

How to Use Your Back-Posture Corrector

Dear Customer,

We appreciate you purchasing our product and wish you success in your journey to better posture. Take the time to read or glance at the following instructions for a better idea on how to achieve amazing results with our back brace!

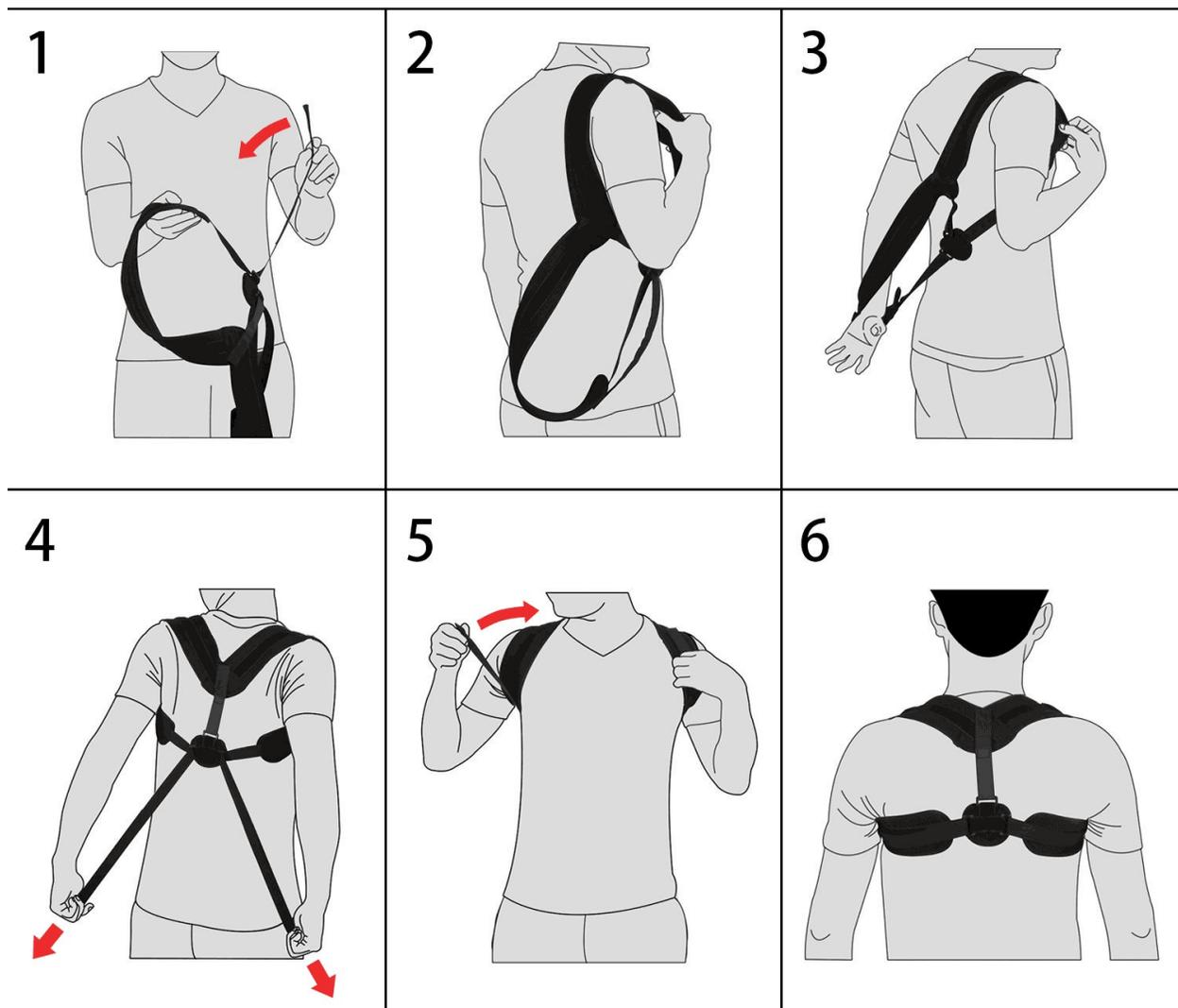
You've purchased our back brace as a means to correct your back posture, eliminate back pain and prevent excessive curvature of your back. A back brace can be used to provide your lower back with additional support. In some cases, it can greatly improve or even eliminate back pain altogether. Your purchase can help you with all these goals when worn correctly. Please take a moment to read the following instructions and tips for how to use your back brace.

How to start wearing your brace: It's recommended that you begin wearing your brace over shorter periods of time, 30-40 minutes at first. Beginning with shorter increments allows you to build up back strength over time. If you start wearing it for longer periods, it will not be comfortable and may dissuade you from further use.

- The hybrid design of our back braces allows for freedom of movement, enabling breathability and the reduction of sweat.
- While the posture corrector limits movement of your spine and shoulders, it should be easy to move your arms and perform normal movements. When putting it on, make sure your brace is not too tight as to cause numbness or swelling.
- As this is not a rigid brace or corset brace, it will not prevent you from bending your spine back and forth. As such you should ensure that when wearing it you are: sitting up straight, maintaining good posture in your spine, and not straining against the arm restraints.

How to adjust the brace: Position the brace so that the back strap is placed directly in the middle of your shoulder blades, and place the straps around your arms. Pull back on the back straps to tighten the arms. You should feel some resistance, but not enough to cause you pain. If the brace begins to hurt your back, lighten the restraints.

