

# SpineDok™

A Better Back for Life

## SpineDok™ Starter System Deluxe System Travel System



## User Manual

## CONGRATULATIONS! YOU ARE ON YOUR WAY TO A BETTER BACK FOR LIFE WITH YOUR SPINEDOK™ SYSTEM!

**The SpineDok™ Is Covered By A 30 Day Money Back Guarantee  
And A 5 Year Limited Warranty.\***

In as little as 5-10 minutes a day, the SpineDok™ will correct and condition your spine. Benefits of daily usage of SpineDok™ include:

- Decreased neck, back and shoulder pain
- Better posture
- Increased flexibility
- Better endurance
- Better overall spinal fitness
- Improvements in overall health

### HOW DOES IT WORK?

The SpineDok™ is a patented network of asymmetrical and symmetrical curves that employ the force of gravity to gently stretch your spine.

When the apex (highest point) of the SpineDok's™ asymmetrical curve is positioned on (or near) the T4 vertebrae, the SpineDok™ opens, stretches, and relaxes the upper back, shoulder, and neck area. When the apex is placed under the user's spine near the bottom of the rib cage, the SpineDok™ relaxes, stretches, and opens up the lower back. See Figure 1.

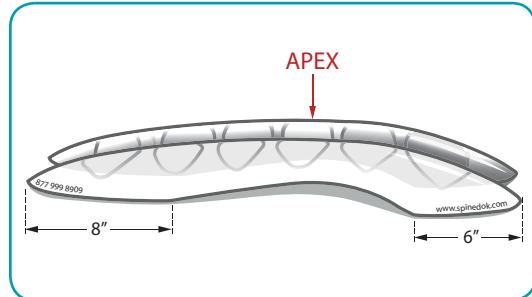


Figure 1

### ASSEMBLING THE SPINEDOK™

This manual covers the SpineDok™, SpineDok™ Starter System, and SpineDok™ Deluxe System. Depending on your system, this package may include the following pieces:

\*Please refer to the end of the manual for more information on the SpineDok™ Guarantee and Warranty.

#### SpineDok™ Base

The large, clear plastic piece is the base of the SpineDok™. Note that the HIGH end is marked with the SpineDok™ website ([www.SpineDok.com](http://www.SpineDok.com)) and the LOW end is marked with Patent Pending and our 1-800 phone number. See Figure 2a.

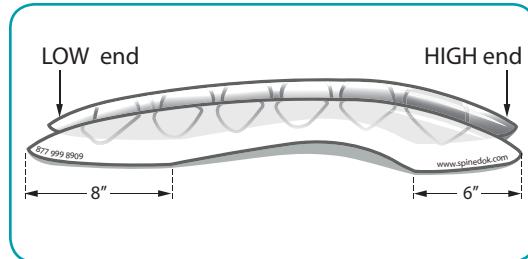


Figure 2a

#### SpineDok™ Gel Pack

(Included with the SpineDok™ Starter, Deluxe and Travel Systems. The Gel Pack is also available for purchase separately at [www.SpineDok.com](http://www.SpineDok.com)).

Using the Gel Pack with the SpineDok™ provides a soft, cloud like experience. You can also achieve an even deeper stretch through the use of heat or cold.

To attach the Gel Pack to the , lay the Gel Pack down on the floor, with the SpineDok™ logo facing down. Turn your SpineDok™ over and lay it upside-down with the smooth side on top of the Gel Pack and fasten the Velcro straps as tightly as possible. See Figure 2b. Now turn the SpineDok™ over, so the Gel Pack is facing up.

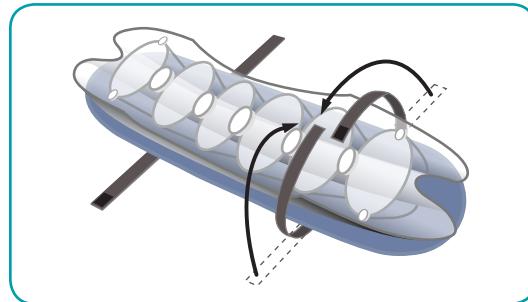


Figure 2b

To use as a COOL pack, place your Gel Pack in the refrigerator for one hour. **DO NOT FREEZE THE GEL PACK.**

To use as a HEAT pack, gently roll the Gel Pack and place in your microwave for 1 minute on the High setting. Remove the pack and test the temperature by placing it on your forearm – if it is not warm enough, continue to heat in the

## ASSEMBLING THE SPINEDOK™ continued

microwave at :30 second intervals, removing after each :30 seconds, until it is warm enough for you. You should be able to hold the pack in your forearm for at least 10 seconds without feeling too hot. If it feels too hot, let it cool before using, and decrease your warming time next time around.

