

# 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!

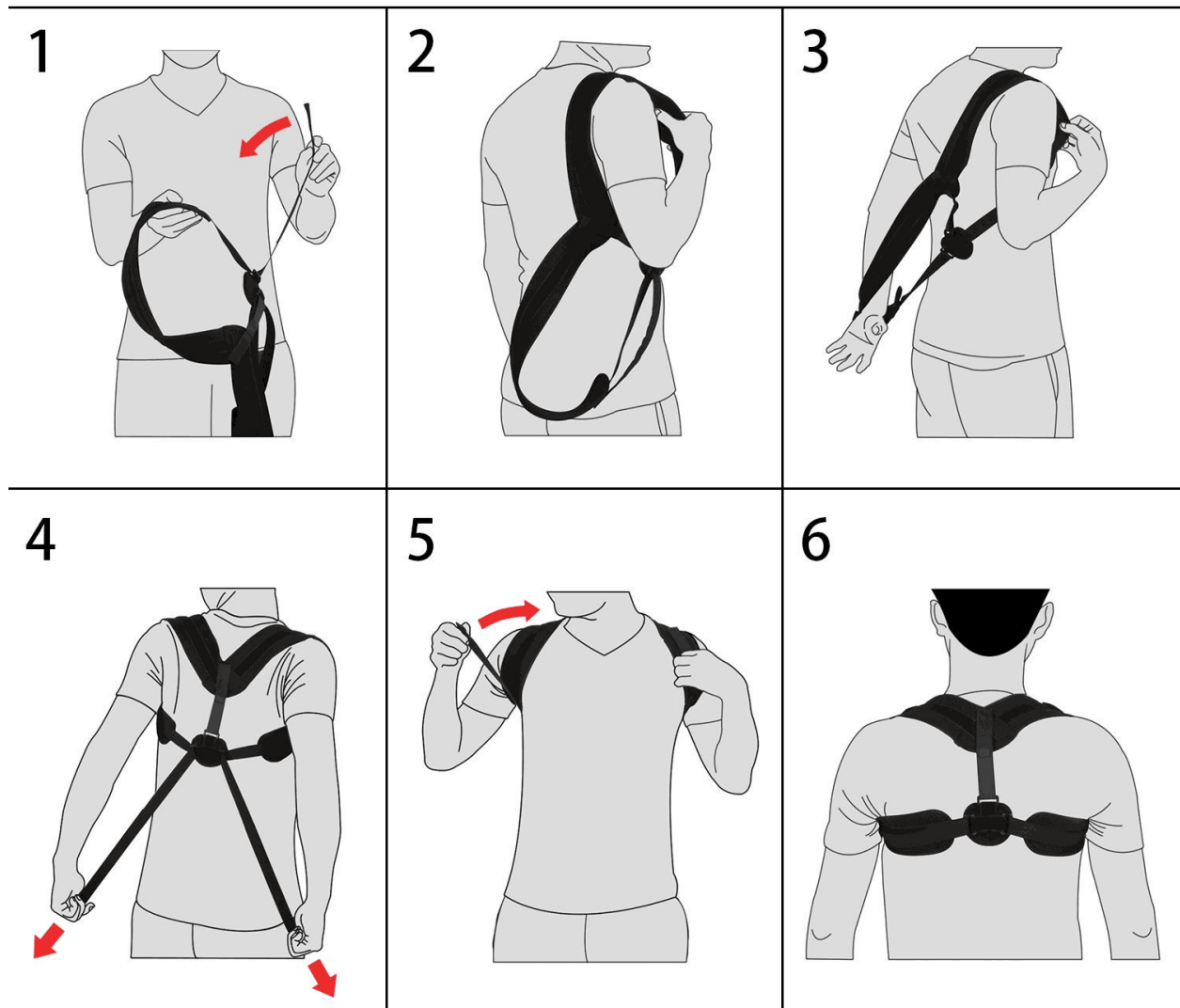
You've purchased our back brace as a means to correct your back posture, eliminate back pain and prevent excessive curvature of your back. A back brace can be used to provide your lower back with additional support. In some cases, it can greatly improve or even eliminate back pain altogether. Your purchase 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 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.

