

INSTRUCTION FOR USE

Take the modules, place them on a flat surface, fasten together, proceed with the exercises indicated in this document.

WARM-UP AND STRETCHING "PADDINGTON BEAR"

During the exercise it is recommended to step in the center of the mat in order to achieve the maximal effect. For warm-up and stretching you will need 8 TM "ORTHO PUZZLE" mats. Put them in a line like a pathway.



Exercise No. 1:
normal steps back and forth,
straight back, hands at hips
(4 sets).

Exercise No. 2:
steps with knees high up, back
and forth, hands at hips
(2 sets).

Exercise No. 3:
side steps, back and forth
(2 sets).

Exercise No. 4:
crossover steps, back and forth
(2 sets).

"HIPPIITY-HOPPING RABBIT"

You need 4 TM "ORTHO PUZZLE" mats for the exercise.
Step on a mat and while hopping move from one mat to another. Repeat 8 times.



"HEELS TO TIP-TOES"

You need one or two TM "ORTHO PUZZLE" mats for the exercise. Put your hands at hips, straighten your back. Roll from your heels to tip-toes. Repeat 10 times.



"ROLY POLY DOLL"

You need 4 TM "ORTHO PUZZLE" mats for the exercise. Preparatory position: standing, feet - parallel, shoulder width apart, hands in front of your chest, parallel to the floor. Make a slow sit up. Repeat 10 times.



"CLUB-FOOTED TEDDY BEAR"

You need 4 TM "ORTHO PUZZLE" mats for the exercise. Preparatory position: standing, feet - parallel, hands at hips. Put your feet to the lateral border of foot, then - back to the preparatory position. Repeat 10 times.



"SUNNY MORNING"

You need 4 TM "ORTHO PUZZLE" mats for the exercise. Step on the mats. Rise your hands and start to reach out for the sun, after that bend down and touch your toes. Then return to the preparatory position. Repeat 2 times at each mat.



"FLAMINGO"

You need 4 TM "ORTHO PUZZLE" mats for the exercise. Preparatory position: standing, hands at hips. Stand on one foot for 3 to 5 seconds alternately with the other foot. Repeat 4 times.



"BALL"

You need 4 TM "ORTHO PUZZLE" mats for the exercise. Make sit ups not taking your heels out of the mat, press your head against your knees, hug your knees with your hands. Rock slightly back and forth, moving your weight from toes to the heels. Repeat the exercise for 30 seconds.



"JOLLY GOOSELINGS"

You need 8 TM "ORTHO PUZZLE" mats, put in two rows for the exercise. Take the half-squat position and walk as jolly gooselings, put your hands on your knees. Repeat 4 times.



DESCRIPTION:

Orthopedic mats are the modules, which are connected with one another using a "puzzle" principle. Maximal effect of the use of orthopedic mats is achieved due to versatility of texture and profile, and alteration of soft and rigid surfaces. Such a combination stimulates all the necessary foot receptors, it contributes to correct development the physiological arches of foot. Bright color modules are easy to wash and they resist well to intense use. Orthopedic mat may well be used at home and in child-care institutions with an instructor. "ORTHO PUZZLE" orthopedic mats have no analogues.

PURPOSE OF PRESCRIBING A MEDICAL DEVICE:

- Acupuncture massage of foot reflex points
- Platypodia (flat foot) prophylactics and treatment
- Strengthening of muscular-ligamentous apparatus of foot and lower leg

INDICATIONS FOR USE:

- Talipes valgus
- Talipes varus
- Platypodia (flat foot)
- Foot muscles hypertonia

CONTRAINDICATIONS:

- Foot mycosis
- Sole wound injury
- Diabetic foot infections
- Purulent necrotizing vasculitis of foot skin

TECHNICAL SPECIFICATIONS OF THE ARTICLE:

Material: TPE 100%
 Operational temperature: -50°C – +80°C.
 TU №32,50,22-003-229575282-2017
 Manufacturer: Russia

CARE INSTRUCTIONS:

Store the elements of orthopedic mat disassembled, give special care not to apply mechanical impact and bending of article edges. Give manual cleaning with a sponge wet with soap solution when needed. Then clean with warm water and wipe dry with a tissue. Do not expose to direct sunlight. Do not store in the vicinity of the sources of heat.

ATTENTION:

- DO NOT EAT
- DON'T GNAW
- DON'T SET FIRE
- USE ONLY ON A FLAT SURFACE
- KEEP AWAY FROM HEAT
- DO NOT LEAVE ON THE STREET
- DO NOT JUMP FROM A HEIGHT
- DO NOT HEAT

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Authorised Representative

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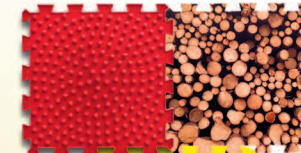
MEDICAL DEVICE

MESSAGE MAT (ORTHOPEDIC) MODULAR

ORTHO PUZZLE



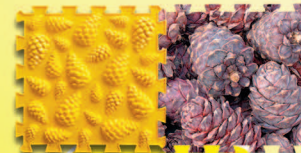
HEDGEHOGS



THORNS



GRASS



CONES



OCEAN



SEA BOTTOM



PEBBLES



SEA REEF



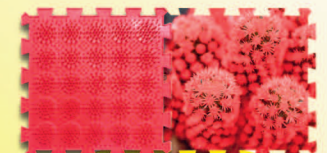
SEA PEBBLES



BUTTERFLY



SEA WAVE



CACTI



SUNFLOWER

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