

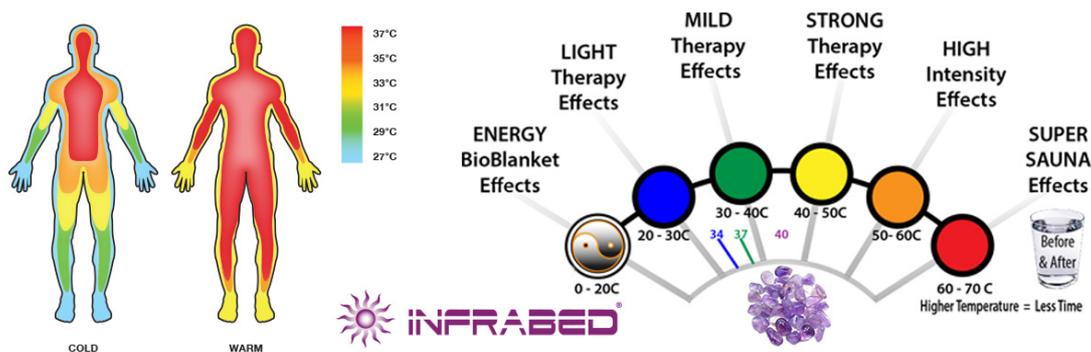
Posture~Pillow Instructions



Posture~Pillow® is an InfraBed® device to deliver infrared heat therapy derived by heating amethyst crystal. It is also a heated, wedge-shaped and contoured pillow to deliver progressive stretching and release for improper neck curve and posture. Posture Pillow device is built to Australian standards, with CE and SAA certification. Volts: 220-240v Watts: 56w Amps: 1.22A – 1.12A



Controller – A simple thermal temperature controller in range of 30 C to 70C. Plug the controller into both its wall and device sockets, before turning it ON. Small screen will show current temperature internally, on the LED device display. To set or reset the desired temperature simply roll the large circular dial around. Once the required temperature is selected, the display will return to its current temp. Thereafter temperature will increase up to, then hold, preselected temperature level. If the device is dysfunctional, simply switch the wall socket power OFF, to RESET. There is no timer on the Posture~Pillow controller - so please switch OFF after using.



Temperature Settings – Takes about 10 to 15 minutes to get up to preselected level. Infrared lamps and saunas have been studied and used widely for positive benefits. Usually the feeling of infrared heat is like warmth from the sun, a softer and deeper feeling when compared to say electric blankets, bar heaters, air-conditioners etc.

As with any InfraBed your temperature settings are a matter of personal preference. As a rule we should “Start Low and Go Slow” when setting your own temperatures. Also we recommend you keep bodily hydration levels up, drink water, pre and post.

NB With any medical condition, incl older age, medical advice should be sought. Hyperthermia is known to be helpful with general health, yet seek your Dr’s advice.



Contour Stretching – The InfraBed Posture~Pillow is especially contoured as a wedge in order to allow users to slide up, onto and over, the Posture~Pillow wedge contour, so as to heat, release, support and progressively stretch the neck backwards and to support your spine and chest forwards so as to counter and open the unnatural ‘forward head posture’ that is so common these days.

Sitting over desks, computers, tablets, phones, steering wheels etc, we are generally pulling the head and neck forward and curving it in the wrong direction. Similarly the back and shoulders are being pulled around and curved forward when they should be erect, straight and balanced. Thus we have poor posture, sore necks, tight shoulders and chronic upper back pain.

Posture Pillow Protocols –



Back and Neck Pain - Use Posture-Pillow by lying on your **BACK**
(Set temperature to suit – Warmer 40C plus, for 20 mins minimum)

- 1 Position back of head on the lower part of the Pillow wedge
- 2 Push your head and shoulders up the wedge slope progressively
- 3 Pause as you go and allow the infrared thermal therapy to penetrate
- 4 Place the back of the head up onto the highest part of the Pillow wedge.
- 5 Progressively push your cranium up onto and over the Pillow contour.
- 6 Let the weight of your head allow your neck to stretch / curve backwards
- 7 Let your neck and shoulders be infused with InfraBeds thermal therapy
- 8 Allow your neck to release, mouth to open, and your chest to open.
- 9 Relax completely and let your natural body curves be self-adjusted.



Neck and Shoulder Pain - Use Posture-Pillow by lying on your SIDES
 (Set temperature to suit – Warmer 40C plus, for 20 mins minimum)

- 1 Position side of your head up on the highest part of the Pillow wedge
- 2 Push the rounded side of the Pillow up flush with neck and shoulder
- 3 Allow the infrared thermal therapy to penetrate deeply, both sides.
- 4 Roll over and push the Pillow up flush with your other shoulder.
- 5 Also, use the neck and back position, and ROLL HEAD sideways
- 6 Let your neck and shoulders be infused with InfraBed thermal therapy
- 7 **NB TO NOT HEAT YOUR HEAD : TURN Pillow OVER.** (below)
 This Pillow position minimises heat into head/neck. Best for shoulders.



SLEEP INSTRUCTIONS - Use Posture-Pillow to Sleep on back, or sides
 (Set temperature to suit – cooler 30 to 40 C)

SLEEP ON BACK is the first preferred sleeping position,
 with support on both back and neck,
allows for rolling head either way.



SLEEP ON SIDE is the other preferred sleeping position, with strong support under the head, and so **aligned with your neck, and spine.**



SLEEP ON FRONT is **NOT** a preferred sleeping position. However, the Pillow with InfraBed therapy Can be used to place against painful areas. eg : under hips, thighs, pelvis, buttock etc

HEATING YOUR HEAD? has traditionally been OK, with saunas etc. BUT, if you are advised against it, **simply TURN PILLOW OVER !**. This positions the thermal therapy downwards, except for the pillowed part. This area may be put up close to your shoulders, **without heating the head.**



Versatility. You can utilise your Posture~Pillow InfraBed in many different ways. The wedge may support any part of the body, for example, under the buttocks. For placement over, under, next to the body trunk, abdomen, pelvis and limbs. Especially good for back support, lower and higher, and for the head if so desired.

