

necksaviour™ Tutorial

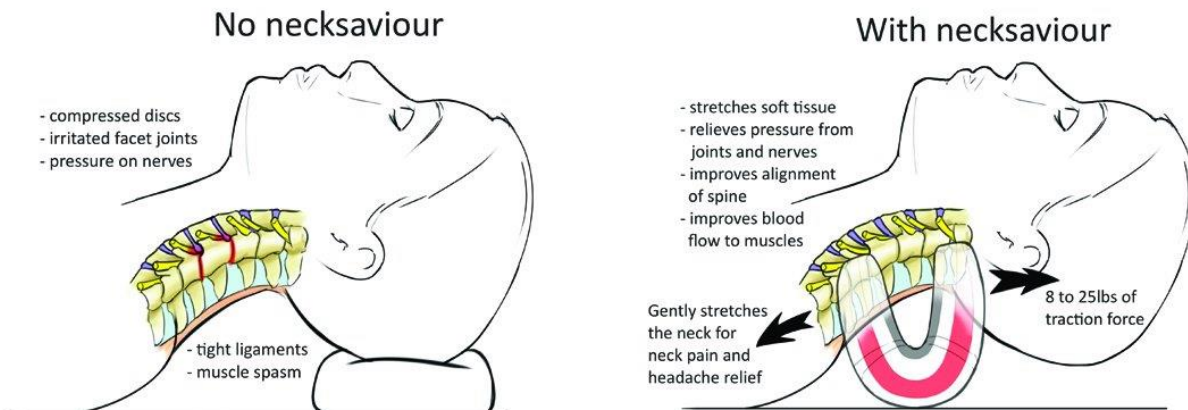
Video Tutorial

[Click here](#) to watch a video tutorial and read the information below to fully understand necksaviour.

General Information

necksaviour can deliver a stretch force (traction) up to 25lbs / 11kgs which is at the lower end of what is commonly regarded as 'medical' traction for the neck. The exact force it delivers will depend on many factors including the length of the neck, the degree of recline and the surface it is used on.

necksaviour is a very simple device to use. However to get the most benefit from your **necksaviour** it is important to read all instructions in order to get to know and understand your **necksaviour**.



Four Options

- Short neck & light stretch
- Short neck & strong stretch
- Long neck & light stretch
- Long neck & strong stretch

necksaviour has a long side and a short side. You can try both at different times and see which suits you best.

Long neck option - use necksaviour with the long neck symbol facing up.



Short neck option - use necksaviour with the short neck symbol facing up.



Stretch Force

The foam layers are arranged so that you can select a strong or light stretch appropriate to your condition and comfort level. Try the light stretch first. You may find different forces suit you better at different times.

Light force – **necksaviour** used with white side facing in.

Strong force – **necksaviour** used with the grey side facing in.

The following symbols may also help:

On the inside of **necksaviour** = lighter stretch

On the outside of **necksaviour** = stronger stretch

Preparation For Use

1. Ensure there is enough space to lie down flat or with bent knees. We recommend you use **necksaviour** lying on a reasonably firm surface such as an exercise mat on the floor. **necksaviour** will work on a bed or a sofa as long as it isn't too soft but its performance and the stretch forces may be affected.
2. It is ideal if the neck area is free from loose hair. Therefore tie up longer hair or use a hairclip or headband
3. Remove any jewelry from the area e.g. necklaces and earrings.
4. Lie down flat on your back.

Instructions

1. Necksaviour Classic has four options to choose from. We recommend choosing the long neck option and lighter stretch when first starting out. Always start with a more gentle stretch and traction until you become very comfortable with the unit and then you can progress as desired.
2. Activate **necksaviour** by bending it in half using your hands, trunk or leg. Alternatively one end can be placed towards the front of your shoulders while bending **necksaviour** into a 'U' shape and then rest the upper part of your neck/base of skull on the other end of **necksaviour**.
3. Lie on your back on a firm comfortable surface and place the folded **necksaviour** under your neck with the open end upwards.

4. When **necksaviour** is in place and BEFORE releasing your grip it is essential that you relax down onto the unit fully in order that it is kept in its 'U' shape via the 'blocking' of the head and the shoulders.
5. You may find it helpful to make 'micro-adjustments' in the positioning of **necksaviour** by gently rotating and side flexing your head until you feel **necksaviour** is positioned correctly and comfortably.
6. If you feel **necksaviour** slipping or returning to its flat non-activated shape, lift your head and neck and reposition.
7. Increase use of **necksaviour** gradually. Start with 2 minutes, up to 3 times per day and increase each session by 1 minute per day up to a maximum of 15-20 minutes in any one session.
8. Use **necksaviour** when you need neck pain, tension or headache relief or regularly as part of a maintenance program.
9. **Do not fall asleep while using necksaviour.** Set an alarm to ensure **necksaviour** is used only for the intended amount of time.

What you should feel

A comfortable stretch in the neck and no pain (mild discomfort at most when first starting out). Moderate pressure at the contact points at the top of the neck/base of the skull and on the muscles at the shoulders (upper trapezius). It is not unusual to feel a bit of soreness when first starting out which is why we recommend starting with the lightest traction/stretch option. It is not unlike what happens when you floss your teeth for the first time. Your gums bleed and become irritated, but if you are consistent, the bleeding and irritation go away and the tissue remodels and becomes healthy.

What you shouldn't feel & precautions

You should not feel dizziness, nausea, lightheadedness, double vision, any increase in pain, pins and needles, numbness, weakness in the neck, back or limbs: headache or difficulty swallowing. If this is the case, cease use immediately and contact your physician or physical therapist.

Contraindications

You should not use **necksaviour** or **any form of traction** if you are suffering from the following: Acute or traumatic injury, spinal instability, or fracture, severe rheumatoid arthritis, spinal cord compression, infections, inflammatory diseases, malignancy, vertebrobasilar artery insufficiency and any other condition which could be worsened by movement particularly distraction.

Care of product

Return **necksaviour** to a flat position after use and always store flat. Do not allow heavy objects to rest on **necksaviour** for any length of time as it may become indented and its performance affected. Clean **necksaviour** with a skin friendly disinfectant wipe after use as required. Allow to dry.