

A white circular inset containing a photograph of a Vive Back Stretcher. The device is a grey, curved, arch-shaped piece of plastic with a black base. It has several small circular indentations along its top surface. The background of the entire page is a teal color with white line-art illustrations of various medical and fitness equipment, including a heart rate monitor, a digital scale, a blood pressure cuff, and a digital scale.

vive®

## **BACK STRETCHER**

Owner's Manual  
RHB1051GRY

[vivehealth.com](http://vivehealth.com)

## WHAT'S INCLUDED

- 1x Adjustable Back Stretcher

## HOW TO ASSEMBLE

### Step 1

Position the wide end of the base closest to you on a flat surface.



### Step 2

Slide the wide end of the top piece into the single slot of the wide end of the base.



### Step 3

Carefully but firmly press down the narrow side of the top piece with your fingers to create a slight bend in the arch support and carefully slide the narrow end of the top piece into the desired level position on the base. To adjust to a different level, simply slide the top piece up and back as needed.



Before use, please read and follow all guidelines and warnings in this guide to maximize the benefits of your new back stretcher.

## HOW TO USE/SETTINGS

- **Position One (Starting Position)** - Provides the least amount of stretch for beginners.
- **Position Two** - Provides a good stretch for intermediate users.
- **Position Three** - Provides a greater stretch for advanced users.
- **Position Four** - Provides maximum stretch for the most advanced users.

## HOW TO START

- Sit on the floor and place the stretcher behind you so that the wider end is closest to you and your back is against the stretcher.



- Slowly lie back onto the back stretcher with your knees bent.
- Center your spine into the opening designed to cradle your spine and provide extra comfort.

## SUGGESTED STRETCHES

### Stretch Position 1. Gentle Stretch

Set the back stretcher to position 1 and lay back. With your knees bent, rest your arms where you find them to be most comfortable. This position provides the least amount of stretch and is the easiest for beginners to do. If a greater stretch is desired, proceed to the following positions.



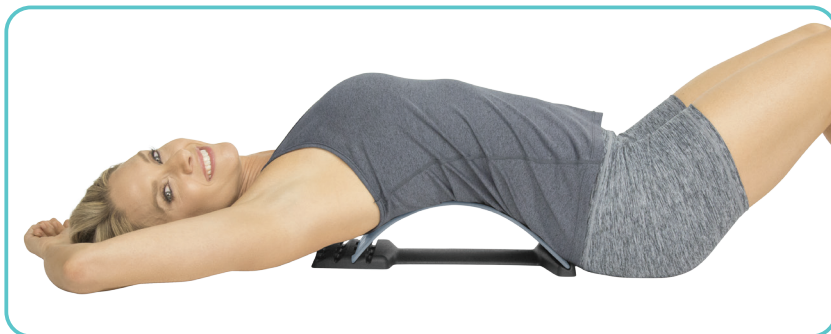
### Stretch Position 2. Medium Stretch

Set the back stretcher to position 2 and lay back. Keeping your knees bent, raise your arms over your head and rest them as close to the floor as you can for an additional stretch. In time, it will become easier and you may be able to extend your arms fully and rest your elbows comfortably on the floor.



### Stretch Position 3. Moderate Stretch

Set the back stretcher to position 3 and lay back. Raise your arms over your head and rest them as close to the floor as you can for an additional stretch. You will feel your back, shoulder, chest and abdominal muscles stretching. Concentrate on relaxing as much as possible.



### Stretch Position 4. Maximum Stretch

Set the back stretcher to position 4 and lay back. Raise your arms over your head and rest them as close to the floor as you can for an additional stretch. You will feel your back, shoulder, chest and abdominal muscles stretching. Concentrate on relaxing as much as possible.



**Note:** You may try straightening your legs to increase the intensity of any stretch position.

## Recover Position

When you are finished with your stretch roll onto your side and off of the back stretcher. Sit up gradually and rest for 30 seconds before standing. You must allow the blood to move back down from your head to your heart, otherwise you may become dizzy.

### TIPS:

- Always use the back stretcher on a non-slip surface such as a secured mat, rug or carpet.
- Place a pillow beneath your head for comfort.
- Relax and breathe normally.
- Always begin stretching at Position 1.
- As your flexibility and posture improve, you can experiment with Position 2 and 3, although it is not necessary.
- Do not exceed five minutes per stretch per session in your desired position.
- Do not exceed more than three sessions per day.

### WARNINGS

- Consult your physician before using a back stretcher device, especially if you have pre-existing back or neck injuries or conditions.
- Certain conditions may be contraindicated for using a back stretcher use such as: spondylosis, osteoporosis, severe arthritis, spondylolisthesis, spinal lesions or tumors, and acute fractures.
- Please use this product only for its intended purpose.
- If you find it difficult to stretch for five minutes, stop. Do only what you are comfortable with and slowly work up to five minutes.

- Individual results may vary. Some users experience immediate relief and noticeable benefits, while others may take several weeks to feel a difference.
- If you experience discomfort, it can be an indication of the amount of tension and tightness in your back, which should subside over time. If your pain or discomfort persists, discontinue use and consult your physician.
- Should you experience any irregular physical condition, such as questionable muscle or joint pain, STOP immediately and consult your physician.

## CARE INSTRUCTIONS

- Wipe with a damp cloth and/or a mild detergent.
- Air dry.



## QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.



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