There is no need to remove the Gel Pack from its fabric case for either heating or cooling. You may remove the cover to wash.

Your Gel Pack is covered by a 6-month warranty. If you experience a malfunction with your Gel Pack (it breaks, tears, leaks, etc) within the first 6 months of receipt, you may contact customer service at [1-877-999-8909](tel:1-877-999-8909) for a free replacement. After 6 months, you may purchase a replacement Gel Pack at [www.SpineDok.com](http://www.SpineDok.com).

### SpineDok™ 3 Piece Height Riser Set

(Included with the SpineDok™ Deluxe System. The Height Riser Set is also available for purchase separately at [www.SpineDok.com](http://www.SpineDok.com)).

The Height Riser System is intended for **LONG TERM users**, to increase their stretch.

**The Risers are NOT to be used by beginners under any circumstances.**

Once beginning users become comfortable on the SpineDok™ (after spending 5-10 minutes per day for at least 3 weeks) they may choose to add the Riser Set. The Riser Set may also be beneficial to users over 6 feet tall. The set includes:

**(2) Blue SpineDok™ Riser End Pieces** – to attach, turn your SpineDok™ over and lay it upside-down on the floor with the curved side down.

Starting with the smaller Riser piece, place it smooth side down on the HIGH end of the SpineDok™, and insert the small circular pegs on the Riser into the small circular holes in the base of the SpineDok™. Repeat these steps with the second, larger Riser piece, inserting the pegs on that piece into the holes on the LOW side of the SpineDok™. See Figure 2c.

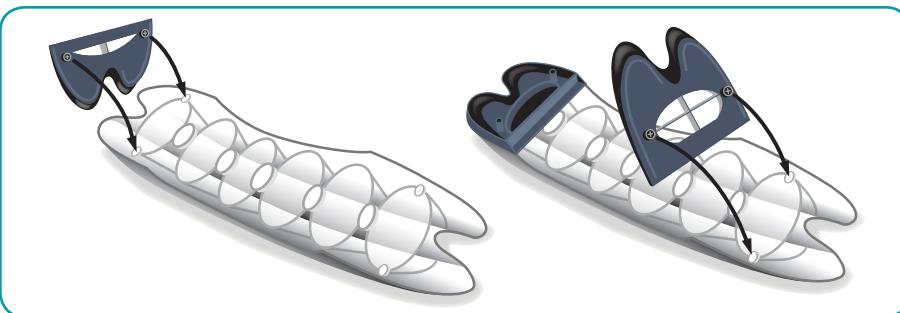


Figure 2c

**(1) Oval Riser Center Piece** – This piece is intended for use **ONLY** with the Risers. If you are using the Risers you **MUST** insert this piece into the center pillar of the bottom of your SpineDok™ to avoid damaging the unit.

To insert, simply snap the oval piece into the matching oval hole in the bottom of the SpineDok™. See Figure 2d.

**If you are not using the Risers, do not insert the Center Piece.**

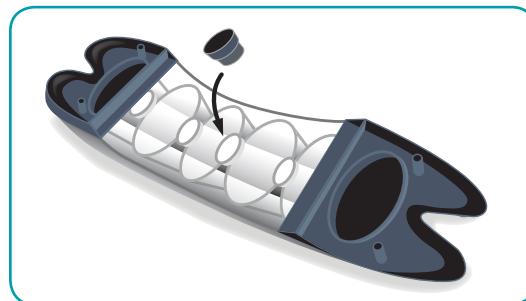


Figure 2d

Users accustomed to the traditional SpineDok™ and one set of Risers may consider adding additional Risers. These are available for purchase separately at [www.SpineDok.com](http://www.SpineDok.com).

