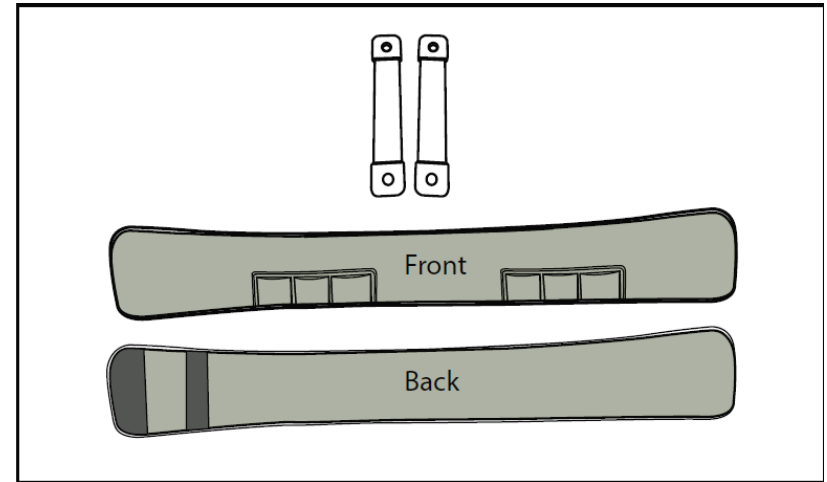


# MerryBack™

[www.Merryback.com](http://www.Merryback.com)

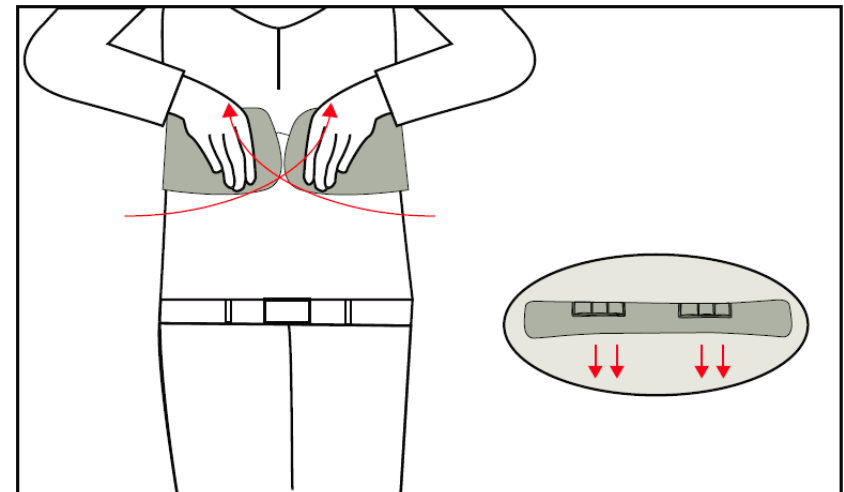
## Thank you for purchasing MerryBack™

Your MerryBack™ is comprised of four pieces; two support bands (A) with riser pockets (A1) and two rigid risers (B). Your MerryBack™ arrived with one of three different riser sizes. It is critical that your risers are properly sized. If for any reason you are unsure that you have received the correct riser sizes immediately contact MerryBack™ customer support. The below directions explain how to initially fit the MerryBack™. Once MerryBack™ has been fit to your body the following instructions should only be necessary if MerryBack™ has been disassembled. For videos and other usage content please visit [www.merryback.com](http://www.merryback.com).



### Step 1 – Wrapping The Upper Band

On one of the support bands (A) locate the two groups of three riser pockets. With the opening of the pockets facing down, wrap the support band (A) around your upper body with the back of the band just below the shoulder blades. Holding the wings of the band equal distance from the body, inhale a deep breathe, and bring the wing with no logo against the body. While holding the band tight, bring the second wing (marked with MerryBack™ logo) into the chest and secure it tightly using the Velcro strips.



