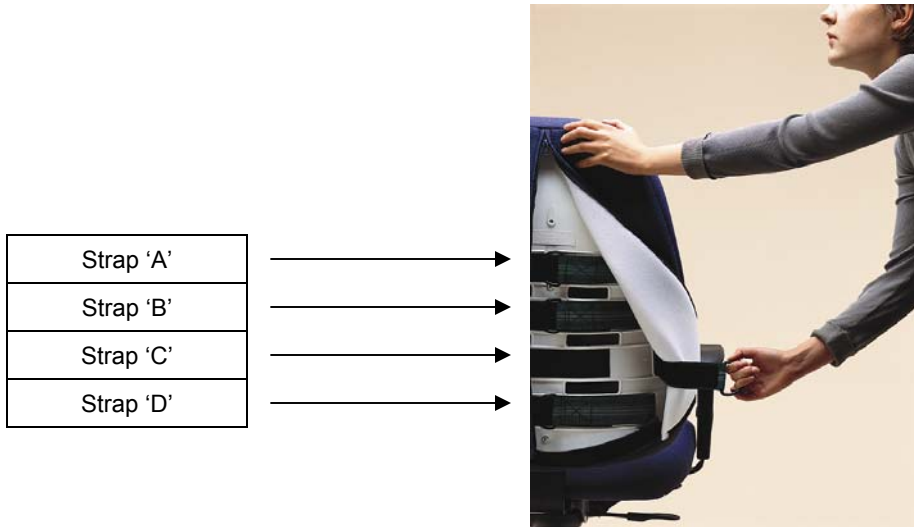


## HOW TO OPERATE YOUR THERAPOD POSTURE SUPPORT SYSTEM



Your Therapod product is fitted with four adjustable straps, each one fitted to a highly dynamic, flexible Therapod 'shell'.

These straps relate to three specific areas of your back:

Strap 'A'	–	Thoracic (upper back / shoulders)
Straps 'B' & 'C'	–	Lumbar
Strap 'D'	-	Sacrum

To correctly reposition each of the four locations, pull the strap straight-out from the Therapod, and then pull to the left across the shell.

The further you pull the strap across the shell, the greater the tension and support you are applying.

The repositioning of each strap actively alters the level of back support on your Therapod product.

Adjust each strap until you have achieved the desired comfort level in each of the four positions.

Experiment with different strap positions until you are sure that you have reached the required level of comfort and support for you.

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Please note: There is no right or wrong position!

It is a personal matter as to how much support is required for your back.....