Attach additional Risers as directed. See Figure 2e.

SpineDok™ does not recommend using more than one additional set – total of (2) Risers on each end of the SpineDok™.



Figure 2e

## ASSEMBLING THE SPINEDOK™ continued

### **SpineDok™ Pillow**

(Included with the Deluxe System)

The pillow is for use under your head. To inflate, remove the attached straw, insert roughly 6 inches between the two clear plastic sheets, and blow to inflate to desired fullness. Remove the straw. To deflate, insert the straw and press gently on the pillow until it is deflated. See Figure 2f.

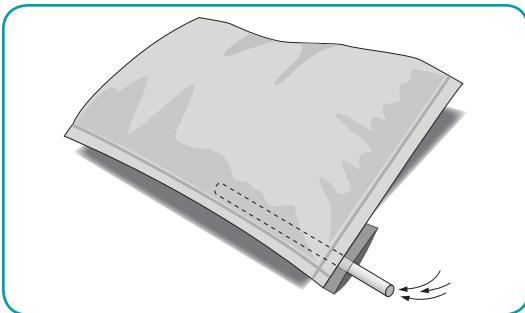


Figure 2f

In the beginning, you must use a pillow to support your head. If necessary, use extra pillows!

### **SpineDok™ Travel Bag**

(Included with the *SpineDok™ Travel System*, the Travel Bag is also available for purchase separately at [www.SpineDok.com](http://www.SpineDok.com)).

Don't let travel interrupt your SpineDok™ practice! You can get relief from back pain and muscle tension anytime, anywhere with the SpineDok™ Travel Bag. Large enough to house the base unit, 3-piece riser set, gel pack, and pillow, the sturdy and convenient Travel Bag features a shoulder strap and handle, enabling you to bring your SpineDok™ System with you and continue your practice on the go. See Figure 2g.



Figure 2g

### **SpineDok™ Multi Media**

This instructional DVD includes information about set up and usage as well as several suggested SpineDok™ exercises.

### **PRECAUTIONS AND WARNINGS – PLEASE READ THIS MESSAGE BEFORE USING THE SPINEDOK™**

#### **The SpineDok™ should be used on a flat hard surface.**

If getting up and down onto the floor is too difficult, you may place the SpineDok™ on your bed and begin your practice there.

Remember to go slowly and to be gentle with yourself.

Do only what you are comfortable with and do not try to do too much or overstretch yourself.

Patience is important! For some users, SpineDok™ works almost immediately. For others, whose back might be especially stiff or tight, it will take some time for your back to loosen up sufficiently before you can fully feel and experience the benefits of using the SpineDok™.

Consult your physician if you:

- Have major spinal misalignment
- Have a back injury
- Have a moderate to severe back problem
- Unsure of a medical condition
- Are pregnant

Check with your doctor if you have any doubts on using the SpineDok™. Also, while using the SpineDok™, pay attention to your body and if you feel discomfort, dizziness, or pain **STOP and get off the unit as recommended in the manual**.

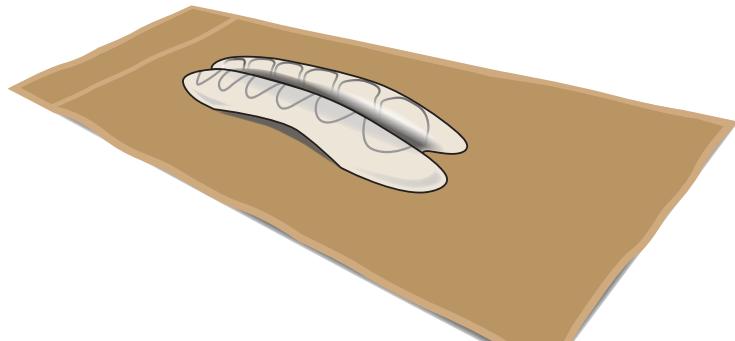
Read Gel Pak instructions before using it in a heated state.

## USING THE SPINEDOK™

The SpineDok™ is intended to bring relief to back, shoulder, and neck pain. If at any point you feel pain or discomfort, you should stop using SpineDok™.