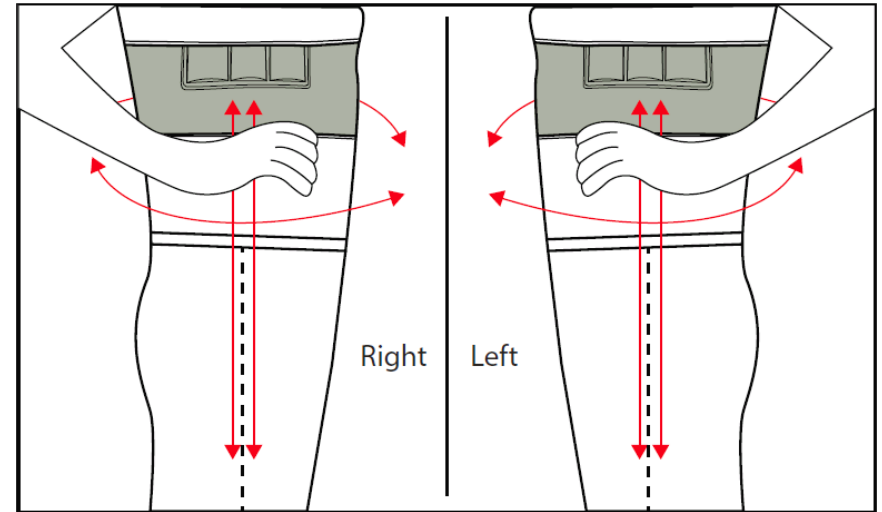
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## Step 2 – Aligning The Upper Band

Adjust the band as necessary so the riser pockets (A1) align with the lateral center of your body (pants out-seam).

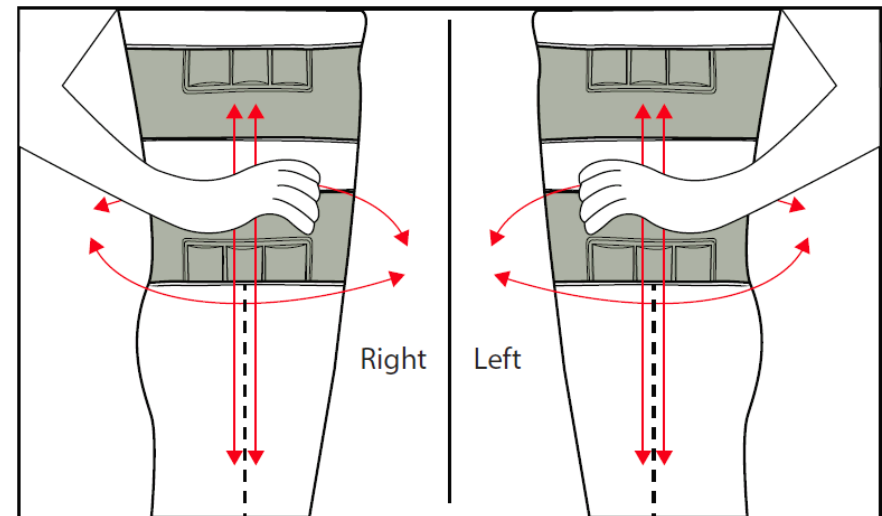
\*The exact riser pocket which aligns with your out seam is dependent on your waist size. It is not necessary for the riser pockets to be symmetrical for MerryBack™ to be affective. Simply ensure that one of the three on each side is in alignment with your lateral center.



## Step 3 – Wrapping And Aligning The Lower Band

Taking the second band (A) locate the riser pockets (A1) and position the band with riser pockets (A1) opening up. Wrap the band (A), front side facing away from the body, around the waist and hold the wings equal distance from the body. Fold the wings in and loosely secure with the velcro allowing the band to stay on the waist and still move freely.

Repeat Step 2 and align the second band (A) with your lateral center.



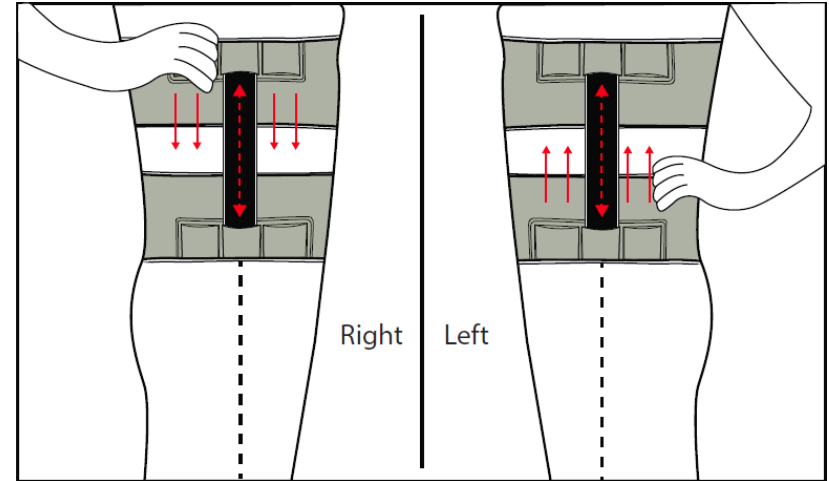
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## Step 4 – Inserting The Risers

