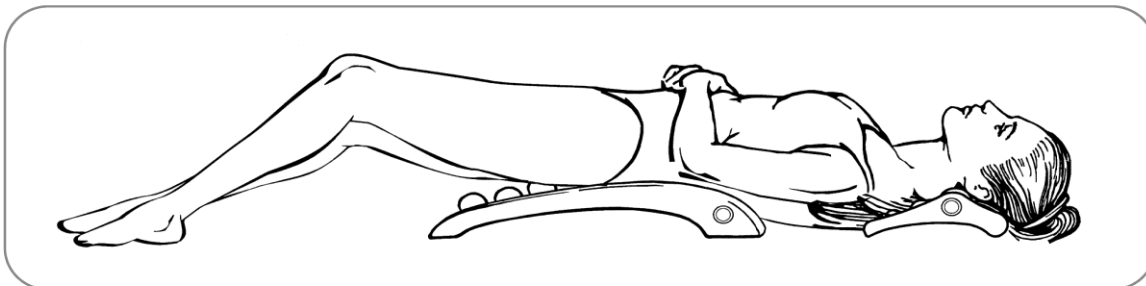
However, bear in mind the secret with the Backstretcher is 'a little and often'. So if you can find time to use the Backstretcher 2-3 times a day so much the better.

C**Stretch for low back pain relief:** *Removes stresses and strains from the lower lumbar.*

9. Continue to inch backwards until your low back is cradled by the Backstretcher

10. And relax here...upper back, shoulders and head comfortably rest on the floor.

To be used only in the longways position - the spine must stay in the central channel at all times.

d**Used in conjunction with the Backstretcher:** *The Neckstretcher can be placed under the neck.*

11. Used in conjunction with the Backstretcher, the Neckstretcher can be placed under the neck as per illustration **d** to combine the benefits of the two separate stretchers.

12. When finished remove Neckstretcher.

13. Keep inching backwards until you are totally flat on the floor..... *Relax*.

14. Gently roll sideways and push up to the upright position.

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

✗ Never fall asleep on the Backstretcher.

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 Backstretcher. Please read these instructions thoroughly and follow them carefully.

This Backstretcher 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 Backstretcher.

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