

FOR BEST RESULTS ...

Start with low inflation

The best way to enjoy Back Vitalizer is to start with low inflation – ½ inch or less in thickness. If you find it uncomfortable, it is most likely over-inflated and you should reduce the inflation.

Low inflation allows you to concentrate on your work while helping strengthen your back and support your sitting posture.

Position your Back Vitalizer correctly

When sitting on the Back Vitalizer, its rear edge should be aligned with the back of your buttocks. (See picture in previous section.) To check this, put your hand on the back of your buttocks and drop it down to the chair seat. Your fingers should touch the rear edge of the Back Vitalizer. With this alignment, you will get the pressure-relief and back-strengthening benefits, as well as the posture-support benefits simultaneously.

Adjust your chair

Because the Back Vitalizer adds height to your chair, you may want to slightly reduce its height to accommodate the difference.

Alternate positions

During the first two months of sitting on the Back Vitalizer, you should change its position every 30-60 minutes. Sitting on the Back Vitalizer helps strengthen your back by giving your deep stabilizing muscles their required gentle exercises. Sitting with the Back Vitalizer behind you will give your back muscles a rest. Alternating between these two positions allows you gradually build up the strength of your back.

Personalize your comfort

Generally speaking, you need lower inflation when sitting on the Back Vitalizer than when leaning back against it, when sitting on it in a hard chair versus a soft chair, and when using it in your car seat compared with on your sofa. If you feel uncomfortable after a short time, your Back Vitalizer is most likely over-inflated and you should reduce the inflation.

When sitting or standing on the Back Vitalizer, lower inflation provides more stability, and higher inflation more motion.

Ask your qualified health adviser if you have any questions about using this product.



*back vitalizer*TM.com

User Instructions



(perspectis:)

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WARNINGS

- a. Do not jump on the Back Vitalizer.
- b. Do not sit or step on this product unless you can properly control your body balance.
- c. Do not use this product if you have acute pain, a serious injury, recent surgery, pregnancy or any other unusual condition. Consult your doctor(s) if you have any questions.
- d. Use the Back Vitalizer behind your back only, when in a moving vehicle.
- e. Do not exceed 80% of the volume capacity of the Back Vitalizer when inflating it.
- f. Lightly lubricate the valve plugs with an oil-based hand cream, such as Vaseline, before first inflation and periodically thereafter.
- g. Do not apply pressure to the Back Vitalizer unless its valve is fully and tightly closed.
- h. The Back Vitalizer is designed for loads up to 400 lbs. only.
- i. Do not fill the Back Vitalizer with water.
- j. Keep the Back Vitalizer away from any sharp objects and any aggressive or caustic chemicals.
- k. Avoid exposing the Back Vitalizer to fire, stove, oven, microwave, hair dryer, intense sunlight, or any other intense heat source.
- l. Adjust the inflation of the Back Vitalizer, only when it is at room temperature.

HOW TO USE ...

To Relieve pressure in lower spine, improve sitting posture & prevent deep back muscles from tensing



1. Adjust inflation and close valve.
2. Place the Back Vitalizer flat on your chair with its rear edge about 2 - 3 inches away from the back of the chair.
3. Sit gently on the Back Vitalizer. Ensure the back of your buttocks is aligned with its edge, your feet are on the ground, and your upper body is not touching the back of the chair.
4. There is no need to move or rock. Just sit naturally and let the Back Vitalizer do the rest.
5. Make sure you properly control your body balance.



To Maintain the natural curvature of your back



1. Adjust inflation and close the valve.
2. Place the Back Vitalizer behind the small of your back.
3. Sit back and enjoy your Back Vitalizer.

To Enhance your core strength and improve your body coordination



1. Adjust inflation and close valve.
2. Place the device flat on solid ground, and gently step on it.
3. Make sure you properly control your body balance.

To Improve blood circulation and reduce swelling in your legs and feet during long haul flights



1. Adjust inflation and close valve.
2. Place the device flat on aircraft floor and rest your feet on it.
3. Exercise your feet: First, heels down on the Back Vitalizer and point toes upward. Second, lift heels high, and press the balls of your feet on the Back Vitalizer. Alternate between these two positions.

HOW TO ADJUST AND CARE FOR ...

How to adjust the level of the dynamic support and exercises provided by the Back Vitalizer

You can do so by adjusting the inflation of the Back Vitalizer:

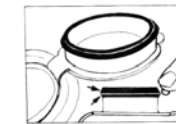
1. Open the valve.
2. Gently inflate by blowing with mouth or deflate by compressing the Back Vitalizer to the desired volume. There is no need to press your lips against the valve. Just a puff into the open Back Vitalizer valve from a few inches away will be sufficient.

Less is more! Please start with low inflation when you begin to use the Back Vitalizer.
3. Close the valve and enjoy your Back Vitalizer.

How to care for your Back Vitalizer

1. Make sure that the valve is either fully open or fully closed.
2. Always make sure the valve is tightly closed, prior to use.
3. Re-adjust the inflation of the device once every 2 - 4 weeks.
4. Lubricate the valve with Vaseline or hand cream once every 4 weeks.
5. Clean your Back Vitalizer by wiping it with soft cloth and warm soap water whenever necessary.
6. Use cover sheet if desired.

How to lubricate the valve



1. Gently open the valve.
2. Get a touch of hand cream, such as Vaseline, on a finger
3. Apply the cream, with the finger, to the ring edge of the protruding dome (see the shaded area in the image).
4. Close the valve and enjoy your Back Vitalizer.