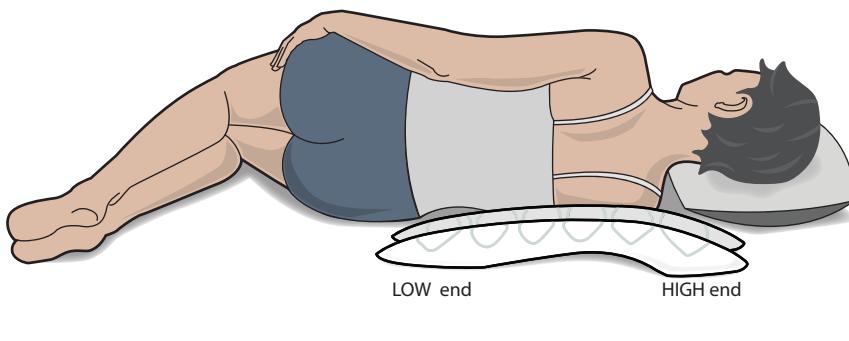
To begin, place your SpineDok™ on the floor. Lay a thick beach towel down first and then place SpineDok™ on the towel. See *Figure 3a*.

If getting up and down onto the floor is too difficult, you may place the SpineDok™ on your bed and begin your practice there.



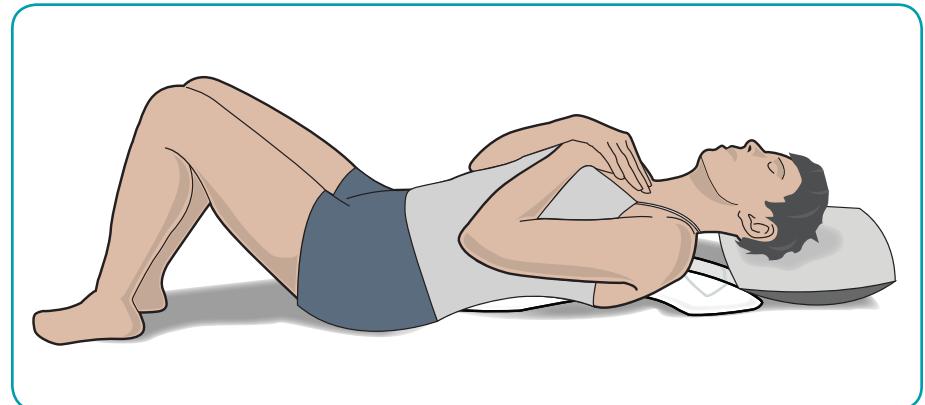
*Figure 3a*

Lay down along-side the SpineDok™ so that your back touches the unit. See *Figure 3b*.



*Figure 3b*

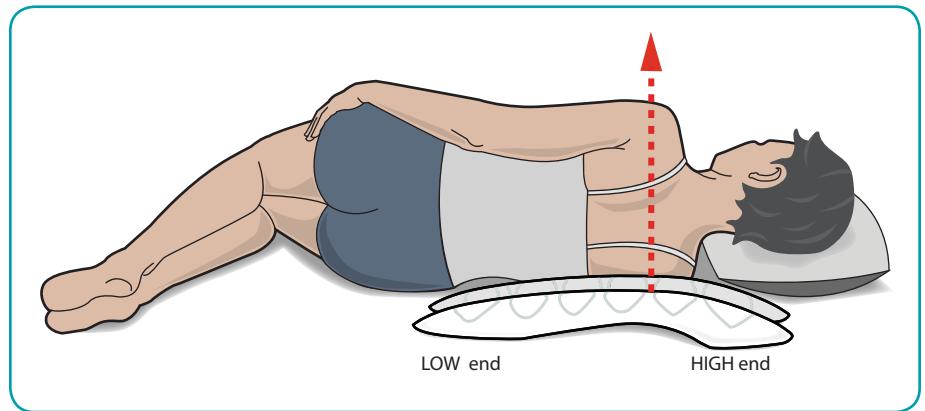
Then gently roll your entire body onto the unit, keeping your knees slightly bent and your bottom on the floor\*. Cross your arms over your chest (you can place pillows under your elbows, or hips, to be more comfortable. You must support your head with pillows). See *Figure 3c*.



