


CANDO® Back Stretcher

Instructions for use

1. Sit down on the floor with your legs outstretched in front of you and knees slightly bent.
2. Place the Back Stretcher on the floor directly behind you. For a gentle stretch, place the end with the smaller curve closest to your lower back. Place the bigger curve closest to you for a deeper stretch.
3. Reach back with both hands and grasp the side rails, placing one hand on each side.
4. Slowly lower your back onto the curve of the Back Stretcher. If you find the stiffness of its bars uncomfortable, we recommend placing a towel or blanket over the Back Stretcher.
5. This is the upper back stretching position. Relax your neck and shoulders, hold this position, and feel the stretch along your spine. Continue with this position for 2 to 3 minutes.
6. To stretch the midsection of your back, bend your knees and place the soles of your feet on the floor. Lift your bottom, grasp the side rails of the Back Stretcher, and slide it down a few inches toward your feet. Then lower your bottom onto the gentler curve of the Back Stretcher. This is the mid back stretching position. Relax and hold this position for 2 to 3 minutes.
7. To stretch your lower back, bend your knees and place the soles of your feet on the floor once again. Lift your bottom, grasp the side rails of the Back Stretcher, and slide it down a few more inches towards your feet. Lower your bottom onto the Back Stretcher, resting your waist onto the highest part of the curve. Relax and hold this position for 2 to 3 minutes.
8. When finished stretching, bend your knees and lift your bottom one last time. Slide the Back Stretcher out to one side, and lower your bottom to the floor. Roll your body to the side and get up slowly.

 **Caution:** individuals with Osteoporosis, individuals with 100% fused vertebrae and women who are pregnant should NOT use the Back Stretcher. People with pre-existing medical conditions should consult their doctors first. The Back Stretcher is not intended to be a medical device nor a substitute for professional medical care, and may not be suitable for all people. If you feel pain or dizziness, immediately discontinue use of the Back Stretcher.

DO NOT fall asleep on the Back Stretcher. Please follow these instructions carefully and retain them for the future reference.



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