



**Rib Joints Pain Self-Care Pack
& Pillow Mate**

User Guide

Manufactured for LittleMum Care Australia



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Usage Warning

LittleMum Device is NOT for treatment, it is for relief from pain associated with muscular and soft tissue strains or sprains. Generally, LittleMum is safe to use, but we advise not to overexert by doing it too hard or for too long. It is possible that you can experience side effects, such as headache, dizziness, and nausea or in extreme cases, fainting. If you experience any severe pain or irritation or if your symptoms get worse, discontinue to use and talk to your doctor.

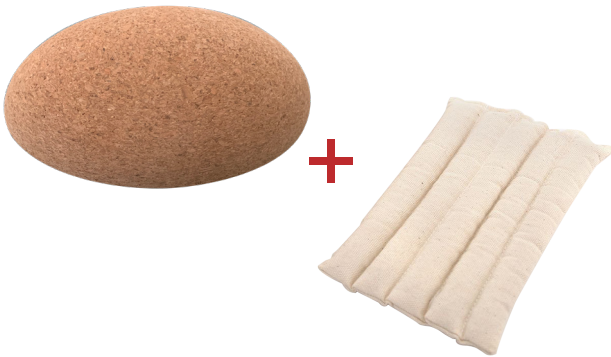
LittleMum™ device should not be used directly over bruises, inflamed or infected skin, skin rashes, unhealed or open wounds, tumours, abdominal hernia, fragile bones or areas of recent fractures.

Speak to your doctor before using LittleMum™ if you:

- ▶ have a history of blood clots or a clotting disorder
- ▶ are taking blood thinners
- ▶ have a bleeding disorder
- ▶ have cancer or are undergoing cancer treatment, such as chemotherapy or radiation

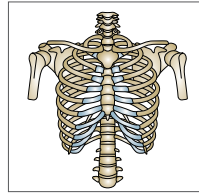


Rib Joints Pain Self-Care Pack



▶▶▶ Rib Joints Pain

Each rib forms two joints: costotransverse joint and the costochondral joints. The costovertebral joints and rib cage play an important role in providing stability to the thoracic spine. Rib pain occurs as the result of restrictions associated with the costovertebral joints.



If you are suffering rib pain or anterior chest wall pain frequently and have been ruled out any heart-related conditions, you may be suffering from a condition known as costochondritis or Tietze.

- ▶ Costochondritis is a common cause of rib pain in children and adolescents. The most common sites of pain are close to the breastbone (sternum), at the 4th, 5th, and 6th ribs.
- ▶ Tietze causes similar symptoms to costochondritis. However, it also tends to cause swelling at certain tender points on your chest wall.

Costovertebral joints restrictions may occur as the result of injury, prolonged positioning (such as sitting in front of a computer, television, reading, etc.), and may come on without warning.



Although Costochondritis or Tietze symptoms may occur gradually and can disappear spontaneously after a few days, it may take years to disappear in some chronic cases. At times, even after the symptoms have resolved, they may return at the same or another area.

Apart from Costochondritis or Tietze, rib joints may be a source of pain. It can also generate back pain, neck pain, shoulder/rotator cuff dysfunction, headaches, and migraines. Studies (Peter Askes (2019) "Costochondritis – A forgotten Condition") have shown there is a connection between persist neck or shoulder pain and costochondritis. Many patients suffering from the conditions were even not aware of it. The soreness could be only revealed by exerting direct pressure on the anterior rib joints. However, the neck/shoulder pain reoccurs if rib joints condition is not treated.

Note: Remember to seek medical advice if you are unsure of the cause of your symptoms.

It can be frustrating to know that there is little your doctor can do to treat your rib joints pain or costochondritis.

LittleMum™ Rib Joints Self-Care Pack is designed to help relieve the pain associated with rib joints pain like costochondritis or Tietze, which has been long-time overlooked.

LittleMum™ Rib Joints Pack

- ▶ LittleMum™ Rib Joints Self-Care Pack includes an oval cork block and a sea salt heat pad. The oval block is designed to help to free up rib joints restriction, while the heat pad increases blood flow to the affected area and helps relax rib joints to restore movement.

Please be advised the heat pack is NOT included in North American countries (USA, Mexico, and Canada) due to policy restriction. Please find a suitable heat pack locally.

- ▶ LittleMum™ cork block is made of 100% natural material from Portugal. Cork is full of air-filled and shock-absorbent cells, which offer the body enough support but not stone-hard feeling while lying on it. The sustained stretch can effectively free up the tough shortened collagen surrounding the immobile

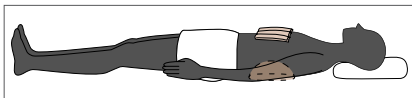
posterior rib joints, enabling hinge movement.

- ▶ Sea salt is naturally anti-bacterial, anti-viral, anti-inflammatory, and anti-fungal. Sea salt retains its minerals and moisture, making it easy to be absorbed by the body. Heated sea salts are an excellent medium to warm and penetrate affected rib joints, facilitating a gentle and soothing healing, especially when the rib joints are being stretched.