*Figure 3c*

Slowly and deliberately move side to side to adjust your back on the unit until you are comfortable. \*Note – shorter users may need to slide their bottoms up onto the unit slightly to ensure a proper stretch.

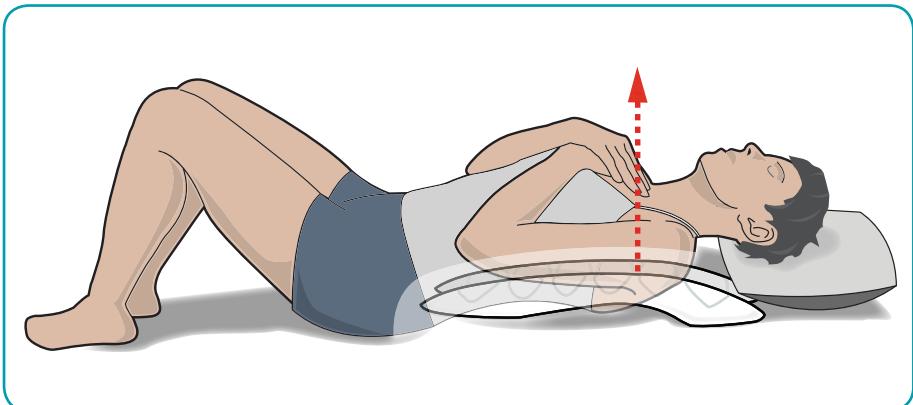
To stretch your UPPER BACK, lay along-side the unit with your shoulders next to the HIGH side of the SpineDok™ (marked with the website [www.SpineDok.com](http://www.SpineDok.com)). See *Figure 3d*.



*Figure 3d*

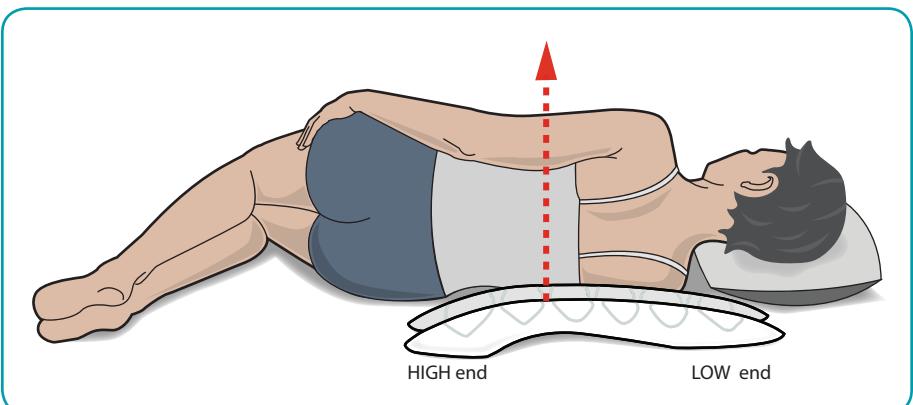
## USING THE SPINEDOK™ continued

Gently roll onto the unit, adjusting your back until the highest point of the SpineDok™ is between your shoulder blades. See *Figure 3e*.



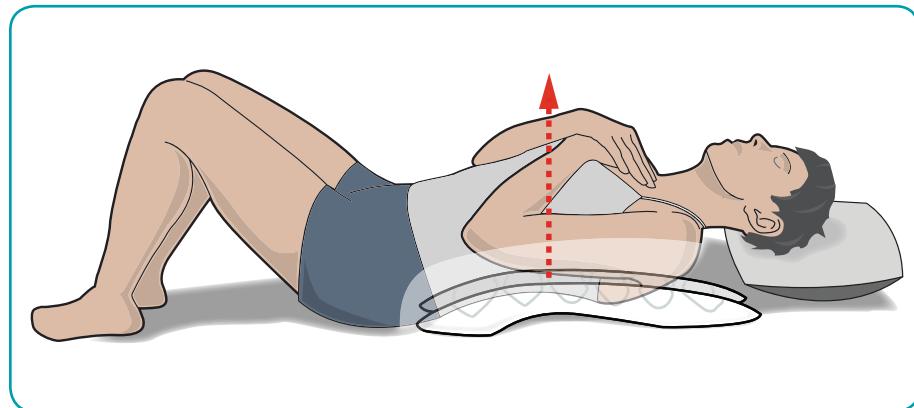
*Figure 3e*

To stretch your LOWER BACK, lay along-side the unit with your shoulders next to the LOW side of the SpineDok™ (marked with the SpineDok™ 1-800 number). See *Figure 3f*.



