

Contraindications for Use, Considerations, and Precautions.

Please use common sense when using The BackStrap™ and Therapy balls.

If it hurts- STOP. IT DOES NOT HAVE TO HURT IN ORDER TO HELP YOU. If it hurts then you are most likely applying too much pressure or the position you are in is too stressful. Try a less strenuous position (sitting instead of lying on the floor), use less pressure and apply the balls for less time (seconds instead of minutes). Using too hard of pressure may cause bruising and soreness.

Perform exercises slow in a controlled manner.

Remember to breathe. Stop and rest if you feel dizzy or short of breath.

Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or exercise equipment. The instruction presented herein is in no way intended as a substitute for medical concealing.

Use product only as instructed in the literature provided.

Consult your physician before beginning use if you have:

- Infections (hot, redness, swelling, drainage, increased body temperature)
- Vascular disease (heart disease, high blood pressure)
- Advanced osteoarthritis
- Acute inflammation
- Joint hyper-mobility
- Malignancy
- Unhealed fractures
- Joint swelling
- Osteoporosis, Osteopenia
- Rheumatoid arthritis
- High-risk pregnancy (do not use around abdominal region if you are pregnant.)

Cold Uses and directions Freezing the ball will hold its temperature between 55 to 68 degrees Fahrenheit. This will constrict blood vessels, decrease inflammation and swelling and most importantly reduce pain. Store the ball in the freezer to keep cold. Place the Thermal ball in a bowl of ice water or put it in the freezer until the desired temperature is reach based on your comfort level.

Care Tips

The BackStrap™ - Hand wash or place in a lingerie (mesh) bag and wash in a gentle cycle, line dry.

Thermal Balls-wipe the ball with a dampened towel with witch-hazel, alcohol or place them in the dishwasher on the top rack.

Myofascial/ Precision Balls- Wipe with a damp soapy cloth.

Disclaimers:

Inspect the Thermal balls before each use for increased pliability and integrity of the seal. If it appears tethered, do not heat and only use for cold and ambient temperature applications.

Keep out of reach of children, dogs and pets. The thermal balls are not puncture resistant and may be harmful for your health if ingested. Immediately notify your physician or go the emergency room if contents are swallowed.

This product is sold without any warranties or guarantees of any kind and manufacturer or distributor disclaim any liability, loss or damage caused by its use.

WARNING: Do not adjust The BackStrap™ while driving a vehicle or operating heavy machinery. This may distract you from driving.



Special Instructions

Heating Cooling Contraindications Precautions

877-664-BACK

**The Backstrap
18181 Butterfield Blvd., Ste. 180,
Morgan Hill, CA 95037**

Heating the Thermal Ball-

Heating up the Thermal ball can potentially increase its temperature to 104 – 112 degrees F (similar to a hot tub). This can create a soothing and comforting relaxation effect by increasing circulation and blood flow to an area.

Heat enough water to completely cover the Thermal ball. Submerge the Thermal ball in heated water and let stand for 2 minutes. Remove with a spoon and feel for desired temperature. Put back in water for 30-second increments until the desired temperature is reached.

*** Warning:

Do Not Place the Thermal Ball directly in the Microwave. This can cause damage to the casing and/or the valve seal causing plastic fatigue and leakage. Only heat or cool balls marked with the snowflake logo and the word “thermalball”.

*** Please Read, for your safety:

Repetitive heating and freezing of the Thermal ball may cause plastic fatigue of the casing compromising the valve seal.

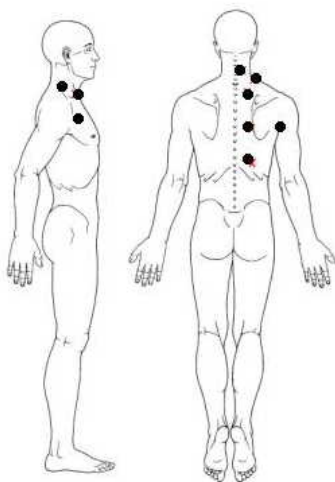
Careful inspection of the casing and valve seal is required before every use.

When in use, be sure to periodically check your skin and remove the ball if excessive redness or pain is present.

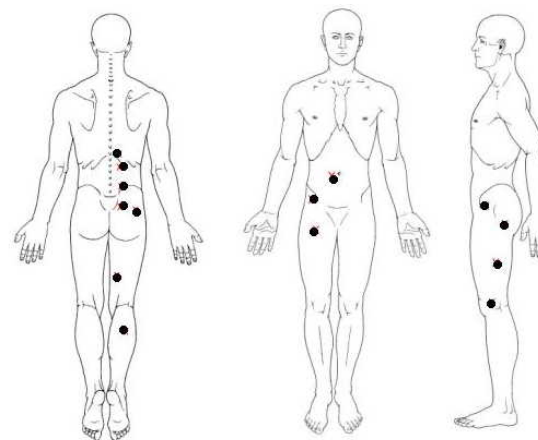
Extreme care must be taken for hot applications with an aging Thermal ball to prevent burning. Reorder the Thermal balls whenever the encasement seems too pliant or elastic. If in doubt, retire the Thermal ball from hot uses and only use for cold therapy.

1. Place one or two Therapy balls into The BackStrap™ by tucking them under the Spandex. Use one ball for more specific placement and two balls to cover a larger surface area on your body.
2. Place The BackStrap™ and Therapy ball(s) over the muscle you want to release and let your body sink into the ball for 1-5 minutes. TIP: Over the first week of use only apply pressure for 10-30 seconds and then increase the time as tolerated.
3. Lie on your back, stomach or side, lean up against it, or pull it down. You choose the most comfortable position for your body. (See specific body area diagrams for suggestions and tips on placement.)
4. Next adjust The BackStrap to a new position and repeat. Only release 3 areas in one given session.
5. Expect to feel a little soreness in that area just after use. Then within one hour you should feel increased freedom of movement and less pain.

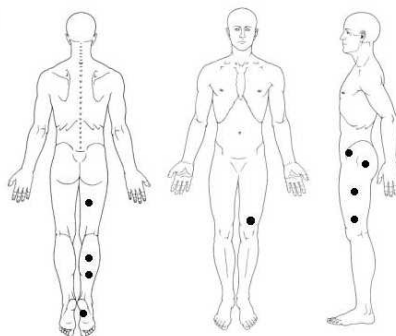
Neck Pain



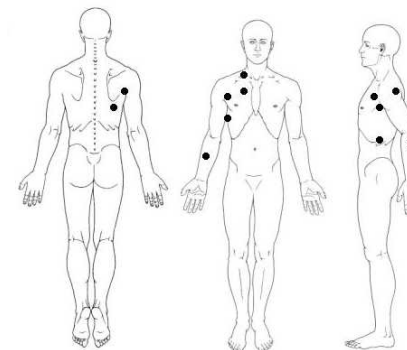
Low Back Pain / Sciatica



Thigh, Calf and Leg Pain



Shoulder and Arm Pain



Place the therapy ball over areas you have pain based on the trigger points above.