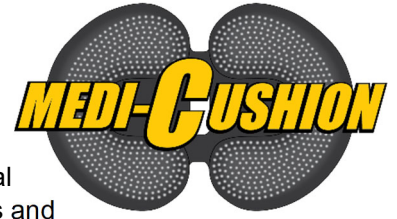


Instructions for Inflatable Chiropractic Advantage Cushion

Thank you for purchasing Medi-Cushion. With regular use, your balance, strength and coordination will improve, putting you one step closer to a life without pain.

Designed by medical professionals, the Medi-Cushion provides pain relief to the upper and lower extremities by dispersing the pressure on your spine. Medi-Cushion can address several painful conditions including sciatica, low back and pelvic floor pain, irritation from hemorrhoids and can be helpful post-surgery. It is ideal for people who spend long periods of time sitting at work or at home.



Consult your physician before use. These instructions are not intended to diagnose or treat any specific condition or to be construed as medical advice.

The Medi-Cushion does not require a pre-market review by the FDA.

How to inflate the Medi-Cushion:

1. Locate the inflation hole on the round edge of the Medi-Cushion.
2. Assemble the pump by screwing the needle onto the end.
3. Pump about 20 to 25 times until the Medi-Cushion is about two inches thick. (For low back, pelvic floor and leg pain, you may have better results at a thickness of 4 inches.)
4. To *deflate* the cushion, insert the pump needle until the air begins to exit.

**CAUTION: It is important to read these instructions before using the Medi-Cushion.
Avoid vigorous exercise. Use properly to avoid injury.
Do not use if your cushion has been damaged or is leaking air.**

Sitting on the Medi-Cushion to Relieve Pain

Three Functions

The design of the Medi-Cushion serves three main features from a medical point of view. The first feature is that the two outer sides have small and large nubs which stimulate sensation when you sit on it. The air in the Medi-Cushion uses a gravity-defying principle which relieves the pressure on your spine and pelvis.

Secondly, the center of the Medi-Cushion has a purposeful indentation. When you sit on it, your tailbone will not touch the Medi-Cushion, thus there is no pressure on the tailbone which can relieve back and pelvic pain.

Third, the center of the Medi-Cushion has a large rectangular hole which is designed for users with hemorrhoids. These patients can easily sit on the cushion to avoid pain due to inflamed hemorrhoids. Medi-Cushion is profoundly useful after hemorrhoidal surgery.

Travel Support

The Medi-Cushion can either be sat on or placed behind your lumbar spine for support on long distance drives or rides.

Daily Sitting Routine

Sit on the Medi-Cushion for 20 minutes each day in order to get the full benefit of relieving back pain and sciatic pain. You can place the Medi-Cushion on the floor or on a flat-bottomed chair.

You may find even more relief by doing breathing exercises while sitting on your Medi-Cushion (see below).

Breathing Exercises While Sitting on the Medi-Cushion

Regular deep breathing promotes relaxation and helps relieve stress. It can be a powerful way to get additional health benefits when used with the Medi-Cushion.

While sitting upright on the Medi-Cushion, place one hand on your belly and one hand on your lap. Close your eyes and relax. Breathe in through your nose and let your belly fill with air. Hold the breath in for 5-10 seconds, then exhale through your mouth. Repeat this breathing technique for 3-5 minutes, gradually working your way up to 15 minutes at a time.

We thank you again and hope you will enjoy the benefits of your Medi-Cushion.

DAILY ROUTINE OF SITTING ON MEDI-CUSHION



SITTING ON FLOOR



**BIG NUB SIDE UP
Inflate to 4"**



**SITTING ON CHAIR
WITH FLAT BASE**

TRAVEL SUPPORT



POTENTIAL IMPROVEMENTS



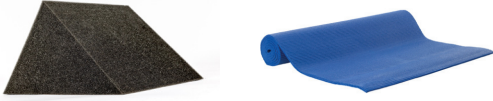
WITHOUT ANY CUSHION:
Poor postural alignment



WITH MEDI-CUSHION:
Cushion promoting proper
spinal balance and alignment

FLOOR EXERCISES WITH MEDI-CUSHION

for improvement of pain relief



STEP 1 - Arrange a yoga mat on the floor and get a pillow or foam wedge for under your neck.



STEP 2 - Place the Medi-Cushion with large nubs facing up so that it is aligned under your shoulders.



STEP 3 - Lay down on the mat so your neck rests on pillow/wedge and your shoulder blades rest on the Medi-Cushion. Extend your arms and apply a little pressure on the Medi-Cushion. Close your eyes and relax for 2 to 3 minutes.



STEP 4 - Move the Medi-Cushion under the middle of the back; rest your back on the Medi-Cushion and relax for 2 to 3 minutes. If you are able, alternate lifting up one leg for 30 counts, then release and relax. Do not attempt this step if you find it difficult for it could cause injury.



STEP 5 - Move the Medi-Cushion under the pelvic floor or buttock; move cushion slightly up so that it covers the L5 and L4 where your sciatic nerves exit. If you are able, grab both knees and pull slightly up and hold for as long as you can for a great stretch. Relax for 2 to 3 minutes.



STEP 6 - Move the Medi-Cushion under your thigh muscles and rest on the Medi-Cushion. Alternating lifting up a leg just slightly and pressing down on the Medi-Cushion with your body will help blood flow where your sciatic nerve passes through. Relax for 2 to 3 minutes.



STEP 7 - Now move Medi-Cushion under the calf muscles. Rest your legs on it and relax for 2 to 3 minutes.



STEP 8 - If you are physically able, pull your right leg up as far you can, hold for 30 counts and release and relax. Do the same for your other leg. Do not attempt this step if you find it difficult because it could cause injury.



STEP 9 - Position Medi-Cushion under your feet. Bend your knees and rub the bottom of each foot on the nubs for 30 counts holding other foot steady on the cushion. Repeat on other side.



STEP 10 - Beginner Bridging: Begin lying on the yoga mat on your back with your knees bent and feet resting flat on the Medi-Cushion. Lift up through your pelvis as you exhale and slowly lower your back down. Repeat. Note: Make sure to engage your core, maintain a natural spine, and keep your upper back on the floor during the exercise.



STEP 11 - Relieving Pelvic Pain: Position Medi-Cushion about 2/3 way down the yoga mat. Begin by lying on the Medi-Cushion and position your pelvis on the raised part of the cushion. Lift your right and left leg alternately for 30 counts and relax. If you can, bend your knees upward as far you can but don't strain yourself. Do this for 30 counts.



STEP 12 - Cobra Position: Support your body with both arms folded and rested on yoga mat. Lift your head up and hold for 5 seconds. Repeat 3 to 5 times.