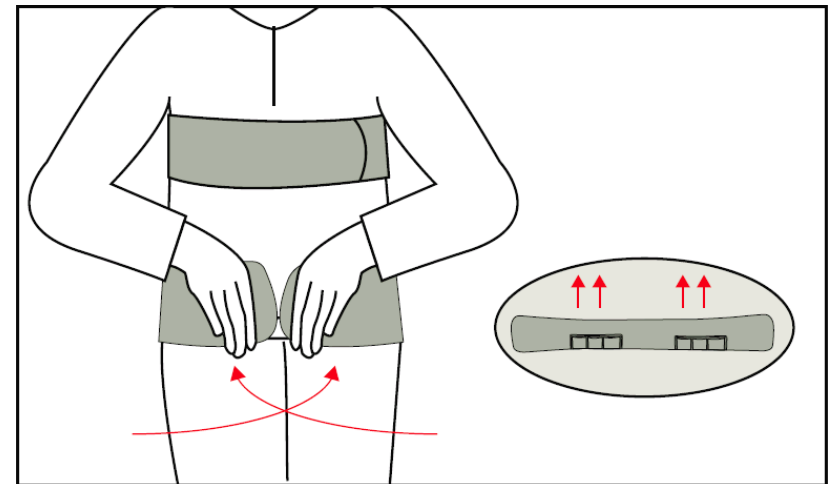
Take hold of one rigid riser (B) and completely insert the riser (B) into the riser pocket (A1) on the upper band (A) in line with your right lateral center. Once inserted the end of the riser (B) should not be visible. Ensuring the riser (B) is secure in the riser pocket (A1); insert the lower portion of the riser (B) into the lower band riser pocket (A1) in line with your lateral center.

Repeat step four with the second rigid riser (B) on your left side in line with your lateral center.



## Step 5 – Tightening the Lower Belt

The lower band (A) should now be tightened. Inhale a deep breath and overlap the wings (MerryBack™ logo on top) securing tightly with Velcro and allowing the top of the lower band (A) to be just below the belly button.

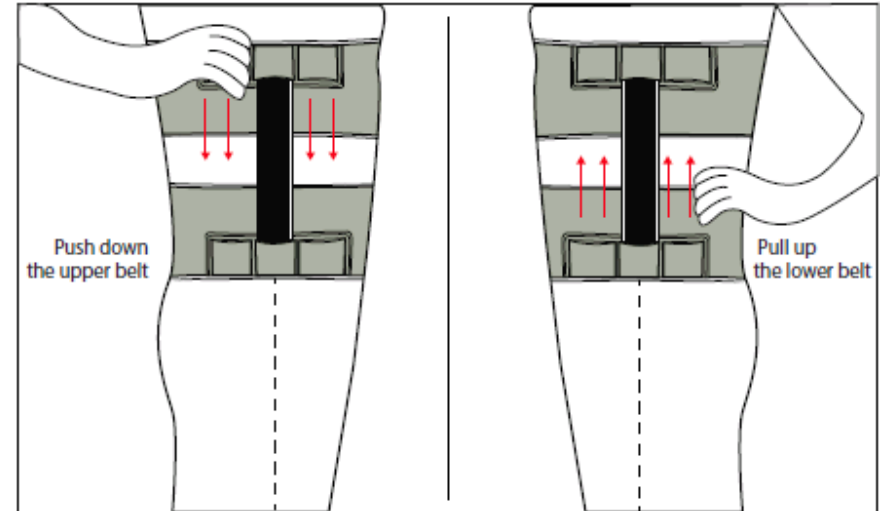


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## Step 6 – Final Adjustments!

