

Posture Pump® Disc Hydrator® Instructions

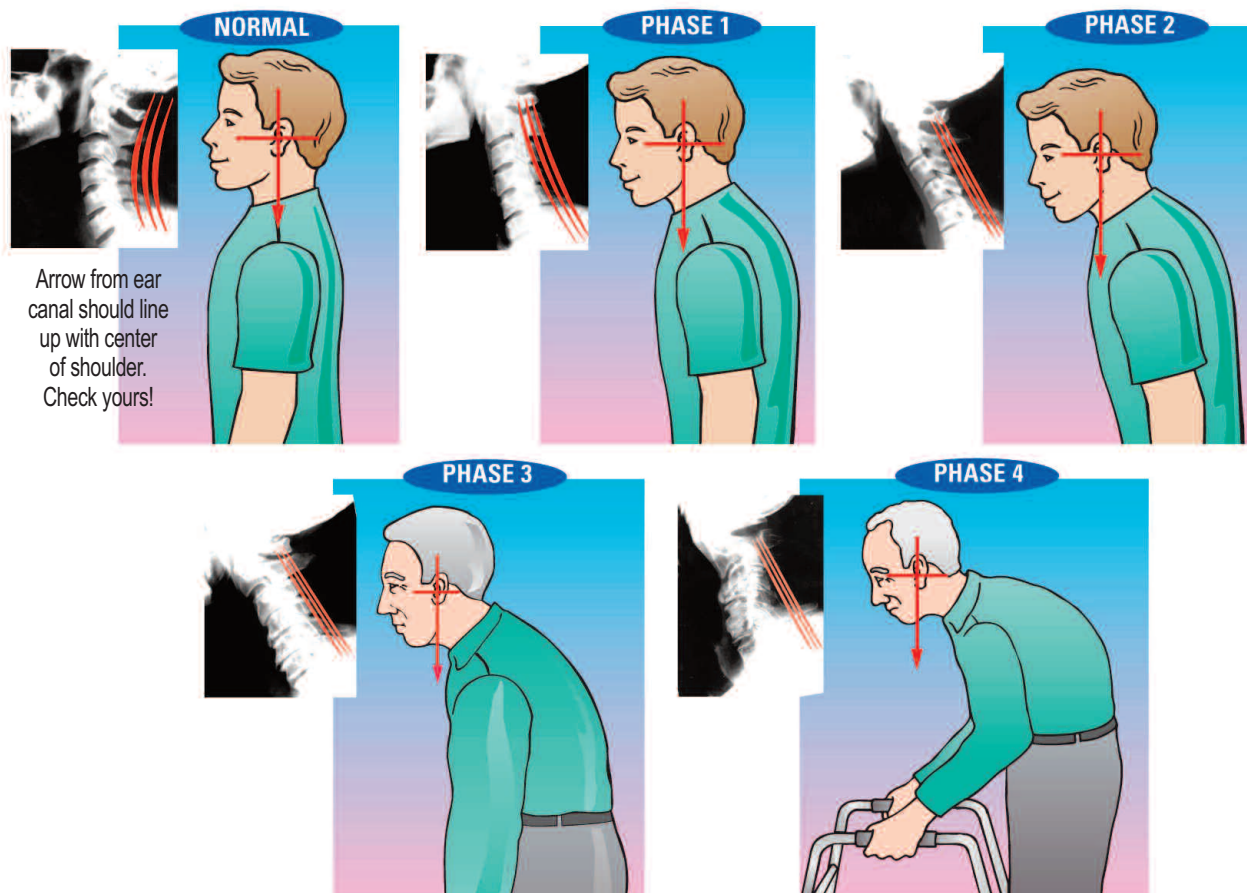
Posture Pump® Elliptical Back Rocker™ Model 2000

Stop! Read This First!

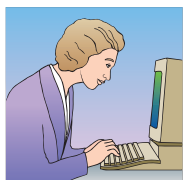
Posture Pump® is a serious spinal health product recommended by doctors to thousands of patients throughout the USA and other countries. It is not a massage device or an "occasional use" product! Keep Posture Pump® on your bed, night stand or a place where you can USE IT OFTEN. Take it with you on trips. 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



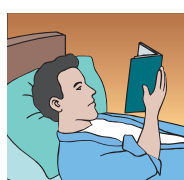
Help Prevent the *Hump* with Posture Pump® and Avoid *Stooped Posture* as you age.



"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"

Nothing works like
Posture Pump® Nothing!

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



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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U. S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085.B2 • 8,029,453.B2 • 8,734,372 • 8,764,693 • 9,095,419 • 9,241,820 • 10,406,397 B1 . Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice. Posture Pump® products are not designed to diagnose or cure disease. POSTURE PUMP®, NECK PUMP®, BACK PUMP®, SCOLIGON®, DISC HYDRATOR®, SPINE TRAINER®, Penta Vec®, Expanding Ellipsoidal Decompression (EED®), Elliptical Back Rocker™, Decompress, Shape & Lubricate™, Triveco®, Triveco® 3D, Posture Pump® Triple Disc Hydrator®

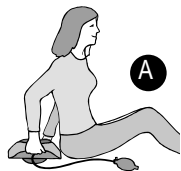
Posture Pump® Model 2000

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. If pain results during treatment, discontinue use immediately and consult your doctor.
9. 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.
10. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
11. Keep unit out of the reach of children at all times.