How to use LittleMum™ Rib Joints Pack

The stretch provided by the cork block can be strong. You could feel some slight discomfort to start off with.

- 1** Heat sea salt pack in a microwave, over medium-low heat for 1-2 minutes – flip it over halfway through so it heats up evenly. Heat until it is very warm, but not burning to the touch.
- 2** When the heat pack is ready, lay on the floor with your knees bent or straight, and gently tuck in the oval block (flat side down) lengthwise underneath your back (under the affected area). Start off with a thick pillow under your head when you use it for the first time, as it makes the stretch more comfortable.



- 3** Supply the sea salt pack to the area where you are experiencing pain. Make sure you put a towel over the skin before putting the salt pack on the affected part. You can help retain the heat of the salt by further wrapping it in a towel.
- 4** Place your hands behind your head and let your shoulders and back relax. You may feel some slight discomfort, but this will usually disappear in a few minutes as the spine stretches out a bit.

5 Hold on this position for 2-5 minutes. You can change the block position every minute around the upper and middle back areas to mobilise the rib joints.

6 Take out the oval block. Breathe slowly and deeply. Any initial discomfort should ease off. Continue lying on the floor with heating pad till the pack is no longer warm.

You can do this once a day at home or at work. If the spine feels too pain, reduce the frequency.

When stretching with the thick pillows becomes comfortable, you can make the stretch stronger by using a thin pillow or having no pillow at all.

It is advisable to continue using the pack for 30 days after the disappearance of the symptoms to reinforce the chest flexibility.

Please be advised that sea salt absorbs moisture from air. Please keep the sea salt pack in in an airtight container after usage every time to prevent clumping and dampening.

► **15 Years Warranty** Provided for the Oval Cork Block.

Littlemum Care Australia (ACN:166 522 112)

Visit us at: <https://www.littlemumcare.com.au>

<https://www.littlemumcare.co.uk>

■ **Size:**

Cork Block: 8.07"/20.5cm(L) 5.12"/13cm(W) 2.76"/7cm(H)

Sea Salt Pack: 5.9" /15cm (W) * 7.87" /20cm (L) * 0.78" /2cm (H)

■ **Weight:** 18 oz/510 g

■ **Materials:** Cork/Sea Salt

Contact us on: supports@littlemumcare.co.uk

Made/Packed in China, Cork from Portugal



LittleMum™ Pillow Mate



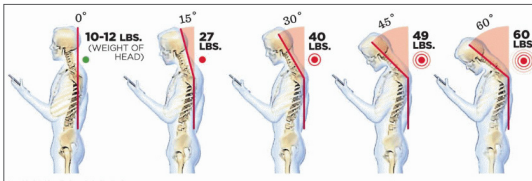
Manufactured for Littlemum Care Australia



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It is essential to have a good cervical curvature maintaining balance and motor function. When there is a loss of cervical lordosis, the integrity of the neck is compromised, and it becomes significantly weaker.

The hunchback slouch, which is an abnormal cervical curvature, is becoming common. One major reason is a build-up of repeated minor strain caused by poor or prolonged sitting postures at work. This situation may worsen by prolonged 'head-down' postures at home, such as texting or playing games on the phone or other electronic devices.



Abnormal cervical curvature includes excessive or meagre cervical lordosis, loss of cervical curvature, kyphosis, and complex cervical curvature. It is also referred to as 'straight neck', 'military neck', 'kyphotic neck' or 'tech neck', 'text neck'.

Abnormal neck curvature can lead to severe disability and reduced quality of life, including neck pain, neck stiffness, shoulder pain and tension, numbness or tingling in arms or hand, and the Dowager's hump.



- ▶ Painkillers and muscle relaxants might reduce the symptoms, but they will not fix the cause of the pain or muscle tension. Spine surgeries involve fusing the spine, not restoring normal motion and function.

- ▶ Physical therapy and chiropractic can help with poor posture. It is worth the time and effort to seek out to a practitioner who recognises the importance of good posture and has undergone specialised training in how to treat it effectively.

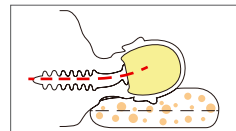


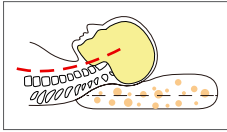
- ▶ In the long-term, keeping up exercise and correcting posture help to restore the normal curvature in a nature way.

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More importantly, eight hours we spend in bed every night is a critical time to correct abnormal cervical curvature, as well as prevent the loss of benefits gained through exercises and posture correction.

However, wrong sleeping postures can worsen neck pain by taking your spine out of a neutral position. For example, you neck being overly supported can cause an upward bend in your spine





or being under-supported can cause a downward bend in your spine. This can put pressure on vertebrae in the neck and increase muscle tension in the muscles of the neck.

For pillow choices, we always relate it to the head and where it rests: whether on a hard or a soft surface. However, the most affected part is the neck. The neck can be misaligned with the spine and cause pain with the wrong pillow. Cervical curvature is a key factor in pillow selection, which is related to the bone structure and the surrounding soft tissues.