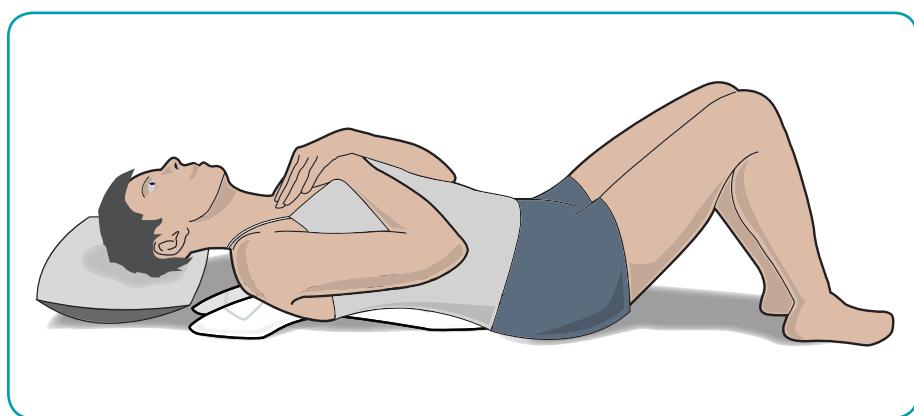
*Figure 3f*

Gently roll onto the unit, adjusting your back until the highest point of the SpineDok™ is underneath the lower part of your rib cage. See *Figure 3g*.



*Figure 3g*

Once you are comfortable on the SpineDok™, relax and breathe as deeply as possible. Listen to your body and remain on the SpineDok™ only as long as it feels comfortable – **no more than 5-10 minutes at a time, twice a day during the first two weeks**. As you get more comfortable, increase your time by 5 minutes per week. See *Figure 3h*.



*Figure 3h*

## USING THE SPINEDOK™ continued

To get off of the SpineDok™, gently roll off either way onto your side, and get onto your hands and knees. Stand up slowly, taking your time to reach full height. If you feel dizzy at any point, stop where you are until the dizziness subsides, then continue getting up.

The included instructional DVD demonstrates the safest way to get on and off the SpineDok™ as well as beneficial stretches and exercises using the SpineDok™.

## SPINEDOK™ RECOMMENDED EXERCISES

(Refer to the Quick Start Guide for a visual demonstration of exercises)

Once your back has become accustomed to the SpineDok™, you may wish to do some mild exercises while laying on the SpineDok™.

Move carefully and slowly and do only a few repetitions at first. As your back condition improves, you can increase speed, motion, and repetitions.

Only do as much as is comfortable.

In all of the following exercises, the legs are bent. Your feet are resting flat on the floor, and your knees are about a shoulder's width apart.

### "Vertical Arcs"

- Raise your arms until your fingers point to the ceiling. Your arms are about one shoulder's width apart. This is your starting position.
- Keeping your arms straight, gradually lower them behind you, opening up your arm pits. Let your arms go as far behind you as is comfortable. Then raise them back to your starting position.
- Lower your arms towards your feet as far as you're comfortable, then raise them back to your starting position.
- Repeat (as many times as you are comfortable with).

### "Horizontal Arcs (Flapping Wings)"

- Start with your arms by the sides of your body. Keeping your arms extended, slowly slide your arms along the floor until your arms are perpendicular to your body.

- Keeping your arms on the floor, continue sliding your arms above your head as far as you're comfortable. Slide your arms back to the sides of your body.
- Repeat (as many times as you are comfortable with).

### "Arm Circles"

- Raise your arms until your fingers point to the ceiling. With your hands together start drawing circles in the air with your hands.
- Start with small circles, and gradually make bigger circles (so long as you are comfortable). Make clockwise and counterclockwise circles.
- Repeat (as many times as you are comfortable).

