



FINALLY, PEACEFUL SLEEP WITHOUT SHOULDER PAIN!

We are so excited to introduce you to your new MedCline Shoulder Relief System. This Sleep System is intended for those who suffer with chronic shoulder pain at night.

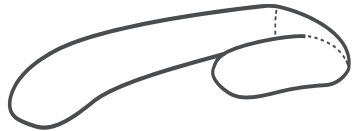


// **SHOULDER RELIEF SYSTEM**



// HOW TO SET UP

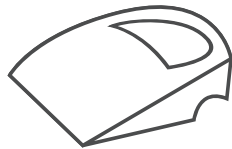
// IN THE BOX, YOU WILL FIND:



A. Therapeutic Body Pillow



B. Insert Pillow



C. Shoulder Relief Wedge

Each component has a removable/washable pillowcase installed.

In this booklet, you will find information on:

- How to set up your MedCline
- How to use your MedCline
- Tips for sleeping comfortably

All of this information and helpful videos can be found at:
[MedCline.com/howto](https://www.MedCline.com/howto)

1. Your MedCline has been compressed for shipping. After removing from their sleeves, please vigorously fluff and shake the Body Pillow and Insert Pillow. Each should regain fluffiness in about an hour.



FLUFF & SHAKE



WAIT 1 HOUR

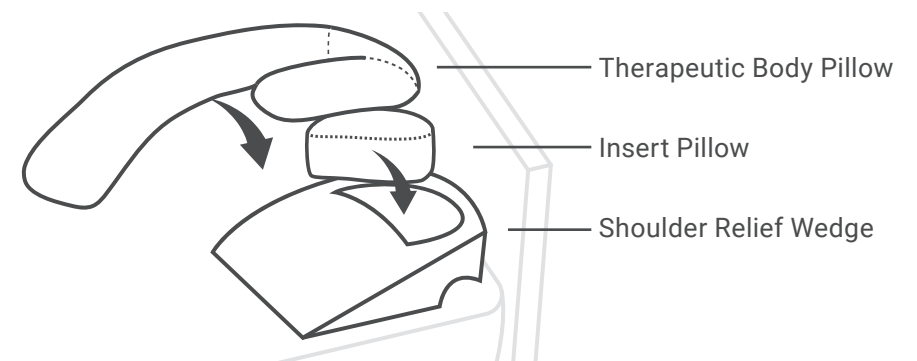


SLEEP BETTER

HELPFUL HINT:

Fluffing and shaking will also help the new foam smell dissipate, which can take up to 5-7 days. For those sensitive to the new foam smell, you can remove the cases and let the foam air out in a well-ventilated area.

2. To set up, place the Shoulder Relief Wedge on your bed. Notice the “This Side Up” sticker on the Wedge to make sure the zipper-side is down onto the bed. Place the small Insert Pillow into the arm pocket at the top of the Wedge and the Body Pillow goes on top.

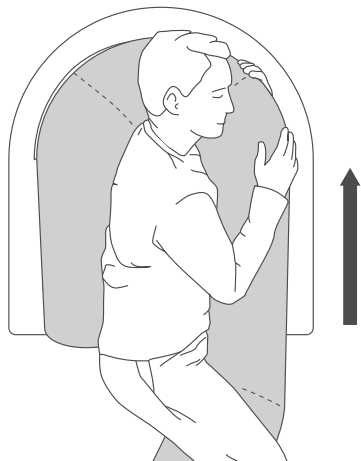




// HOW TO USE

Since shoulder injuries and reasons for shoulder pain vary greatly, experimentation will be key to find what is most comfortable for you. Here are positioning tips that will help during your adjustment period:

- 1. ELIMINATE PRESSURE FROM YOUR UNDERARM**
Your arm will drop down into the arm pocket at the top of the Wedge to remove pressure from your downside arm. You will want to scoot up high enough on the Shoulder Relief Wedge so that your downside arm is straight down inside the pocket without putting pressure on your armpit or underside of your downside arm. If you find that your arm is falling asleep during the night, scoot up the Wedge to eliminate this pressure.