Posture Pump® Disc Hydrator® Elliptical Back Rocker™ (Model 2000) (Back Pump®)



A Warm-Up Routine

A. On a comfortable firm surface, in a seated position, slide deflated unit (black tubing will be to your right side) against low back and buttocks. (See illustration A)

B. Gently lean back over deflated unit and locate the position your doctor has recommended or the one most comfortable and beneficial to you. While position (2) is the most common position, many users workout the back in all (3) positions. (See illustration of Positions 1, 2 & 3)

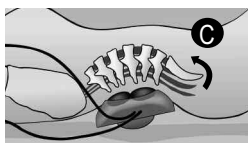
Position (1): Buttocks should rest on top of unit with lowest air cell just above tailbone (see illustration).

Position (2): (Most common position) Buttocks should hang off edge of unit (see illustration).

Position (3): Place unit in upper portion of low back and mid back (see illustration).

Once in position move the Posture Pump® Disc Hydrator® Elliptical Back Rocker™ (Model 2000) slightly up or down, left or right to locate the most centered and comfortable position for you.*

C. While lying flat on unit with knees bent and feet firmly on the ground, rock pelvis up and back toward belly button using abdominal muscles to lift buttocks. (See illustration C)

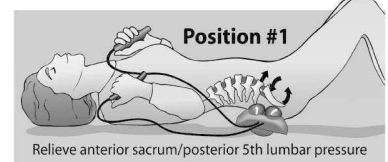


Air cells deflated during warm-up routine

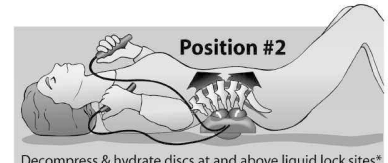


Next rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks toward floor. (See illustration D) Repeat this movement several times to conclude warm-up routine. **Never rock on the back unit with the neck unit inflated (if using both together)**. **Never inflate units to the point of pain.**

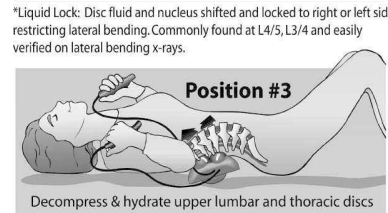
Where to position Posture Pump® Back Pump® (Model 2000)



Relieve anterior sacrum/posterior 5th lumbar pressure
Decompress sacrum & lowest lumbar vertebra



Decompress & hydrate discs at and above liquid lock sites*



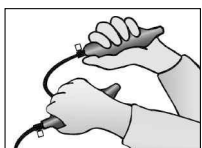
Decompress & hydrate upper lumbar and thoracic discs

*Liquid Lock: Disc fluid and nucleus shifted and locked to right or left side, restricting lateral bending. Commonly found at L4/5, L3/4 and easily verified on lateral bending x-rays.

Training Instructions Posture Pump® Disc Hydrator® Elliptical Back Rocker™ (Model 2000)

Always perform the above warm-up routine before beginning training. Refer to the "CAUTIONS" on reverse side before beginning training.

Left hand is upper air cell



Right hand is lowest air cell



1. Grasp the two hand pumps; lowest air cell pump in your right hand, upper air cell pump in your left hand. (Squeeze each pump separately to confirm lowest air cell pump is in right hand)

2. Inflate lowest air cell with right hand pump to a firm comfortable level, never to the point of pain. (Usually 1-5 complete pumps)

3. Inflate upper air cell with left hand pump to an equally comfortable level. (Usually 1-5 complete pumps)

4. Squeeze both pumps at the same time. (Usually 1 to 3 more pumps)

5. With your knees bent and feet firmly on the ground, rock pelvis up and back toward belly button using your abdominal muscles to lift buttocks. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks toward floor. Gently rock back and forth 3-5 times or more. (See illustrations E & F)

Never rock on back unit with neck unit inflated if using both together.

6. Deflate air cells by pushing down on **both** pump buttons at the same time.

7. Repeat steps 2 through 6 several times leaving unit inflated to a comfortable level on the last repetition.

8. Relax on inflated unit for 15 minutes. Gradually work up to this 15-minute goal by adding a few minutes to each training session.**

9. Completely deflate both air cells; gently bring knees to chest one at a time for 5 seconds each. Then bring both knees to chest and hold for 5 seconds. Gently roll off back unit and on to your left or right side slowly and carefully before rising. 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.

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

**Just like performing any new treatment, an aggressive workout with the Posture Pump® Elliptical Back Rocker™ can temporarily make you sore. To reduce this occurrence, inflate the unit at lower levels and keep your workouts under 10 minutes for the first two weeks. This will allow your body to gradually adapt to a more aggressive workout.

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

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