

Instructions for use

Please read carefully, both the usage and washing instructions, before using the product.

All Back on Track products should be implemented gradually. To start with, use the product for a maximum of four hours a day for the first 2-3 days. The body then has the opportunity to familiarize itself with the fabric's effects.

The reason we recommend starting with a maximum of 4 hours use is that some people experience pain in the beginning. In horses and dogs, it manifests itself as a swelling. This is due to the increased blood circulation, which is actually a good indication that the ceramic fabric is taking effect. This initial pain or swelling can occur anywhere from a few to several hours of use. You should then cease using the product any more that day, and instead introducing it carefully and more gradually over the following days.

After the introductory period you should up the usage to a minimum of 8 hours per day, preferably more. After only an hour or so is often perceived a positive effect on tight muscles and stiff joints. More persistent problems may require several days, usually between 10-20, before the desired result is achieved.

After the introductory period of 2-3 days it is important to continue to use the product intensively at least 10, preferably 20 days, before assessing its impact. Since this ceramic fabric reflects more of the body's heat radiation as you move, the effect is greatest if you wear the product when active. Back on Track also works when resting, even when you sleep.

Continue to use the product according to the routine you develop, or use it for two weeks and then take a break in the third week, this in order to avoid dependency. The sensitivity of this dependency varies from individual to individual. For maximum effect, the ceramic fabric should be in direct contact with the skin (if necessary, a thin cotton cloth inserted between).

Note: Caution is advised during simultaneous use with liniment or similar, since the effect is amplified.

Use the product only as directed and consult a doctor if symptoms persist. Do not use during pregnancy.

Specific instructions for use on horses and dogs

Keep in mind that the effect of Back and Track increases with movement when the body heat increases, so in addition to using pads and blankets in the stables, the horse can also be allowed to move around with the Back on Track products.

Especially suitable in this context is Riding Boots, Bandages, Saddle Pads, Exercise Rug and Exercise Machine Rug.

For long term problems, the horse may need to use Back on Track for an extended period. Use the product for two to three weeks and have a break one week, to see if the symptoms persist.

As a preventive measure, Back on Track can be used with regular breaks. Use Back on Track 1 day before and 2 days after exercise and then stop until the next workout. For warm-up, use 1-2 hours before and 2-4 hours after exercise.

For dogs, one often uses the standard Dog Rug, which is rain repellent and breaths. However, it should be noted that for long-running problems, Back on Track should be used for several weeks, at least 8 hours per day, with regular breaks in order to achieve the desired results. This means that the dog can use the rug day and night, indoor as well as outdoor, 24/7. If being used at night, it is probably more comfortable for the dog to wear the Mesh Rug, which is more adaptable. Alternatively, the dog may be provided with a mattress with "memory foam" or a cover of Back on Track to the sleeping basket. The foam part molds to the body shape and relieves a sore back.

Washing

Back on Track products can be machine washed at 30 degrees C with normal detergent. Air dry.

Note: Do not use bleach or fabric softener, or tumble dry. The product should be ironed at a maximum temperature of 50 degrees C. The ceramic powder is fused in the fibres of polyester/polypropylene and does not separate when washed.

The textile is produced in China and consists of 100% polypropylene (PP) with ceramic powder or 50% polyester with ceramic powder and 50% cotton.