

Posture Pump® **PENTAVEC®** Model 2500 Instructions

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TRAINING INSTRUCTIONS

CAUTION: CAREFULLY READ AND ADJUST THE PELVIC AND FOOT-UNIT BELTS PER "ADJUSTING THE PELVIC PULL" INSTRUCTIONS ON THE FOLLOWING PAGES BEFORE TRAINING SESSION BEGINS.

Proper Set-up Recap:

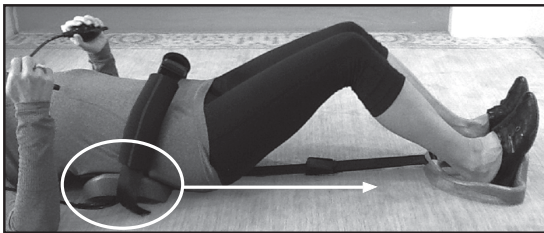


THIS BELT SHOULD NOT BE TIGHT WHEN FASTENED.

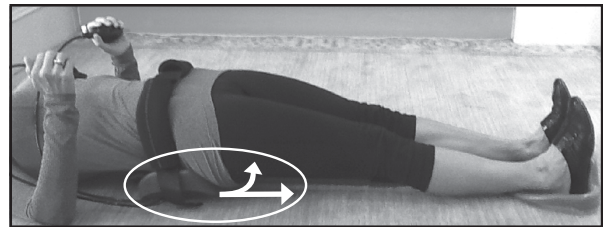


NEVER ADJUST PELVIC BELT OR FOOT-UNIT BELT SO TIGHT THAT LEGS CANNOT BE EASILY EXTENDED OR SO THAT PELVIC BELT CAUSES PAIN.

Foot-Unit belt too short, legs bent too much



Proper adjustment knees slightly bent.



With heels pushed out and up and legs extended, Back-Unit has now slid below buttocks, lifting buttocks up and off the ground. Foot-Unit will also be lifted about 1 inch off the ground.

NOTE:

- Final adjustments to belts may need to change if heel thickness of shoes changes. Always wear shoes!
- Use Penta Vec® Model 2500 on a comfortable firm surface.
- For the more sensitive low back person, we recommend using Penta Vec® on your bed/mattress when first starting.
- Use Penta Vec® to hydrate the discs daily or as recommended by your health care professional. Even a 3-5 minute workout is beneficial.
- Consult your health care professional before beginning any exercise program.

TRAINING INSTRUCTIONS:



1. Grasp the two hand pumps, squeeze each pump separately to confirm which one operates lowest air cell and inflate lowest air cell first to a firm comfortable level, never to the point of pain. **(Usually 1-9 complete pumps)**
2. Inflate upper air cell to an equally comfortable level. **(Usually 1-9 complete pumps)**
3. Squeeze both pumps at the same time. **(Usually 1-5 more pumps)**
Note: To release air cells simply push down air release button on hand pumps.

4. With your knees bent and feet firmly on the ground (A), rock pelvis up and back toward belly button using your abdominal muscles to lift buttocks (B). Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor (C). Gently rock back and forth 3-5 times or more. **(See photos A, B, and C)** Never rock Back-Unit with Neck-Unit inflated (if so equipped).



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U. S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085 B2 • 8,029,453 B2 • 8,734,372 • 8,764,693 • 9,095,419 • 9,241,820 • 10,406,397 B1 . Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice.
Posture Pump® products are not designed to diagnose or cure disease. Posture Pump®, Neck Pump®, Back Pump®, Scoligon®, Disc Hydrator®, Spine Trainer®, Penta Vec®, Expanding Ellipsoidal Decompression (EED®), Elliptical Back Rocker™, Decompress, Shape & Lubricate™, Trivec®, Trivec® 3D, Posture Pump® Triple Disc Hydrator®

Six months manufacturer warranty with proof of purchase.

