Stop! Read This First!

Posture Pump® is a serious spinal health product recommended by doctors to thousands of patients throughout the USA and other countries. It is not a massage device or an “occasional use” product! Keep Posture Pump® on your bed, night stand or a place where you can USE IT OFTEN. Take it with you on trips. Just minutes on the Posture Pump® will reinforce your neck and back’s NATURAL CURVED SHAPE, LUBRICATE THE JOINTS and PROMOTE PROPER POSTURE.

During the first week, as the natural shape of your neck and back is strengthened, you may experience normal discomfort and soreness. As with any new exercise, THIS IS NORMAL. Skip a few days if you must, but STICK WITH IT! DON’T QUIT! Think of Posture Pump® as you would your toothbrush. Just as your toothbrush protects your teeth, let Posture Pump® strengthen and lubricate your neck and back. Like working oil into a rusty hinge, use Posture Pump® after long periods of holding your head, neck and back in uncomfortable positions. Many use it just before bedtime to relieve head, neck and back discomfort, stiffness, stress and to fall asleep easier.

Be Flexible! . . . Stand Taller! . . . Look & Feel Younger!

Help Prevent the Hump with Posture Pump® and Avoid Stooped Posture as you age.

“Computer Neck”
Forward Head Carriage: The most common cause of neck and upper back fatigue and tension.

Driving Stress:
Low back, middle back and neck tension and stiffness.

Forward-Flexed
Neck Positions: Force the natural curve out of the neck and promote poor posture.

Side-Flexed
Neck Positions: Cause stiffness and spasm.

Shoulder and Upper Back Tension

“Telephone Neck”

Nothing works like Posture Pump® Nothing!

Use Posture Pump® regularly as directed and carefully follow directions and cautions.

Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

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CAUTIONS – Apply to all Posture Pump® Products

IMPORTANT: Posture Pump® is proven in MRI and x-ray studies to provide high level disc expansion and spinal shaping. We recommend that it be used with the guidance of a healthcare professional. If the user tolerates the selected unit then user is to carefully follow cautions and instructions below.

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 have implanted spinal hardware.
4. Do not use if you are pregnant.
5. Do not use if you are injured.
6. Never inflate unit to the point of pain.
7. Never cover up or block off open ends of hand pump (Safety Release Valve).
8. Never reposition your body when neck unit is inflated! When using neck unit and back unit together, always apply the back unit first. When all movement with back unit is complete, apply neck unit. Completely deflate neck unit and release head restraint before moving back unit.
9. If Comfort Visor® restraint is slipping off forehead, lightly moisten inside padded area to help it grip your forehead.
10. If pain results during treatment, discontinue use immediately and consult your doctor.
11. If your back is sensitive or extremely stiff, first use the unit on your bed mattress. As your flexibility increases, you may wish to graduate to a flat firm surface.
12. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
13. Keep unit out of the reach of children at all times.

Posture Pump® is fun and easy to use! Lie over unit as shown below, making sure you are comfortable, centered and head restraint is firmly applied. Grasp the 2 lower back hand pumps and inflate, rock and deflate as instructed below. Leave unit inflated to a comfortable level on the last repetition and perform the same procedure on neck unit without rocking.

Relax with both units inflated for up to 15 minutes. Please read and follow all cautions and instructions before beginning. Always perform the warm-up routine below before beginning the training session.

Warm-Up Routine: Begin by slowly turning your head and neck side-to-side to times; then lifting your head and neck forward and backward 5 times; then leaning the head and neck side-to-side to times.

A. On a comfortable firm surface, in a seated position, slide deflated unit against low back and buttocks. (Illustration A)

B. While grasping lower portion of unit, gently lean toward hairline using your abdominals and squeezing air cell(s). (Unit will elongate to fit taller users by stretching the attachment pad and/or adjusting the Velcro® straps above lower unit.) (Illustration B)

C. While lying flat on unit with knees bent and feet firmly on the ground, begin to rock low forward and back toward belly button using abdominal muscles to lift buttocks. Then rock downward using back muscles, lowering your lower abdominal muscles to gently stretch over air cells and lowering buttocks to floor. Repeat this movement several times to conclude warm-up routine. (Illustrations C & D)

Posture Pump® is an easy and effective way to relax and stretch your neck and back. The following exercise is an example of a warm-up routine to acclimate your neck muscles to the weight of your head.

