

INSTRUCTIONS

CAUTIONS – Apply to all Posture Pumps®

1. Read instructions completely before using and follow all cautions.
2. Do not use this unit without first consulting your doctor. Specific joint, nerve, disc, vascular and other disorders or weaknesses can be aggravated and worsened.
3. Do not use if you are injured.
4. Never inflate unit to the point of pain.
5. Never reposition your body while the unit is inflated.
6. If pain results during treatment, discontinue use immediately and consult your doctor.
7. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
8. **If you have TMJ (jaw) weakness, relocate restraint into forward open slots and remove the chin restraint.**
9. Keep unit out of the reach of children at all times.

WARNING: The TMJ's (Jaw Hinges) are sensitive in many people. While the forehead portion of head restraint should be as **snug as comfortable**, the chin portion of head restraint should **never be tight!** To prevent chin strap pressure: 1. Pull the forehead restraint down away from the hair line, if chin strap is still tight, 2. Move both ends of chin strap to **lowest snaps** on forehead strap. If you still feel chin pressure, 3. Remove chin restraint. Remaining forehead restraint can now be relocated into forward open slots on frame of unit to enhance forehead support if desired.

Posture Pump® Cervical Disc Hydrator® (Model 1000)

IMPORTANT: Long lasting benefits are gained from consistent use as directed by your healthcare professional. Carefully read and follow instructions and cautions before beginning. Always perform the warm-up routine below before beginning the Cervical Disc Hydrator® (Model 1000) Training Session.

POSTURE PUMP® MODEL 1000 INSTRUCTIONS

WARM-UP ROUTINE: Begin by turning the head side-to-side 10 times; then tilting the head forward and backward 10 times; then leaning the neck from side-to-side 10 times.



INSTRUCTIONS

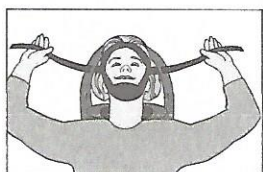
1. After warm-up routine, place *deflated* unit on a comfortable, firm surface. With head restraint untangled at back of unit, slide and *center* unit under the back of your neck, **snugly** against the top of your shoulders and upper back.*



2. *Center* your neck on neck cradle measuring with your index fingers.



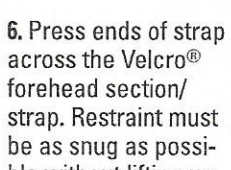
3. Apply the head restraint by centering it on your chin and forehead.



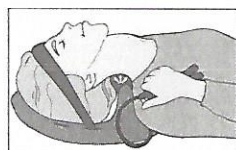
4. Pull all slack out of ends of strap equally.



5. Hold unit down with tips of index fingers or thumbs and further tighten restraint.



6. Press ends of strap across the Velcro® forehead section/strap. Restraint must be as snug as possible without lifting up the back of the unit and may be tightened further after the first 3 repetitions.



7. **Slowly** pump unit up to your own comfort level; never to the point of pain. (Usually 1 to 7 pumps, pump is equipped with automatic air release valve, limiting inflation.)

8. Wait 10 seconds, then release all air by pushing the manual air release button on the pump. Repeat this treatment 15 times.

9. Next, inflate unit to a comfortable level and relax on *inflated* unit for 15 minutes maximum. Gradually work up to this 15 minute goal by adding a few minutes to each treatment. Inflate unit at lower levels the first week, thus reducing soreness commonly caused by aggressive treatments.

10. Completely deflate unit, release both ends of strap from forehead and remove restraint. Roll off unit to your right or left side *slowly* and *carefully* without turning your head. When you are free from the unit and standing or sitting in an upright position, *gently* and *slowly* repeat warm-up routine to acclimate your neck muscles to the weight of your head.

11. Keep unit on bed or night stand and repeat the above treatment daily or at least 3 times per week as directed by your physician. Many users find that this unique treatment just before bedtime allows them to fall asleep easier.

QUESTIONS AND ANSWERS

Q My muscles were sore a day or two after my POSTURE PUMP® treatment. Is this normal?

A Just like performing any new treatment, an aggressive workout with the POSTURE PUMP® can temporarily make you sore. To reduce this occurrence, inflate the unit at lower levels and keep your treatments under 10-minutes for the first 2-weeks. This will allow your body to gradually adapt to a more aggressive treatment.

Q I don't like any pressure against my chin or jaw and my husband can't stand too much pressure against his forehead, is the head restraint adjustable?

A Yes! The unique Dual-Pull™ restraint can be adjusted for too much forehead pressure by sliding the strap toward the hair-line. Reverse this action for more forehead pressure and less chin pressure. If you have TMJ (jaw) weakness or cannot stand to have any pressure on your chin, simply relocate the entire restraint in the forward open slots and unsnap the chin restraint. This will eliminate jaw and chin pressure. Read above "Cautions" for information on TMJ issues.

*If you are *not snug, comfortable and centered* on the inflated bladder, or if it seems to inflate unevenly, release the air, then the restraint, **center** yourself on unit and reapply restraint.

WARRANTY: 6 MONTH WARRANTY FROM DATE OF PURCHASE PROVIDED BY MANUFACTURER.

To contact Posture Pro, Inc, call 1-800-632-5776 (USA) or (714) 847-8607. Fax (714) 375-4183 www.posturepump.com sales@posturepump.com

Copyright 2014 POSTURE PRO, Inc. • 16421 Gothard St., Ste. D, Huntington Beach, CA 92647 U.S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085, B2 • 8,029,453, B2 • 8,734,372 • 8,764,693
Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice. Posture Pump® products are not designed to diagnose or cure disease.