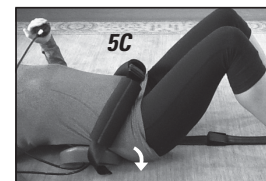
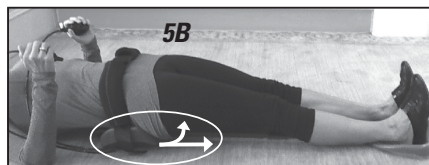
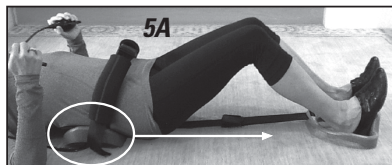
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TRAINING INSTRUCTIONS *(continued)*

5. Then with **both feet in the Foot-Unit** and knees bent slightly (*see 5A*), gently and gradually straighten legs **pushing with your heels** against the Foot-Unit (*see 5B*). **The Back-Unit will now slide down from your lower back toward your pelvis and buttocks** (usually 1-4 inches). Hold this position for approximately 30 to 60 seconds; then relax your legs and slide forward so Back-Unit is again under the small of your back and gently rock forward (*see 5C*) and back (*see 5D*)



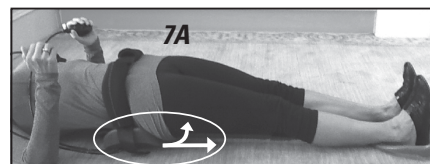
NOTE: Now is the time to make final adjustments to the pelvic and foot belts. Take care to adjust the belts so that you feel a gradual, comfortable pull.

NEVER operate unit with foot belt adjusted so short that legs cannot easily straighten or waist belt worn so tight that it causes pain!



6. Repeat step 5 several times with Back-Unit inflated to a comfortable level or deflate air cells by pushing down on both air release buttons at the same time and repeat steps 1-5 as desired.

7. On your last repetition extend Foot-Unit and hold for up to 8 minutes maximum. (*see 7A*) Gradually work up to this 8 minute goal over several training sessions, never extend legs for more than 1 minute in initial training session!



8. Relax your legs and slide forward so Back-Unit is again under the small of your back. Gently rock forward, back and forward a few times. (*see above pics 5C, 5D, 5C*).

9. Deflate both air cells approximately half way. Release Pelvic Belt from waist and remove feet from Foot-Unit. Move the Back-Unit toward mid and upper back - position 3 (*see 9A*) and gently stretch arms over head (*see 9B*) to decompress the middle and upper back. Perform this movement several times as you slide and roll over Back-Unit. Gently roll off exerciser and onto your left or right side slowly and carefully before rising.



- Gradually increase your air cell inflation as comfort permits.
- Use Penta Vec® to hydrate the discs daily or as recommended by your health care professional. Even a 3-5 minute workout is beneficial.

** Placing a cold gel pack over one of the air cells, usually the lowest pouch, is recommended to speed recovery from stiffness and discomfort. Cover gel pack with cloth; never place gel pack directly against skin! Chronic stiffness and discomfort may take several days to adequately subside. If discomfort persists consult your health care professional.*

*** Just like performing any new exercise, an aggressive workout with Posture Pump® equipment can temporarily make you sore. To reduce this occurrence, inflate the exerciser at lower levels, and keep your workouts under 10 minutes for the first two weeks. This will allow your body to gradually adapt to a more aggressive workout.*



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REFER TO "CAUTIONS" BELOW BEFORE BEGINNING TRAINING

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 (if so equipped)! 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 pain results during treatment, discontinue use immediately and consult your doctor.
10. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
11. Keep unit out of the reach of children at all times.

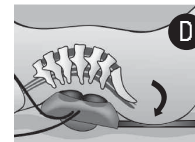
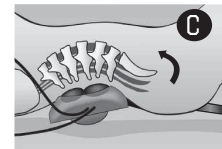
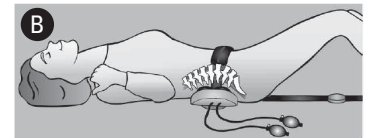
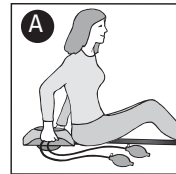
WARM UP ROUTINE

A. On a comfortable firm surface, in a seated position, slide deflated Back-Unit (black tubing will be to your right side) against low back and buttocks. **(See illustration A)**

B. Gently lean back and over deflated Back-Unit. Buttocks should hang off edge of Back-Unit. Move the Back-Unit slightly up or down, left or right to locate the most centered and comfortable position for you. **(See illustration B)**

C. While lying flat on Back Unit, with knees bent and feet firmly on the ground, rock pelvis up and back toward belly button using abdominal muscles to lift buttocks. **(See illustration C)**

D. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. **(See illustration D)**
Repeat this movement several times to conclude warm-up routine.
Never rock Back-Unit with Neck-Unit inflated (if so equipped).