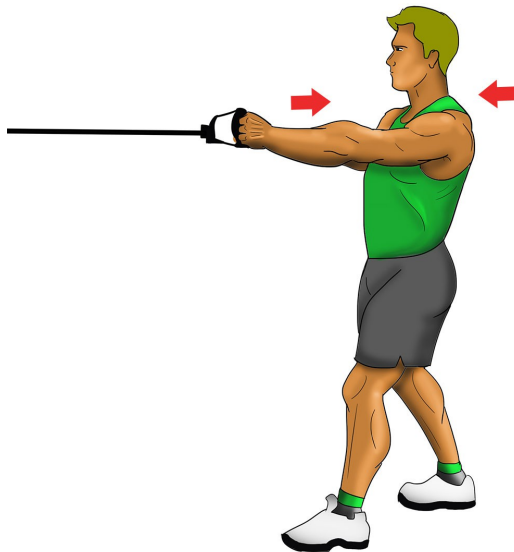
- It's important not to begin to get reliant on the brace, meaning that you should not wear it continuously. Allow your back breaks, and limit use to a few hours a day at most. You will notice that overtime the discomfort associated with wearing the brace will decrease. This is indication that your back 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.

# Exercises with Red Resistance Band

## 1: Band Row – Standing

Attach your resistance band to something on the floor, such as a table leg or wall hook. Stand up and hold the handles with your hands, arms extended in front of your hips.

Pull back on the band, towards your abdomen with your hands, and then slowly return to the original position. Try to keep your back straight throughout the exercise.



## 2: Band Row – Low

Repeat the above, and stand with one side of your body angled towards the band. Grab a handle with one hand, arm extended in front of your knee and palm facing downwards.

Pull back on the handle towards your abdomen, and slowly return back to the original position, keeping your back straight throughout.



### 3: Band Row - Seated

Secure the arm band as above, and sit with your legs extended towards it. Grab both sides of the arm band over-top your knees, and keep your arms extended with your palms facing towards you. Pull the band handles to the side over your knees, towards your abdomen. Pull the band as far as you can without discomfort, and then return after holding the position for a few seconds.

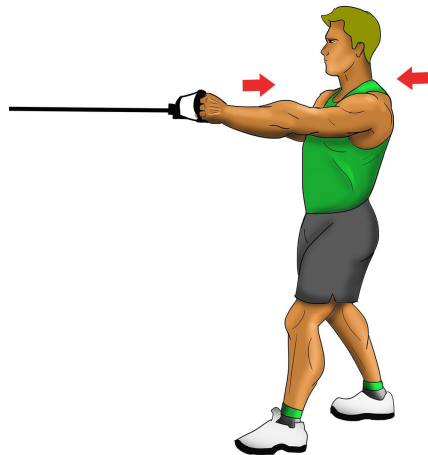
Try to keep your back straight throughout.



#### 4. Band Back Fly – Standing

Secure the band at a height about elbow height off the ground, and stand up, grabbing it with your hands. Your arms should start off in front of your chest with your palms facing each other. Pull on the handles, and move your arms to either side of your body.

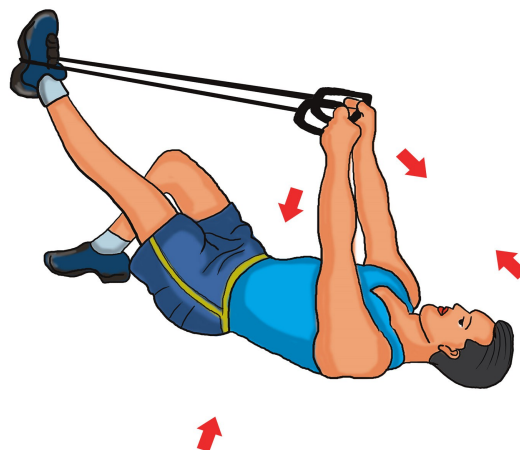
You should feel your shoulder blades and back muscles clenching. Return slowly to original position. Try to keep your back and arms straight throughout.



#### 5. Band Back Fly – Lying

Secure the band beneath your foot, and lay on your back with your hands over your chest, feet angled perpendicular to your body. Pull the handles towards the floor, in the natural direction of your hands, keeping your legs at the same position throughout.

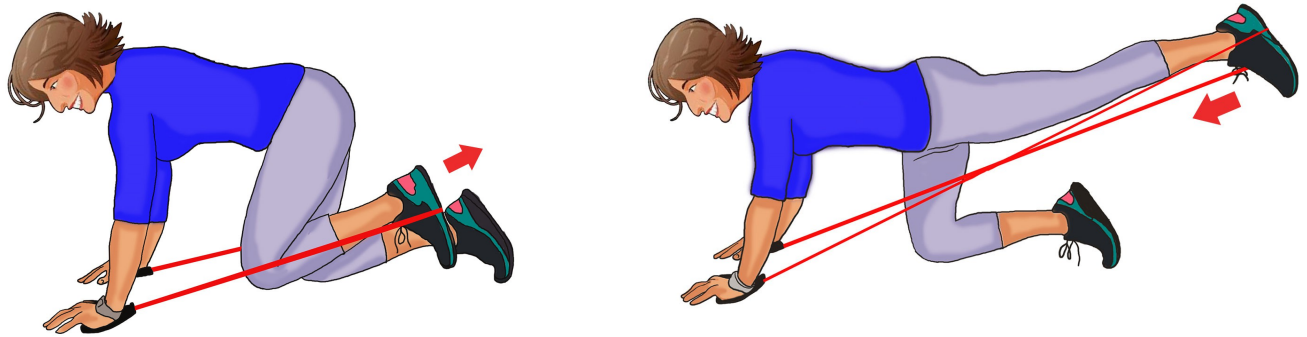
Slowly return to original position.



