

Posture Pump® Disc Hydrator® Instructions

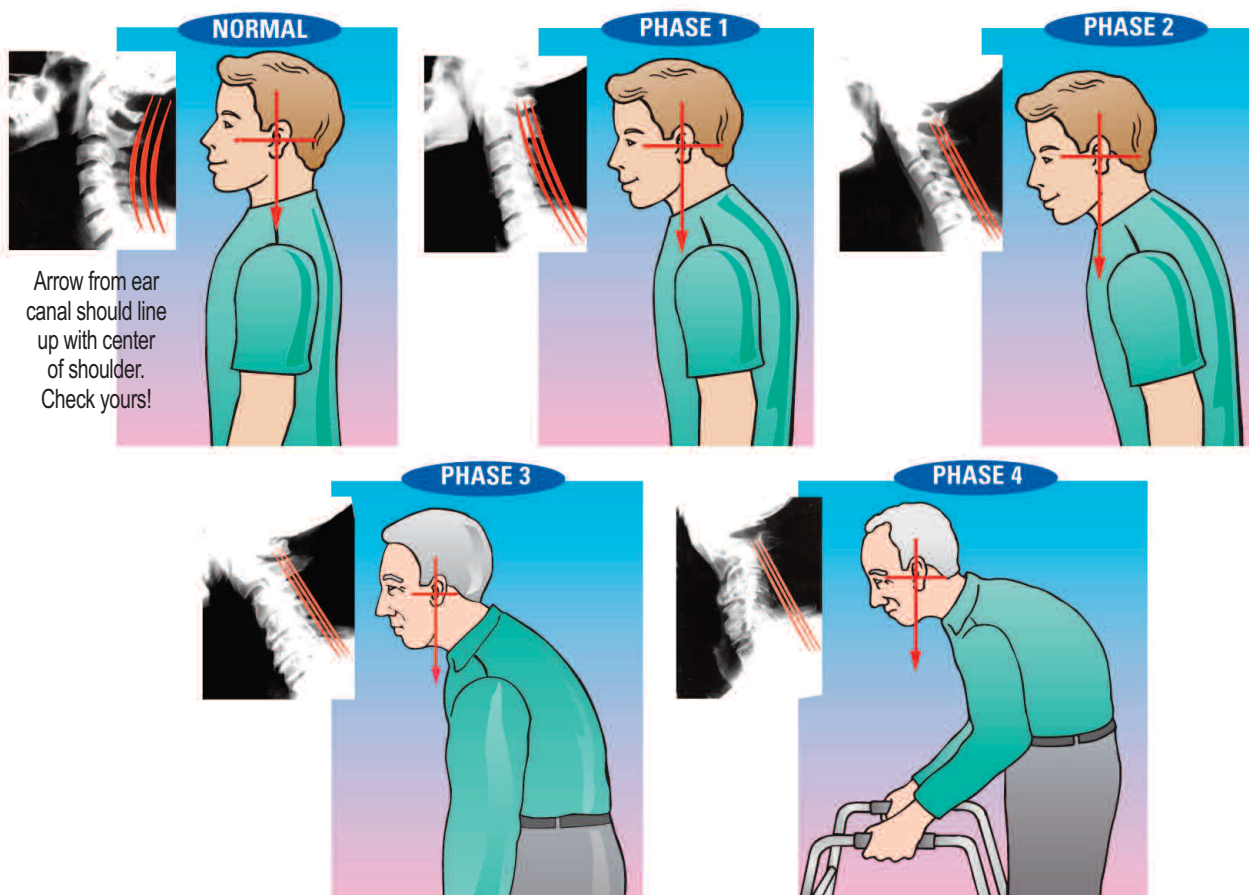
Posture Pump® Models 1100-S, 1100-SX and 1400-D Dual Disc Hydrator®

Stop! Read This First!

