

Posture Pump® Instructions

Inside: Posture Pump® 1000 Instructions, P2. Posture Pump® 2000 Instructions, P3. Posture Pump® 4100 Instructions, P4 (on back).

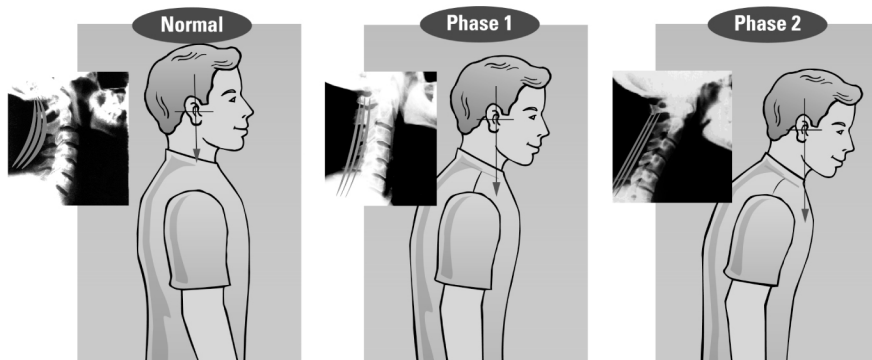
Stop! Read This First!

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's and back's NATURAL CURVED SHAPE and LUBRICATE THE JOINTS.

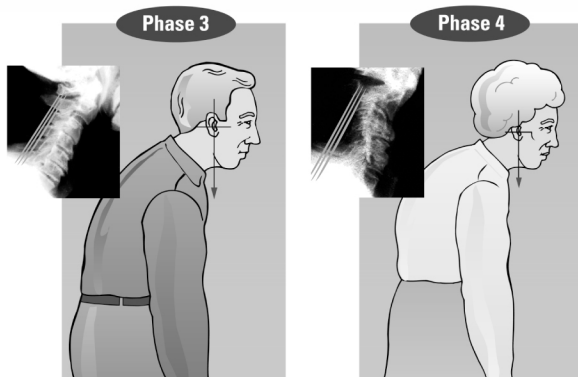
During the first week, as the natural shape of your neck and back is strengthened, you may experience normal discomfort and soreness. As with any new exercise, THIS IS NORMAL. Skip a few days if you must, but STICK WITH IT! DON'T QUIT! Think of Posture Pump® as you would your toothbrush. Just as your 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! . . . Feel Younger! . . . Stand Taller!™

Ask your Healthcare Professional to help you pick your posture.



Arrow from ear canal should line up with center of shoulder.



Avoid "Stooped" Posture as you age.

Use Posture Pump® regularly as directed and carefully follow directions enclosed and also the cautions listed inside.

800-NECK PRO (632-5776) • 714-847-8607

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U.S. Patent Numbers 5,382,226 • 5,569,176 • 5,713,841 • 5,906,586

Other patents pending.

Consult your healthcare professional before beginning any exercise program.

Prices and colors subject to change without notice.



"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!**

6 months manufacturer warranty with proof of purchase.
Contact Posture Pro, Inc. for questions (800) 632-5776.