



EZSTRETCHNFLEX BACK STRETCHER INSTRUCTIONS

CONSULT YOUR PHYSICIAN BEFORE USE

PLEASE WATCH THE ENCLOSED VIDEO (DVD) FOR ADDITIONAL INSTRUCTIONS:

Step 1: Unstrap the Velcro Strap and lay the two pieces down on the floor far enough apart that you can sit between them. Make sure the ankle supports are at your foot end and the crutch arm supports are on the inside of the two pieces, closest to your body. (see Assembly Drawing)

Step 2: Sit down between the two halves and place your ankles in the ankle supports, one at a time.

Step 3: Lay down and check the length of the crutch ends to your under-arm area. To get the correct length, the Pull Handles (see drawing and/or video) should be as high as your arms can reach. Adjust the snap pins according to your size.

A 6' tall person should place the snap pins in the (6 FT) marked area on the Pull Handle Tube (see Assembly Drawing) and adjust the Ankle Supports and Crutch Arm Supports accordingly. SHORTER: the snap pins should be placed further down towards the ankle support end of the Pull Handle Tube. TALLER: the snap pins should be placed further out on the Pull Handle Tube, towards your shoulders and Pull Handle end.

Step 4: Once the correct position is desired, laying on the floor or a bed, pull down SLOWLY on the Pull Handles, DO NOT PULL HARD AND FAST TO AVOID INJURY OR UNWANTED PAIN TO YOUR BACK AND/OR BODY, the crutch ends will push your upper body in the opposite direction of your ankles. You will get a good stretch on your lower back, hips and legs.

It is recommended to do a few (3-4), 5 count (1001,1002,1003,1004,1005) stretches at a time, relaxing in between several stretch intervals. The main thing is that **you** are in complete control of the stretch. If any sharp or unwanted pain occurs, simply stop the stretch process and take the back stretcher off.

You can use the EZSTRETCHNFLEX BACK STRETCHER as often as you feel comfortable using it. DO NOT OVER USE IN THE FIRST WEEK, ONE-TWO TIMES PER DAY IN THE BEGINNING IS PROBABLY ENOUGH TO RELIEVE THE STRESS ON YOUR LOWER BACK. REMEMBER, YOU ARE IN COMPLETE CONTROL. IF PAIN PERSISTS, CONSULT YOUR PHYSICIAN.

When done, leave the EZSTRETCHNFLEX as is and stack back together, wrap the Velcro Strap around the unit for storage in a closet or under a bed.

VISIT EZSTRETCHNFLEX.COM FOR ADDED INFORMATION