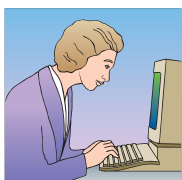
Posture Pump® is a serious spinal health product recommended by doctors to thousands of patients throughout the USA and other countries. It is not a massage device or an "occasional use" product! Keep Posture Pump® on your bed, night stand or a place where you can USE IT OFTEN. Take it with you on trips. Just minutes on the Posture Pump® will reinforce your neck and back's NATURAL CURVED SHAPE, LUBRICATE THE JOINTS and PROMOTE PROPER POSTURE.

During the first week, as the natural shape of your neck and back is strengthened, you may experience normal discomfort and soreness. As with any new exercise, THIS IS NORMAL. Skip a few days if you must, but STICK WITH IT! DON'T QUIT! Think of Posture Pump® as you would your toothbrush. Just as your toothbrush protects your teeth, let Posture Pump® strengthen and lubricate your neck and back. Like working oil into a rusty hinge, use Posture Pump® after long periods of holding your head, neck and back in uncomfortable positions. Many use it just before bedtime to relieve head, neck and back discomfort, stiffness, stress and to fall asleep easier.

Be Flexible! . . . Stand Taller! . . . Look & Feel Younger! Pick Your Posture



Help Prevent the *Hump* with Posture Pump® and Avoid *Stooped Posture* as you age.



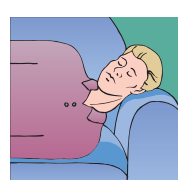
"Computer Neck"
Forward Head Carriage:
The most common cause of neck and upper back fatigue and tension.



Driving Stress:
Low back, middle back and neck tension and stiffness.



Forward-Flexed Neck Positions:
Force the natural curve out of the neck and promote poor posture.



Side-Flexed Neck Positions:
Cause stiffness and spasm.



Shoulder and Upper Back Tension



"Telephone Neck"



Use Posture Pump® regularly as directed and carefully follow directions and cautions.

Nothing works like Posture Pump®. Nothing!

Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

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6 months manufacturer warranty with proof of purchase.

Revisions 3-21

Posture Pump® Models 1100-S, 1100-SX and 1400-D Dual Disc Hydrator®

CAUTIONS – Apply to all Posture Pump® Products

IMPORTANT: Posture Pump® is proven in MRI and x-ray studies to provide high level disc expansion and spinal shaping. We recommend that it be used with the guidance of a healthcare professional. If the user tolerates the selected unit then user is to carefully follow cautions and instructions below.

1. Read instructions completely before using and follow all cautions.
2. Do not use this unit without first consulting your doctor. Specific joint, nerve, disc, vascular and other disorders or weaknesses can be aggravated and worsened.
3. Do not use if you have implanted spinal hardware.
4. Do not use if you are pregnant.
5. Do not use if you are injured.
6. Never inflate unit to the point of pain.
7. Never cover up or block off open ends of hand pump (Safety Release Valve).
8. Never reposition your body when neck unit is inflated! When using neck unit **and** back unit together, always apply the **back unit first**. When **all** movement with back unit is **complete**, apply neck unit. Completely **deflate** neck unit and release head restraint **before** moving back unit.
9. If pain results during treatment, discontinue use immediately and consult your doctor.
10. If your back is sensitive or extremely stiff, first use the unit on your bed/mattress. As your flexibility increases, you may wish to graduate to a flat, firm surface.
11. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
12. Keep unit out of the reach of children at all times.

Instructions for Posture Pump® Disc Hydrator® Models 1100-S, 1100-SX and 1400-D Dual Disc Hydrator® (Neck Pump®)

WARM-UP ROUTINE

Begin by slowly turning the head side-to-side 5 times; then tilting the head forward and backward 5 times; then leaning the neck from side-to-side 5 times.