- 2. FIND YOUR FAVORITE ARM POSITION**
The arm pocket at the top of the Shoulder Relief Wedge is symmetrical so that you can sleep on your right or left side. Experiment with each arm position to find what is most comfortable for you. There are two primary ways that you can position your arm:

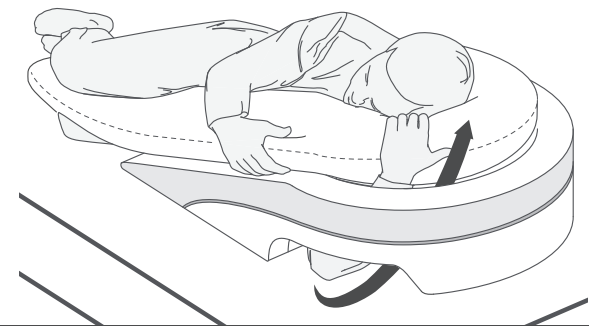
OPTION A

Extend your arm out through the hole onto the bed.



OPTION B

Keep your arm within the arm pocket so that your elbow rests on the bed and cradles the body pillow.



HELPFUL HINT:

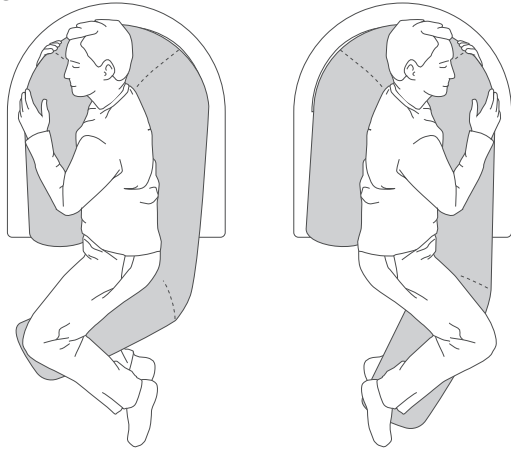
Depending on your specific shoulder injury, you may or may not be able to sleep on your “bad shoulder” but if you drop your “good shoulder” into the arm pocket, you should preserve the life of your “good shoulder” by not sleeping on it. The Body Pillow will then be able to hold your “bad shoulder” in a neutral position while sleeping.

3.

ADJUST THE STUFFING OF THE BODY PILLOW

The Body Pillow itself can be used with the long limb behind you or in front of you. Either way, once you snuggle into MedCline, exaggerate your knee bend and pull the Body Pillow between your upper thighs or knees to take pressure off your lower back.

The stuffing of the Body Pillow comes uniformly stuffed but can be adjusted to move stuffing to where you need more support or away from where you need less. Key areas of adjustment are typically around your head and neck, as well as the amount of stuffing between your knees.



HELPFUL HINT:

The stuffing will migrate over time so simply shake the Body Pillow for it to regain its original shape and fluffiness.

4.

FIND THE PERFECT COMBO

Since adjusting to a new sleep position may take some time, give your body time to adjust and continue to experiment to find what is most comfortable to you and your specific shoulder injury. And, while you do so, the new foam will soften and meld to your body making every night more comfortable than the last.

5.

DISCOVER SLEEP, GLORIOUS SLEEP!

// WE ARE HERE TO HELP!

If you have any questions about your new Shoulder Relief System, please give our Sleep Specialists a call at 800-610-1607. You can also schedule a one-on-one call with a member of our team to get individualized advice for a better night's sleep. Appointments can be scheduled at: [MedCline.com/howto](https://www.MedCline.com/howto)

We are here to help you finally sleep without shoulder pain!

// CARE INSTRUCTIONS

Your MedCline Shoulder Relief System comes with a complete set of cases installed. The cases can be removed and washed. The foam of the Shoulder Relief Wedge, Therapeutic Body Pillow, and Insert Pillow should be spot cleaned only.

Helpful videos showing how to put the cases back on can be found at: [MedCline.com/howto](https://www.MedCline.com/howto)



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ON YOUR
WAY TO
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