

# Posture Pump® Disc Hydrator® Instructions

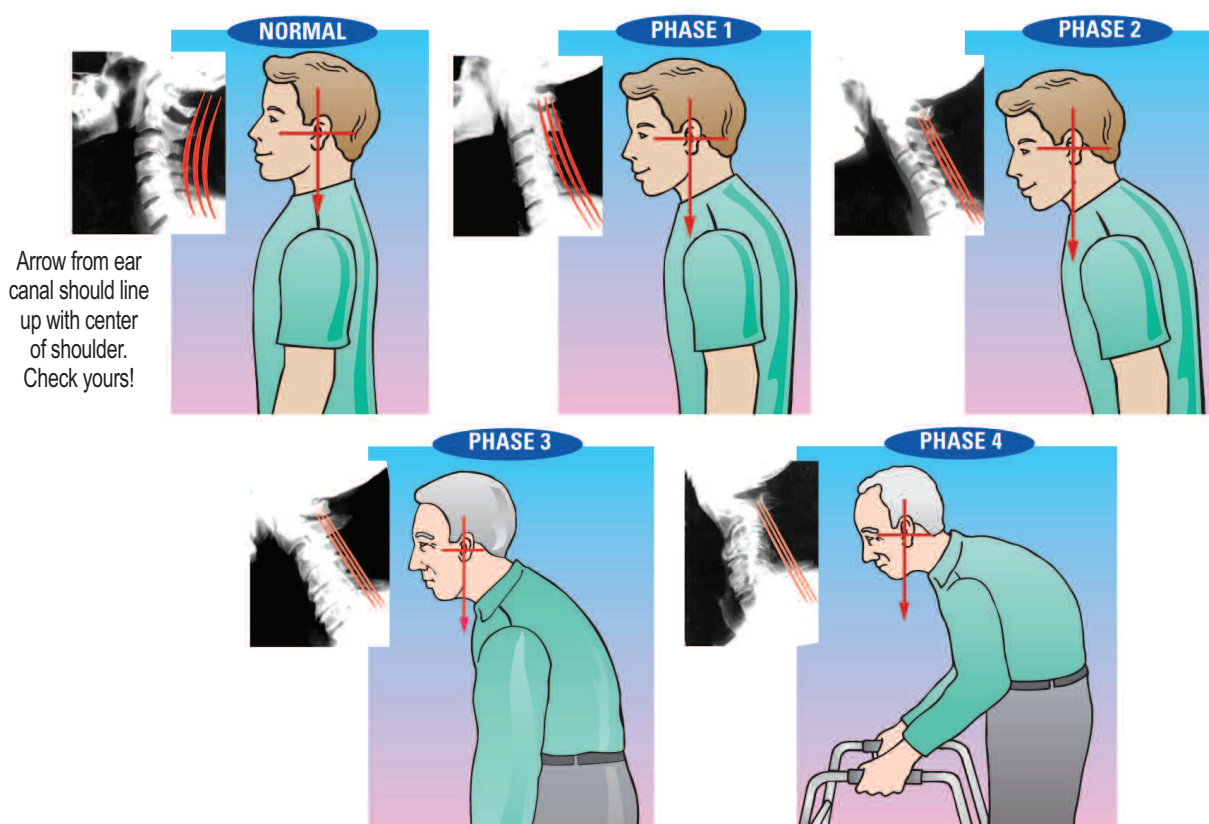
Posture Pump® Model 4100 Series (4100-S • 4100-SX • 4100-D)

## Stop! Read This First!

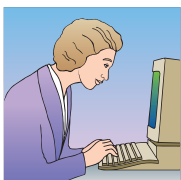
Posture Pump® is a serious spinal health product recommended by doctors to thousands of patients throughout the USA and other countries. It is not a massage device or an "occasional use" product! Keep Posture Pump® on your bed, night stand or a place where you can USE IT OFTEN. Take it with you on trips.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



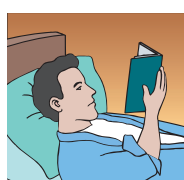
### Help Prevent the *Hump* with Posture Pump® and Avoid *Stooped* Posture as you age.



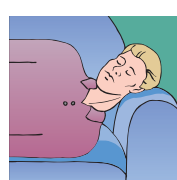
**"Computer Neck"**  
**Forward Head Carriage:**  
 The most common cause of neck and upper back fatigue and tension.



**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](http://www.posturepump.com) [sales@posturepump.com](mailto:sales@posturepump.com)

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# Posture Pump® Model 4100 Series (4100-S • 4100-SX • 4100-D)

## 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.

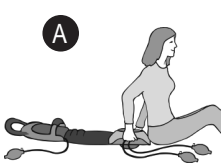
1. Read instructions completely before using and follow all cautions.
2. Do not use this unit without first consulting your doctor. Specific joint, nerve, disc, vascular and other disorders or weaknesses can be aggravated and worsened.
3. Do not use if you have implanted spinal hardware.
4. Do not use 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.