INSTRUCTIONS

1. After warm-up routine, place *deflated* unit on a comfortable, firm surface. **Deflate air cell(s) by pushing the button on the pump and squeezing air cell(s).** With Comfort Visor™ forehead restraint untangled at back of unit, slide and *center* unit under the back of your neck, **snugly** against your shoulders and upper back.*



2. *Center your neck* on neck cradle measuring with your index fingers. (see illustration)*



3. Apply Comfort Visor™ by **centering** it across your forehead. While holding it there with fingers, lightly tighten one side at a time until snug and centered. Allow it to **slide back toward hairline** as you pull all slack out of Comfort Visor™ ends equally while holding frame down with fingers. Comfort Visor™ will mold to the shape of your forehead as it slides back. Reposition until it feels secure and comfortable. (see illustrations) *Note: For smaller heads and shorter necks locate Comfort Visor™ in forward slots. For larger size locate Comfort Visor™ in back slots.*



4. Hold back of unit down with tips of index fingers or thumbs and further tighten Comfort Visor™ if necessary. (see illustration above)

5. Press ends of Comfort Visor™ straps across the Velcro® forehead section. Comfort Visor™ should be as snug as possible without lifting up the back of the unit and may be tightened further after the first repetition. (Back of frame may lift **slightly during application** on some surfaces, **THIS IS NORMAL.**)



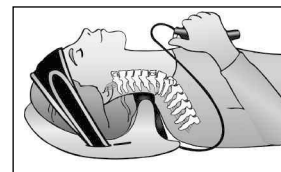
6. **Slowly** pump unit up to your own comfort level; **never to the point of pain.** Model 1100-S usually 1 to 7 complete pumps; Model 1100-SX between 1 – 9 complete pumps; Model 1400-D Dual Disc Hydrator® usually 2 to 12 complete pumps. Pump less times during first week of use. (Pump is equipped with automatic air release valve, limiting inflation.) Never cover up or block off open ends of hand pump.



7. Wait approximately 10 seconds; then release all air by pushing the manual air release button on the pump. Repeat approximately 10 to 15 times.

8. Next, inflate unit to a comfortable level (**never to the point of pain**) and relax on inflated unit for 1 to 5 minutes on **first session**. **Gradually** work up to a **maximum** goal of 15 minutes by adding a few minutes to each session or as directed by your healthcare professional. Inflate unit at lower levels the first week, thus reducing soreness commonly caused by aggressive usage.

9. Completely deflate unit, release Velcro® straps from forehead and remove Comfort Visor™. Roll off unit to your right or left side slowly and carefully without turning your head. When you are free from the unit and standing or sitting in an upright position, gently and slowly repeat warm-up routine to acclimate your neck muscles to the weight of your head.



10. Keep unit near bed or night stand and repeat the above treatment as recommended by your healthcare provider. Keep unit out of the reach of children at all times.

Air Cell Positional Adjustments

Upper Air Cell: Air cell should be **centered** to expand **straight up unless otherwise recommended by your healthcare professional.** To adjust unoccupied air cell: Fully inflate air cell, forcefully **CENTER** or tilt completely in the desired direction, **HOLD** and deflate fully. Air cell is now repositioned. Apply as directed.

Q: My muscles were sore a day or two after my Posture Pump® session. Is this normal?

A: Just like performing any new exercise, an aggressive workout with Posture Pump® can temporarily make you sore. To reduce this occurrence, inflate the unit at lower levels and keep your sessions under 10-minutes for the first 2 weeks. This will allow your body to gradually adapt to more aggressive sessions.

WARRANTY: 6 MONTH WARRANTY FROM DATE OF PURCHASE PROVIDED BY MANUFACTURER

If you've purchased your Posture Pump® with the Comfort Pad attached, this easily folds up and is lightweight. Simply wipe down with a damp cloth for cleaning. There are 4 plastic pegs that connect the Comfort Pad to the neck frame so be sure to KEEP OUT OF REACH OF CHILDREN AND PETS.

*If you are not *snug, comfortable* and *centered* on the inflated bladder, or if it seems to inflate unevenly, release the air, then the restraint, **center** yourself on unit and reapply restraint.

To contact Posture Pro, Inc, call 1-800-632-5776 (USA) or (714) 847-8607 Fax (714) 375-4183 www.posturepump.com • sales@posturepump.com

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