Six Steps to Firm Your Back



How to adjust your LERAMED corrector for the best Fit



Pull the straps through the rings



Fix the length of the straps with the velcro



Regulate the height using the velcro with logo



The corrector in the final stage

How to continue to wear your brace:

Once you are comfortable wearing the brace for 30-40 minutes at a time, begin to progressively extend the amount of time spent wearing it by 5 minutes. Remember to take it off if it begins causing any muscle or back pain. It's not recommended that you wear the brace continuously, meaning that you should take it off for sleeping, exercise and during longer periods of time.

- It's important not to begin to get reliant on the brace, meaning that you should not wear it continuously. Allow your back breaks, and limit use to a few hours a day at most. You will notice that overtime the discomfort associated with wearing the brace will decrease. This is indication that your back has grown accustomed to better posture.
- If you have reached this point, it's best to stop using the brace and start focusing on maintaining better posture. Overtime, your muscles will grow accustomed to less strain, and you will find yourself maintaining better posture overall.

Some tips to make you more comfortable:

- Wear breathable clothing over the brace. This will limit the fabric smelling, and prevent discomfort caused by chafing and excessive sweating.

Some exercises you can do to correct your posture:

- **Pectoral stretch:** For this exercise, you will need to stand in an open doorway or corner with both hands above your head, on the door frame or wall. Now, lean forward until you feel a stretch in your shoulders. It should not be painful, just slightly uncomfortable. Hold this position for 15 to 30 seconds and repeat 3 times, as needed.
- **Thoracic extension:** Sit in a chair with both hands clasped behind your head, gently leaning backwards to look up at the ceiling. Hold this position for as long as is comfortable, repeat in sets of 10 several times a day.
- **Arm slides:** For this one you can sit, or stand with your back against a wall. Your wrists and elbows should also be against the wall. Slowly slide your arms as high as you can while keeping your wrists and elbows against the wall. You can do this 8-12 times, until it becomes uncomfortable.

- **Knee to Chest:** Lie flat on your back with your toes pointed upwards. Slowly bend your right knee and pull your leg up to your chest, then wrap your arms around your thigh, shin or knee and pull the knee towards your chest. Hold this for 20 seconds, or until it becomes uncomfortable then slowly return the leg back to its original position. Repeat this exercise 3 times per leg, alternating.
- **Scapular squeeze:** This one is easy: just stand straight with your arms at your sides and squeeze your shoulder blades together. Hold this for 5 seconds and release. DO 2 sets of 15.
- **Cobra Stretch:** This movement stretches tight abdominal and lower back muscles. Lay on your stomach with your legs extended and your palms on either side of head with your forearms and elbows flat on the ground. Slowly push your body upwards so that your weight is resting on your forearms and be sure to keep your hips on the ground. Once you reach a position that stretches, but is also comfortable, hold the pose for 10 seconds. Return back to the starting position and repeat up to 5 times.
- **Mid-trap exercise:** Lay on your stomach on a firm surface and place a pillow underneath your chest, placing both arms straight out to your sides with elbows and thumbs to the ceiling. Raise your arms off the ground and squeeze your shoulder blades together. Lower slowly to the original position, and repeat 15 times up to 3 sets. As this exercise gets easier, you may want to try holding weights in your hands.
- **Lying Knee Stretch:** Lay on your back with your legs extended straight out. Bend the right knee and position it so that it crosses over the left side of your body. Hold it in a position that allows you to feel a gentle, not uncomfortable, stretch in your back. Hold this position for 20 seconds and then tighten your core muscles to rotate back to centre. Repeat 3 times per side.

- **Thoracic stretch:** Sit on the floor with legs straight out in front of you. Hold your mid-thighs with your hands and curl your head and neck towards your belly button, then hold for 15 seconds. Repeat up to 3 times.
- **Seated Stretch:** This stretch is meant to lengthen the piriformis muscle over time while helping to ease back pain. Sit with a straight back and cross your left leg over your right leg, placing your foot next to your thigh and buttocks. Place your right arm on your leg and ease into a stretch with your back straight and chest lifted. Hold this for 20 seconds and repeat 3 times on alternating sides.
- **Rowing exercise:** This one is good if you have an elastic rope which you can wrap around an immovable object. Do this and hold one end of the rope in each hand. Sitting in a chair bend your arms 90 degrees and hold one end of the rope in each hand. Keeping your forearms vertical and elbows at shoulder level, pull back on the band and squeeze your shoulder blades together. Do 2 sets of 15 at a time.
- **Yoga Cat:** Start this common yoga pose by kneeling on all fours with your hands beneath your shoulders and knees below your hips. Gently arch your spine, inhale and tighten your core and back muscles to arch like a cat. Move slowly between positions and hold each for up to 10 seconds. You can repeat this a few times a day. Restful Pose
- **Restful Yoga:** The restful child's pose relaxes your body and strengthens your back. Position yourself on the floor on your hands and knees. Your knees should be spread apart, just slightly wider than hip distance apart. Turn your toes in to touch and push your hips back while bending your knees. You should reach a comfortable seated position. Now extend your arms fully and stretch forward into a relaxed position. Hold for 20 seconds, then return to starting position. Repeat this 3 times or for as long as comfortable.

Follow these steps and you'll be on your way to better health, great posture and improved confidence in no time. Take care, and remember to wear your back brace regularly for the best results. Good luck!



Take care

4well sport team

Alex H