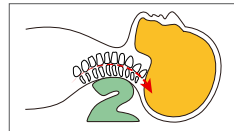
In current market, pillows designed for head relaxation are too soft for neck support whereas pillows designed for neck support are too hard for head to rest on.

How LittleMum™ Pillow Mate Works

LittleMum™ Pillow Mate is both a cervical traction device and a chiropractic pillow with ergonomic design and consistency.

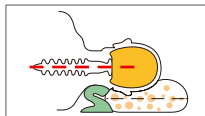
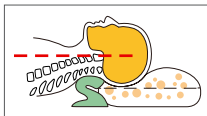
- ▶ To be used alone, Pillow Mate is an orthotic device to allow passive traction when lying on it by using the weight of the head to provide curve correction.

Fifteen minutes per day stretching helps reinforce the lordotic curve and reduces pressure on the spine by expanding and separating the vertebrae.



- ▶ To be used in conjunction with a normal standard pillow, LittleMum™ Pillow Mate provides a solution to help correct spinal posture of the neck whilst allowing your head to rest on the pillow in complete comfort during sleep.

- ▶ LittleMum™ Pillow Mate is ergonomically designed to provide optimal neck, shoulder, and back alignment and has a butterfly shape for either back or side sleeping.

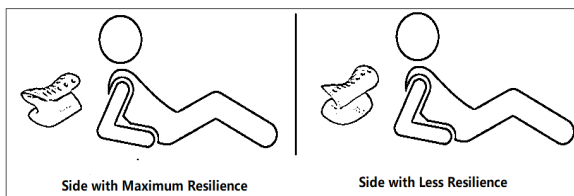


- ▶ In terms of the biomechanical performance, Pillow Mate's ten centimetres height is considered the most comfortable. In the side sleeping position, Pillow Mate's twelve centimetres height on side areas prevents problems from side bending with a special area to rest the side of the head, so it does not stray too far forward on the pillow.

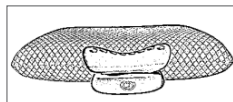
With smooth surface and ventilation holes to enhance air circulation, LittleMum™ Pillow Mate is made of 100% pure food-grade silicone, the same material as a baby dummy. It is smooth and soft but has a high resiliency to spring back when compressed for consistent comfort and durability. It maintains its physical properties and continues to provide consistent neck support for at least 15 years under normal usage.

How to Use LittleMum™ Pillow Mate

- ▶ Two sides of the Pillow Mate provide different level support as shown in pictures. You can use either side to your preference.



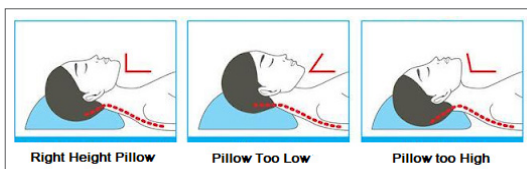
When Pillow Mate works as a chiropractic pillow, it is very important to choose the right pillow for head to rest in. You can use either side of Pillow Mate for sleeping with a normal pillow. However, the comfortability is greatly improved for side sleeping if the position as shown below is used.



We strongly recommend a flat memory foam pillow in conjunction with Pillow Mate to prevent your head from sinking in too deeply. Pillow Mate would stretch your neck for a whole night and make unnecessary strain on the neck and shoulder if you are using it with a pillow that is too fluffy or too low/high.

The pillow height should be either be at the same height or 1cm - 2cm lower than Pillow Mate.

- ▶ For back sleeper, the pillows should support the natural angle of the neck, not push your chin to your chest or allow your head to fall back too far.



- ▶ For side sleeper, the angle of your head on the pillow should be horizontal, so your nose, chin and midline of your sternum should all be in a horizontal line



When lying on, try and change the position of pillow to be more comfortable. Tuck the head pillow into Pillow Mate a bit under the shoulder which allows the head further up on the pillow and so the neck is not flexed or bent forward. This position may be more comfortable for those with muscle pain in the neck.

It may take several weeks for your body to fully adjust to Pillow Mate as a chiropractic pillow. Immediate overuse may increase upper back muscle strain. You may begin with sleeping with Pillow Mate as neck support for 2-4 hours every night or use it every second day. Most users who slowly ease their way into orthopaedic correction achieve the best results. Some people might need as much as three weeks before the back and neck muscle groups adjust to the right posture.

If you suffer from muscle pain after some nights sleeping with Pillow Mate, check if the pillow you are using for head cushion is too fluffy or too low/high. If not, stop using Pillow Mate for a few days to allow the muscle recover and adjust to the right posture.

Please combine Pillow Mate with a specific neck exercise, as well as knowledge of correct neck posture habits to fix abnormal cervical curvature.

▶ **15 Years warranty** provided for durability and nondeformability.

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Size: 8.86"/22.5cm (L) * 5.5"/14cm (W) * 3.94"/10cm(H)

Weight: 52.9 oz /1.5 kg

Materials: Silicone

Contact us on: supports@littlemumcare.co.uk

Made in China



LittleMum™ is committed to design and manufacture effective yet simple pain self-management products for clients. LittleMum™ is a trademark registered in the UK and Australia.