



### Fitting Instructions for Sciaticure

CONTAINS NO BATTERIES OR MAGNETS - SAFE TO USE WITH HEART PACE MAKER

#### How to fit Sciaticure:

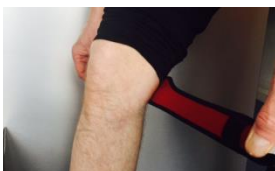
1. The black strap is meant to be on the outside (facing you) and the red inner part is fastened to your leg
2. Place the support strap behind the knee so the 'acupressure pad' is placed behind the knee joint - it should sit just below the bottom of the knee cap.



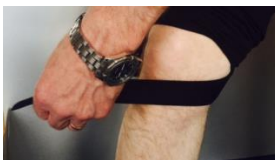
3. The Acupressure pad is the raised part - please see below:



4. The Acupressure pad is placed below the knee joint at the back of the leg (please see below) and the fastened below the knee joint.



5. The fastening strap is pulled across the front of the leg and below the knee joint



6. The strap should look like this when placed correctly on the leg. Pull the strap tight to attach the Velcro to the back of the support.





### **Questions:**

1. Can I use Sciaticure if I have a heart pace maker
  - 1a. Yes - it is safe to use
2. Which leg should I attach the Sciaticure to?
  - 2a. It depends which sciatic nerve is causing you pain (either leg) or both if the sciatic nerves are causing you discomfort, please wear on both legs
3. How long should I wear the Sciaticure for?
  - 3a. You can wear the Sciaticure strap all day and night if required. We do suggest that you take it off periodically.
4. How long before I see maximum results?
  - 4a. The Sciaticure device should go to work straight away but it may take a few weeks before you start to feel the maximum health benefits

### **Hazards and Cautions:**

1. The indications outlined may not be suitable for your condition, before use always seek medical advice from your physician
2. Only use on intact skin. Do not use if you have a known allergy to any of the specified materials
3. Avoid if you have Neoprene and Nylon sensitivity
4. The product should be applied as illustrated.
5. Ensure product is not uncomfortably tight and blood flow is not restricted. Avoid wearing for prolonged periods (e.g.) whilst sleeping
6. If a rash develops, pain is prolonged or conditions worsen, discontinue use and consult a physician
7. If your symptoms persist or worsen, seek medical advice.

### **Composition of Materials**

55% neoprene, 20% nylon, 20% polyester, 5% spandex

### **Care Instructions**

Wipe clean with a damp cloth. Do not Iron. Do not Bleach.

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