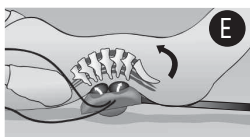


1. Grasp the two hand pumps, squeeze each pump separately to confirm which one operates lowest air cell and inflate lowest air cell first to a firm comfortable level, never to the point of pain. **(Usually 1-9 complete pumps)**

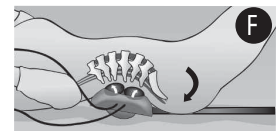
2. Inflate upper air cell to an equally comfortable level. **(Usually 1-9 complete pumps)**

3. Squeeze both pumps at the same time. **(Usually 1-5 more pumps)**

Note: To release air cells simply push down air release button on hand pumps.



4. With your knees bent and feet firmly on the ground, rock pelvis up and back toward belly button using your abdominal muscles to lift buttocks. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. Gently rock back and forth 3-5 times or more. **(See illustrations E & F)**
Never rock Back-Unit with Neck-Unit inflated (if so equipped).



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Adjusting the pelvic pull

Pelvic Belt

1. The pelvic belt is adjusted slightly **loose** around the pelvis, **below the waist and belly button**. This belt **should not be tight** when fastened!



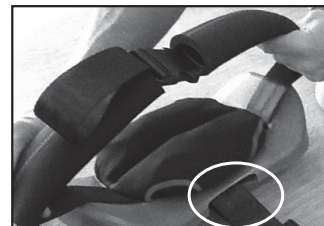
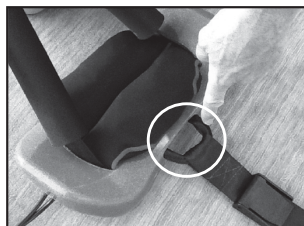
2. After pelvic belt adjustment, the buckle may be off center. Center buckle by pulling the buckle toward the center. Slide hip pads along belt to make room if necessary. If pelvic belt becomes twisted also use this maneuver to untwist by pulling the belt all the way to the right and all the way to the left (several times) until belt becomes untwisted. ➔



3. Tuck excess pelvic belt into right hip pad if desired.



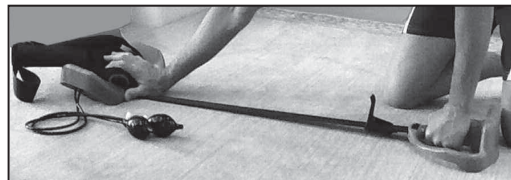
Note: If belt connections are protruding from Back-Unit opening, simply pull right and left sides of pelvic belt away from each other **before making adjustments**.



Foot-Unit Belt

The further apart Back and Foot-Unit are from each other the less the pelvic pull; the closer they are together the **tighter** the pull.

- a) **To decrease pull:** Open buckle flap completely and pull Foot Unit away from Back Unit. Lock buckle completely.



- b) **To increase pull:** Open buckle flap completely, grasp Foot-Unit and pull/slide buckle toward Back-Unit. Lock buckle completely.



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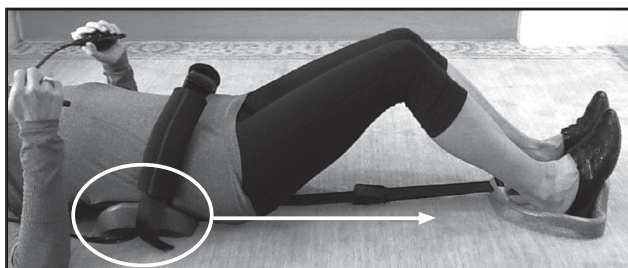


NEVER ADJUST PELVIC BELT OR FOOT-UNIT BELT SO TIGHT THAT LEGS CANNOT BE EASILY EXTENDED OR SO THAT PELVIC BELT CAUSES PAIN.