## Posture Pump® Disc Hydrator® Deluxe Full Spine Series (Neck Pump®, Back Pump®)

Posture Pump® is fun and easy to use! Lie over unit as shown below, making sure you are comfortable, centered and head restraint is firmly applied. Grasp the 2 lower back hand pumps and inflate, rock and deflate as instructed below. Leave unit inflated to a comfortable level on the last repetition and perform the same procedure on neck unit without rocking. Relax with both units inflated for up to 15 minutes. Please read and follow all cautions and instructions before beginning. **Always perform the warm-up routine below before beginning the training session.**

**Exerciser Length Adjustment:** If necessary, lengthen or shorten exerciser by simply turning it over (*back side up*) and move both Velcro straps equally down and away from neck unit to lengthen or toward neck unit to shorten.

**Warm-Up Routine:** Begin by slowly turning your head and neck side-to-side 5 times; then tilting your head and neck forward and backward 5 times; then leaning the head and neck side-to-side 5 times.



**A.** On a comfortable firm surface, in a seated position, slide deflated unit against low back and buttocks. (*Illustration A*)

**B.** While grasping lower portion of unit, gently lean your back and neck over deflated unit. Buttocks should hang off edge of lower unit; neck should fit comfortably into neck cradle. Move lower unit Elliptical Back Rocker™ slightly up or down, left or right, to locate the most comfortable and centered position for you.

**C.** While lying flat on unit with knees bent and feet firmly on the ground, begin to rock lower portion of Elliptical Back Rocker™ by rocking pelvis up and back toward belly button using abdominal muscles to lift buttocks. Then rock downward using back muscles, allowing your lower back and abdominal muscles to gently stretch over air cells and lowering buttocks to floor. Repeat this movement several times to conclude warm-up routine. (*Illustrations B & C*)



## Posture Pump® Disc Hydrator® Deluxe Full Spine Training Session



Left hand is upper air cell



Right hand is lowest air cell



**E**

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 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*)

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. Leaving neck pump on chest/stomach area for easy access, grasp the two hand pumps that work lower unit; 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.*)

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

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



9. Squeeze both pumps at the same time. (*Usually 1-3 more pumps*)

10. Using your abdominal and pelvic muscles gently rock back and forth 3-5 times **repeating actions of section C above.** (*Illustrations D & E*)

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

12. Repeat steps 7 through 11 several times leaving unit inflated to a comfortable level on the last repetition..

13. Keeping the back unit inflated to a comfortable level, make sure your neck is still centered on the neck cradle (using your index fingers to measure) and strap should remain snug.

14. Grasp the hand pump that operates the neck air cell(s) and **slowly** pump unit up to your own comfort level; never to the point of pain. (**Model 4100-S usually 1 to 7 complete pumps; Model 4100-SX between 1-9 complete pumps; Model 4100-D 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.**)

15. Wait 10 seconds, then release all air by pushing the manual air release button on the pump. Repeat this workout 10 to 15 times, leaving neck air cell(s) inflated at a comfortable level on last repetition.

16. With all air cells now inflated to comfortable levels, allow your entire spine to stretch over inflated air cells keeping your buttocks on the ground. 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 training session or as directed by your healthcare professional. Inflate unit at lower levels the first week, thus reducing soreness commonly caused by aggressive workouts. (*Illustration F*)

17. Completely deflate all air cells (neck first), and release velcro straps from forehead and remove Comfort Visor™. 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 unit and on to your left or right 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.

18. **Never rock unit while the neck unit is inflated.**

19. Keep unit near bed or night stand and repeat the above treatment daily or at least 3 times per week to help relieve tension, stress and fatigue and to reinforce your natural neck and back curves while lubricating the joints. Many users find this unique workout, just before bedtime, allows them to fall asleep easier.

**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.**



Note: Placing a cold gel pack over one of the air cells, usually the lowest pouch, is recommended to speed recovery from stiffness and discomfort. Chronic stiffness and discomfort may take 30-60 days or more to adequately subside. If pain results during treatment, discontinue use immediately and consult your healthcare professional. Cover gel pack with cloth; never place gel pack directly against skin! Just like performing any new exercise, an aggressive workout with Posture Pump® can temporarily make you sore. To reduce this occurrence, inflate unit at lower levels and keep your workouts under 10 mins for the first 2 weeks. This will allow your body to gradually adapt to a more aggressive workout.  
\* If you are not snug, comfortable and centered on the inflated neck bladder or back bladders, or if it seems to inflate unevenly, completely deflate all air cells, remove forehead restraint, then re-center yourself on the unit and reapply the forehead 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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