## 6. Band Back-Leg Extension

Secure the band to your feet, and kneel with your back straight. Grab the band with your hands, and pull upward on either side, as far as possible.

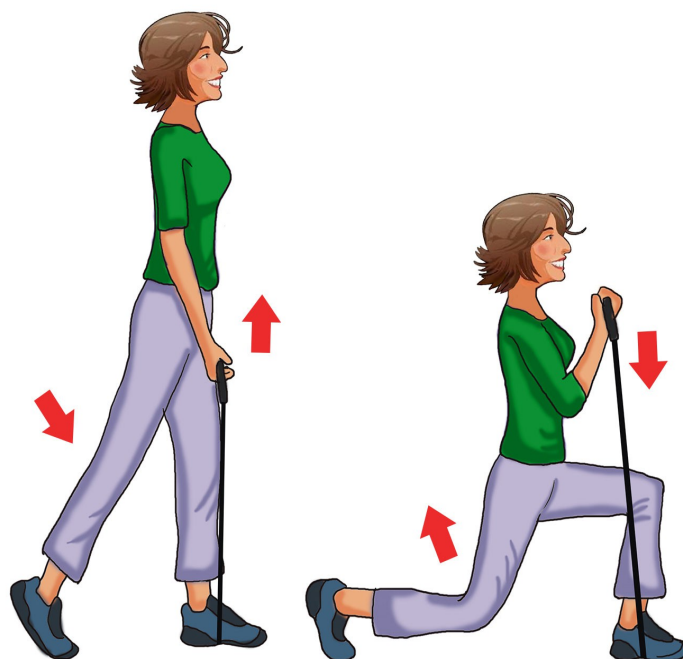
You should return to the starting position when your arms are parallel to the ground.



## 7. Band Crunches

Hold the band in both arms, and raise them upward, parallel to the floor. Pull outward, stretching the band while keeping your arms parallel, as far as you can.

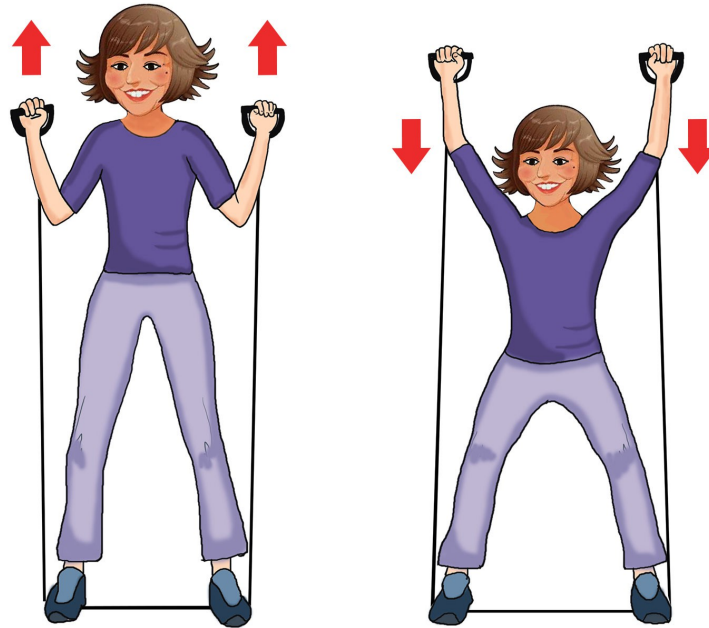
Return to the original position after holding maximum position. Keep your back straight for this one. You should feel your back and arm muscles flexing.



## 8. Band Pull-Ups

Stand with the band under your feet, and take a hold of either side while crouched. Attempt to pull upward on the band, as far as you can while straightening your knees.

This will put tension on your back muscles as well as your legs. Try to keep your back straight for the duration of this exercise. Return to the original position when maximum tension is reached.





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*