Foot-Unit belt too short, legs bent too much

Proper adjustment knees slightly bent.



With heels pushed out and up and legs extended, Back-Unit has now slid below buttocks, lifting buttocks up and off the ground. Foot-Unit will also be lifted about 1 inch off the ground.



NOTE: Final adjustments to belts may need to change if heel thickness of shoes changes. ***Always wear shoes!***



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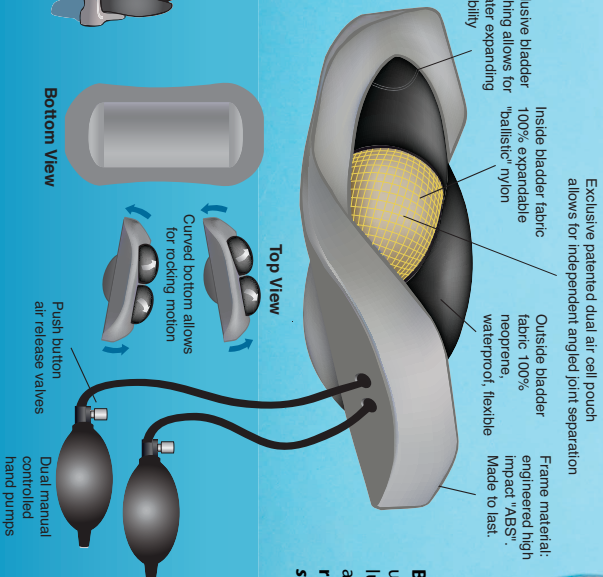
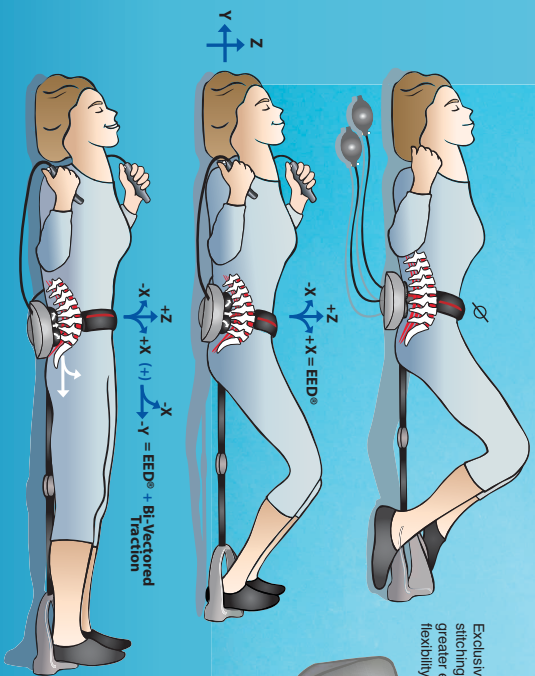
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Posture Pump® PENTAVEC® (Model 2500)

Delivers 5 simultaneous force vectors into the lower spine. Simply stated, the Penta Vec® 2500, lifts and expands the lumbar spine while the sacrum and pelvis are rotated up and translated away.
The feeling is one of *lightness* and *freedom* from the *monotonous compressive* coiling in the lower discs and joints.



Bi-Vectored™ Pelvic Traction Pedal (with the lower spine under Expanding Ellipsoidal Decompression (EED®), the lumbosacral/pelvic region is gently though powerfully translated along the **Y-axis** and around the **X-axis** and simultaneously **rotated** and **unwound** on the **X-axis**. This unique blend of **five simultaneous force vectors** cannot be manually duplicated.

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U.S. Patent Numbers 5,715,931 • 5,936,886 • 6,058,865 • 7,050,052 • 8,023,453 • 8,274,572 • 8,764,683 • 9,095,419 • 9,247,020 • 10,060,597 • 11,009,945 are pending. Consult your health care professional before beginning. Poles and coils are not included.
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