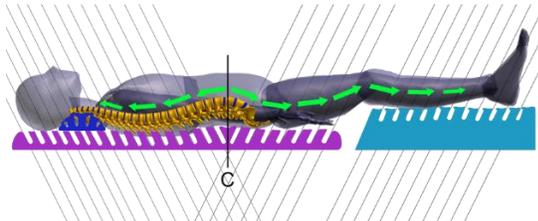


The experience shows that 45 Minutes application of the Lumbarest spinal traction mat is exactly the right time of duration in order to relax the musculature and intervertebral discs. Best results being achieved using the Lumbarest therapeutic mat on the floor or on stable surface like boards or a bench.

In an acute phase of discomfort in the back it is recommended to applicate the Lumbarest 3 times a day with a 3 to 4 hours interval. At the beginning of the application one can actually feel the stretching in the back.



Sit down on the shorter part of the Lumbarest Mat recognizable at the fact that this part has less ribs (lamellas) as the longer part (back part) of the Mat. The C is marking the boundary between shorter and longer part. C is the position for the lumbar part of the spine (Vertebra L 3 / L4).



The lower legs rest on the leg support as shown.



On the Therapy Mat one lies only on the back, both arms have to be put down like shown



Next take the Neck Support in both hands so that the flat side of the support points to your body and both hands touch each other, see Figure 5 now press support with both hands evenly, next lay support under your neck without letting go only after the back of your head is touching the Mat do release the support. Please pay attention to it that both long side edges of the support downwards are bent.



Next, with both hands holding the ends of the support very gentle without lifting the head pull in the direction of the head end of the Mat. This can be repeated 3 to 4 times during the first 10 minutes of the application. If you lift your head, please repeat the procedure.

From now on you must lie relaxed and quietly until the 45 minutes are over.

Lie relaxed, no reading or TV, because of contraction of musculature in the upper back, shoulders, and neck, listen to nice music preference classical music.

At first there might be a feeling of uncomfortableness in the back and neck, for maybe a few minutes, do not react or take notice, it will be gone soon by the time the musculature is starting to relax. Falling asleep is positive, it is even recommended. During sleep musculature is totally relaxing. During application it is definitely necessary, silence will be kept, no talking.

If your argument is not to be able to lie on your back, well, after a few applications on the Mat 18% all people can.

During application it is recommended to wear a light and stretchable suit made from cotton.



After the 45 minutes it is not advised to sit up abruptly, roll off and stay a few seconds in a belly position, relax your head on your arms and get up as shown in the following pictures.



Lumbarest spinal traction mat now includes an infrared heating element, that helps to relax the back muscles. Turn it on at the beginning for 5-15 minutes based on personal preferences and you'll reduce time needed for entire procedure from 45 to 35 minutes.