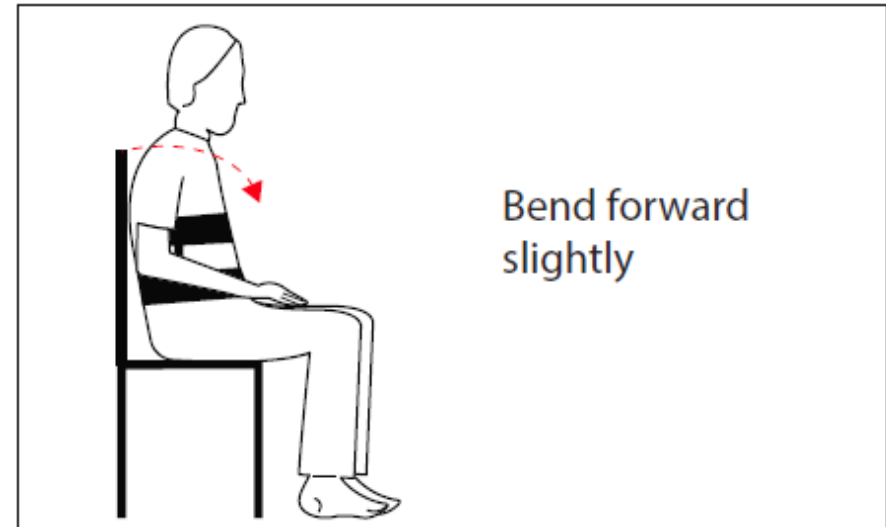
Adjust the upper or lower band (A) or both to make sure that both bands (A) are tight around the waist and chest but still allow for normal breathing. Lastly, ensure that each of the rigid risers (B) is completely inserted in to the riser pocket (A1) on your lateral center. It may be helpful to push down the upper band or pull up the lower band to test that the risers have been fully inserted.



## Step 7 – Using MerryBack™

Your MerryBack™ can be worn sitting in any chair. While sitting lean forward slightly to create a gentle expansion of the vertebrae in your lower back. This feeling will not be overwhelming or painful, but gentle and non-distracting. MerryBack™ can be worn for up to 3hrs (per day) over clothing or directly on the skin. For other positions that MerryBack™ can be worn, such as driving or walking, visit [www.merryback.com](http://www.merryback.com) for tips and advice from the MerryBack™ community.

MerryBack™ is intended to gently expand the back over time. It may take several weeks to feel lasting relief from acute chronic lower back pain. Please direct all questions and comments to MerryBack™ customer service.



# MerryBack™

[www.merryback.com](http://www.merryback.com)

Thank You And Congratulations! We are thrilled that you are giving MerryBack™ the chance to alleviate your back pain and ultimately contribute to the betterment of your life. We invite you to be a part of the MerryBack™ community. It is there you will see tips and tricks for getting the most out of your MerryBack™ and great stories to motivate you on your journey.

**WARRANTY:** MerryBack™ is backed by a 30 day satisfaction guarantee. If for any reason your MerryBack™ does not meet your expectations please contact MerryBack™ customer service at [info@merryback.com](mailto:info@merryback.com) to arrange for a product return and full refund. Furthermore, MerryBack™ is backed by a one year manufacturer's warranty. If your MerryBack™ is received or with proper use develops a blemish or defect that is deemed a product failure, within one year of purchase, please contact The Merry Back Company™ customer service to submit a defect report and receive a replacement product.

**CAUTION:** Do not bend all the way over when wearing the MerryBack™ or participate in lifting of any kind. MerryBack™ is not a lifting belt nor is it intended to support the back during exercise, bending over positions or strenuous activities of any kind. Using MerryBack™ in any way other than its intended purpose could result in severe bodily injury or damage to the product. Damage associated with improper use will not be covered under the manufacturer's warranty.

**WARNING:** Consult your doctor before using the MerryBack™ if you have had prior surgeries, have conditions of the back or lungs that might be aggravated by decompression or by restricted breathing, or are pregnant. The MerryBack™ is no substitute for regular exercise and proper diet. Be sure to breathe deeply with full expansion of the lungs while wearing this device and drink plenty of fluids to allow your spinal discs to fully hydrate. MerryBack™ is not a medical device and has not been approved by the FDA. MerryBack™, its owner, or marketers of this device disclaim any and all responsibility for injury or aggravation of existing conditions.