1. After warm-up routine, place deflated unit on a comfortable, firm surface. Deflate air cell(s) by pushing the button on the pump and squeezing air cell(s). With Comfort Visor® forehead restraint unstrung at back of unit, slide and center unit under the back of your neck, snugly against your shoulders and upper back."
2. Center your neck on neck cradle measuring with index fingers. (see illustration)
3. Apply Comfort Visor® by centering it across your forehead. While holding it there with fingers, lightly tighten one side at a time until snug and centered. Allow it to slide back toward hairline as you pull all slack out of Comfort Visor® ends evenly while holding frame down with fingers. Comfort Visor® will mold to the shape of your forehead as it slides back. Reposition unit if it feels secure and comfortable. (see illustrations) Note: For smaller heads and shorter necks locate Comfort Visor® in forward slots. For larger size heads use Comfort Visor® in back slots.
4. Hold back of unit down with tips of index fingers or thumbs and further tighten Comfort Visor® as necessary. (see illustration)
5. Press ends of Comfort Visor® straps across the Velcro® forehead section. Comfort Visor® should be as snug as possible without lifting up the back of the unit and may be tightened further after the first repetition. (Back of frame may lift slightly during application on some surfaces. THIS IS NORMAL.)
6. Leaving neck pump on chest/stomach area for easy access, grasp the two hand pumps that work pump lowest, lowest air cell pump in your right hand, upper air cell pump in your left hand. (Squeeze each pump separately to confirm lowest air cell pump is in right hand.)
7. Inflate lowest air cell with right hand pump to a firm comfortable level, never to the point of pain. (Usually 1-5 complete pumps)
8. Inflate upper air cell with left hand pump to an equally comfortable level. (Usually 1-5 complete pumps)
9. Squeeze both pumps at the same time. (Usually 1-3 more pumps)

Using your abdominal and pelvic muscles gently rock back and forth 3-5 times repeating actions of section C above. (see illustrations E & F)

10. Deflate air cells by pushing down on both pump buttons at the same time.
11. Repeat steps 7 through 11 several times leaving unit inflated to a comfortable level on the last repetition.
12. Keeping the back unit inflated to a comfortable level, make sure your neck is still centered on the neck cradle (using your index fingers to measure) and strap should remain snug.
13. Grasp the hand pump that operates the neck air cell(s) and slowly pump unit up to your own comfort, never to the point of pain. (Model 4100-S usually 1 to 7 complete pumps; Model 4100-SX between 1-9 complete pumps; Model 4100-D usually 2 to 12 complete pumps. Pump less times during first week of use. (Pump is equipped with automatic air release valve, limiting inflation.) Never cover up or block off open ends of hand pump.
14. Wait 10 seconds, then release all air by pushing the manual air release button on the pump. Repeat the work up to a maximum goal of 15 minutes by adding a few minutes to each training session or as directed by your healthcare professional. Inflate unit at lower levels the first week, thus reducing soreness commonly caused by aggressive workouts. (see sections G & H)
15. Grasp the upper pump unit first and remove Comfort Visor®. Gently bring knees to chest one at a time for 5 seconds each. Then bring both knees to chest and hold for 5 seconds. Gently roll off unit and on to your left or right 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.

16. With all air cells now inflated to comfortable levels, allow your entire spine to stretch over inflated air cells keeping your hands on the ground. Relax on inflated unit for 1 to 5 minutes on first session. Gradually work up to a maximum goal of 15 minutes by adding a few minutes to each training session or as directed by your healthcare professional. Inflate unit at lower levels the first week, thus reducing soreness commonly caused by aggressive workouts. (see sections G & H)

17. Completely deflate all air cells (neck first), and release velcro straps from forehead and remove Comfort Visor®. Gently bring knees to chest one at a time for 5 seconds each. Then bring both knees to chest and hold for 5 seconds. Gently roll off unit and on to your left or right 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.

18. Never rock unit while the neck unit is inflated.

19. Keep unit near bed or right side and repeat the above treatment daily or at least 3 times per week to help relieve tension, stress and fatigue and to reinforce your natural neck and back curves while lubricating the joints. Many users find this unique workout, just before bedtime, allows them to fall asleep easier.

Note: Please keep a cold gel pack over one of the air cells, usually the lowest pouch. It is recommended to speed recovery from stiffness and discomfort. Clients stiffness and discomfort may take 30-60 days to return to adequate levels. 1 pain relief treatment, discontinue use immediately and consult your healthcare professional. Cover gel pack with cloth; never place gel pack directly against skin! Just dusting by performing any new exercise, an aggressive workout with Posture Pump® can temporarily make you sore. To reduce this occurrence, inflate all units lower levels and keep your workouts under 1½ minutes for the 1st 2 weeks. This will allow your body to gradually adapt to a more aggressive workout.

To contact Posture Pro, Inc. call 1-800-632-6776 (USA) or (714) 847-8607. Fax (714) 375-4183. Web site: posturepump.com Copyight 2010 POSTURE PRO, Inc. 16421 Outback St., Ste. D, Knob Creek, CA 92637 U.S. P40: 5135-10, 8000-10, 5568-10, 7308-30, 2035-30, 67:473-727-4, 7648.93. Other patents pending. Consult our healthcare professional before beginning. Press and colors subject to change without notice. Posture Pump® products are not designed to diagnose or cure disease.