

NECKUP

**Neck
Stretcher**



**USER
MANUAL**



Contact us:
www.reathlete.com
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Thank you for getting NeckUp!

This advanced device works based on the traction pillow principle to stretch and relax your cervical spine region, but it takes the principle further as we've added air pumping for you to relax and effectively relieve minor pain.

Please read this manual before using NeckUp and keep the manual for reference.

If you have any questions feel free to contact us directly for answers and assistance. Don't use NeckUp in any ways that are not described in this manual.

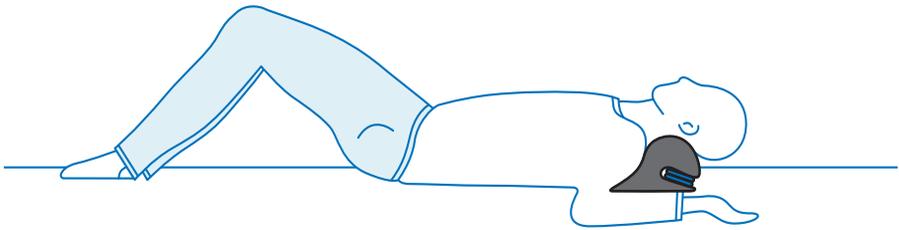
NeckUp Parts

- 1 Air Pump
- 2 Convex Side
- 3 Massage Points
- 4 Concave Side



How to Use

Please note that this product is intended for household use only. You can take it with you to your car, office, or gym, but the use of it in commercial, rental, or institutional settings is not allowed.



- 1) Lie on your back on a flat surface and place NeckUp under your neck. It is recommended to start with the convex side of the stretcher, so first, put your head on the side that doesn't have the airbag under it.
 - 2) Adjust your pose and the stretcher until you feel comfortable.
 - 3) Try to relax, and after a few minutes, flip the massager so that your head now rests on the concave side that has the airbag under it.
 - 4) Place your hands at the sides of the stretcher and bend your knees.
 - 5) Allow your neck to stretch and relax for a few minutes.
 - 6) Use the air pump to inflate and deflate the airbag, regulating the height and the extension of the cervical spine.
 - 7) Feel the neck stretching and the pain being relieved.
 - 8) Do not stand up immediately after a session: take it slow.
- Recommended: Not more than 10 minutes per session, not more than 30 minutes a day**

Maintenance

Clean the stretcher with a cloth. Do not immerse it in any liquid to clean. Never use abrasive cleaners, brushers, gasoline, kerosene, glass/ furniture polish, or paint thinner to clean the stretcher. Store the stretcher in a safe, dry, and cool place.

Attention

- 1) It is not recommended to use the stretcher as a daily pillow.
- 2) Initial discomfort is a common occurrence; kindly allow 1 to 3 days for adjustment.
- 3) Please consult with a medical professional if you plan to use the stretcher every day.
- 4) The use of the stretcher is not recommended for children under 12.
- 5) For adults, it is advised to start with 5 minutes per session during the first week and to gradually increase the duration to up to 10 minutes per session.
- 6) Stop using the stretcher immediately if you feel uncomfortable or if any abnormalities occur.

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