



Rein Sommer B

# BACKSTRETCHER

## User Instructions

**Please read these instructions thoroughly before using the Backstretcher.**

Start with sessions lasting no more than a few minutes. It is necessary for you to become accustomed to the Backstretcher. Gradually build up minute by minute as you progress to a maximum of 10-15 minutes.

If in any doubt as to the suitability of the Backstretcher consult your Doctor before using.



**1). Seated, knees bent, feet flat on the floor with the Backstretcher directly behind you. Lower slope is closest to your bottom.**



**2). Reach back with both hands and hold the side rails. The Backstretcher should be centrally positioned.**



**3). Slowly lower your back onto the rollers. Do not rush this. You may need a cushion or a pillow already placed within easy reach.**



**4). This is the Upper Back Stretching position. Use the cushion or pillow here to support the head and neck. It is not necessary for the head and neck to be strained at this point. RELAX here for a minute or two.**



**5). With knees bent, feet flat on the floor, while holding the side rails, lift your bottom and slide your body a few centimetres further along the Stretcher.**



**6). Here your bottom may well be on the lower slope of the Backstretcher. Now RELAX. Stay here for a minute or two.**

**Note:** Please note; individuals with 100% fused vertebrae, individuals with brittle bones/Osteoporosis, women who are pregnant should **NOT** use this Backstretcher. As with all forms of exercise people with pre-existing medical conditions should consult with their Doctor first. Please read these instructions thoroughly and follow them carefully. This Backstretcher is not intended as a substitute for professional medical care nor is this a medical device and may not be suitable for all people. If you feel pain or dizziness, stop using this Backstretcher. Never fall asleep on the Backstretcher.



7). With knees bent, feet flat on the floor, while holding the side rails, lift your bottom and slide your body a few centimetres further along the Stretcher.



8). Now your lower back moulds to the shape of the Backstretcher. Most people have lower backache and this is the position you should spend most time.



9). Once your whole upper back, shoulders, neck and head are flat on the floor, it is possible to pull in the Neckstretcher



10). Using the neckstretcher your eyes should be looking over your knees, chin is pulled in and Relax

## If you only want to stretch your lower back



1). It is not necessary to roll over the Backstretcher every time you use it. Lying down, knees bent, feet flat on the floor. With the Backstretcher in easy reach to one side.

2). Raise your bottom, slide the Backstretcher under using your hands. The raised curved end of the Backstretcher is towards your back. Lower slowly. Making sure the rollers are central.



3). Relax in this position. To remove the Backstretcher. Reverse the procedure. Feet flat on the floor, knees bent, lift your bottom. Using your hands slide out the Backstretcher and lower your bottom to the ground. Lie here to re-adjust. Roll over sideways. Get up slowly.