### "Mini Crunch"

- Bend your knees, placing your feet on the floor.
- Place your hands behind your head, or cross your arms over your chest.
- Contract your abdominal muscles and lift your head off the floor as far as you are comfortable.
- Relax abdominal muscles and lower your head back onto the floor (or pillow).
- Repeat (as many times as you are comfortable).

## 30-DAY MONEY-BACK GUARANTEE

We want you to be fully satisfied with every item that you purchase from SpineDok™. If you are not satisfied with an item that you have purchased, you may return the item within 30 days of delivery for a full refund of the purchase price, minus the shipping, handling or other additional charges.

The item must be returned in good condition, in original boxes, and with all paperwork, parts and accessories to ensure full credit. Please call customer service at **1-877-999-8909** to arrange the return.

## RETURN RULES AND RESTRICTIONS

- Items must be returned within **30 days of delivery**.
- Shipping and handling costs and other additional charges are non-refundable.
- We will not accept CODs or third party billing for returned merchandise.
- If there is extensive damage to an item upon delivery, call a Customer Care Representative immediately at **1-877-999-8909**.
- You can expect a refund in the same form of payment originally used for purchase within 10-15 days of our receiving your returned product.

## SPINEDOK™ FIVE -YEAR LIMITED WARRANTY

ALTRUEON, LLC maker of SPINEDOK™ warrants only to the original purchaser of this product that this product will be free from defects in material and workmanship under normal use and service for five years after date of purchase. Altrueon reserves the right, before having any obligation under this limited warranty, to inspect the damaged Altrueon product, and all costs of shipping the Altrueon product to Altrueon for inspection shall be borne solely by the purchaser. In order to recover under this limited warranty, Purchaser must make claim to Altrueon within 60 days of occurrence, and must present acceptable proof of original ownership (such as original receipt, warranty card registration, on-line registration, or other documentation Altrueon deems acceptable) for the product. ALTRUEON, at its option, shall repair or replace the defective unit covered by this warranty. Please retain the dated sales receipt as evidence of the original purchaser's date of purchase. You will need it for any warranty service. In order to keep this limited warranty in effect, the product must have been handled and used as prescribed in the instruction manual accompanying this warranty. This limited warranty does not cover any damage due to accident, misuse, abuse, negligence or failures which result from accident, misuse, mishandling, misapplication, alteration, modification, or damage that is attributable to acts of God or force majeure.

This limited warranty is valid only if the product is used with the equipment specified on the product box. Please check product box for details or call ALTRUEON customer service. This limited warranty is non-transferable and does not apply to any purchaser who bought the product from a reseller or distributor not authorized by Altrueon, including but not limited to purchases from internet auction sites. This warranty does not affect any other legal rights you may have by operation of law. Contact ALTRUEON 1-877-999-8909 for warranty service procedures.

## GEL PACK SIX-MONTH WARRANTY

Your Gel Pack is covered by a 6-month warranty. If you experience a malfunction with your Gel Pack (it breaks, tears, leaks, etc) within the first 6 months of receipt, you may contact customer service at **1-877-999-8909** for a free replacement. After 6 months, you may purchase a replacement Gel Pack at [www.SpineDok.com](http://www.SpineDok.com).

## KEEP TRACK OF YOUR EXERCISES

SpineDok™ recommends beginning with 5-10 minutes of use at a time, twice a day, increasing by 5 minutes per week as is comfortable. Use the calendar below to track your total minutes of usage per day. Remember to listen to your body and only stay on the SpineDok™ as long as feels comfortable! Visit [www.SpineDok.com](http://www.SpineDok.com) to download additional calendar pages.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
_____	_____	_____	_____	_____	_____	_____
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
_____	_____	_____	_____	_____	_____	_____
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
_____	_____	_____	_____	_____	_____	_____
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
_____	_____	_____	_____	_____	_____	_____
Day 29	Day 30	Day 31				
_____	_____	_____				

Visit [www.SpineDok.com](http://www.SpineDok.com) to download additional calendar pages.

US Patent #5,925,003 & U.S Design Patent D-398-399  
Patent Pending  
©All rights reserved.



1-877-999-8909

[www.SpineDok.com](http://www.SpineDok.com)