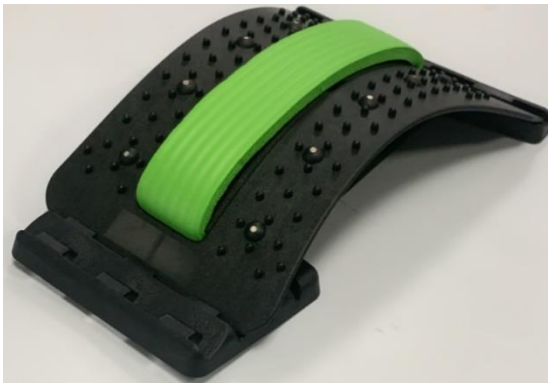


Posture Therapy Back Stretcher

K104 v01: 18/08/21

Please read and retain these instructions for future reference



Dimensions

(L) 37.7 x (W) 25 x (D) 2.0

- INCLUDES 10 MAGNETIC DOTS AND 96 PLASTIC PINS WHICH CREATE AN ACUPUNCTURE EFFECT
- 4 ADJUSTMENT LEVELS TO CHOOSE THE RIGHT SUPPORT FOR YOU



ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Adjust to one of 4 positions:

Note:

The higher the setting, the stronger the stretch. Start from level 1 and do not use for more than 5 minutes at a time in the beginning.

Warning: If the pain gets worse, stop using the Back Stretcher immediately and consult your GP.

Step 1
Set the hook



Step 2
Bend and
straighten the
other end.



Step 3
Set the pad



Use sitting
up or lying
down.



Using the back stretcher lying down:

- Adjust the height and sit down to bend and straighten the other end of the device. Start with the lowest setting.
- Supporting your upper body with your arms and hands, slower lower yourself down onto the stretcher with your knees bent.
- You can use a cushion or rolled up towel to support your head.
- Stretch your arms and legs and hold for up to 5-10 minutes. Then sit up slowly.


Using the back stretcher sitting up:

- To use sitting up the back stretcher needs to be positioned against a hard surface like a bed frame.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	
Type of Plastic	Polypropylene
Commonly used for	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups
Notes	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.