



# **The Posturator** by **Thera-Posture** **Product Safety Guide and Instructions Manual**

Please read this guide before attempting to assemble or use the product. Failure to follow these instructions may result in damage to property and/or unintended effects on your posture. Thera-Posture shall not be liable for damage caused where the owner has failed to follow the instructions set out in this guide. **Read all the instructions and save them for later reference.**

## **Compilation and Publication**

Under the supervision of Thera-Posture this manual has been compiled and published, covering the latest product descriptions and specifications.

The contents of this manual and specifications of this product are subject to change without notice. Thera-Posture reserves the right to make changes without notice in the specifications and materials contained herein and shall not be responsible for any damages (Including consequential) caused by reliance on the materials presented, including but not limited to typographical and other errors relating to the publication.

Updated versions are available at <http://Thera-Posture.com> and click on Manuals.

## **What is a Posturator?**

A \*Posturator is a portable Health & Wellness device that helps correct/improve Kyphotic (Hunchback) condition simply by placing it on a chair/seat, sitting on it and leaning back. It has several internal components such as the patented \*Spine-Profile and \*Disc Nodules.

## **To Maintain Your Perfect Posture**

- If you just want to maintain your already good posture, then use the Posturator in the more 'moderate' upright settings and recline deeply periodically for a few minutes daily to stretch & keep your spine related tendons & ligaments limber. Then just return to your preferred vertical setting for comfort. Make sure your pelvis is firmly pushed back into the Posturator's 'pelvis support', then lean back allowing your spine to make firm contact with the Posturator and your shoulders should tend to pull posteriorly.

## **To Correct Your Posture:**

- If you want correction of kyphosis (Hunchback condition) the Posturator is proven to be the most practical and effective way to correct and perfect your posture. Follow the instructions below for how to use the Posturator.



**⚠ WARNING!** DO NOT place this product near chemicals or in a place where chemicals could be spilled on it. In particular, organic solvents, or liquids such as benzene, paint thinner, polish remover, or deodorizer. These or other products may also cause the product to malfunction or become discolored.



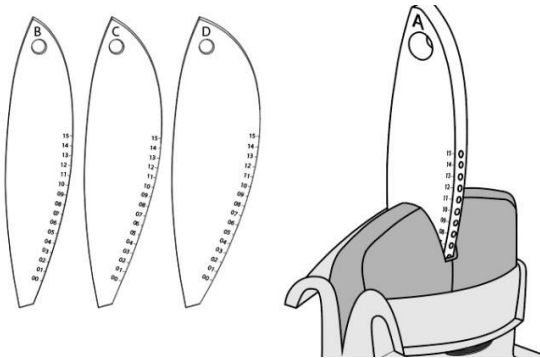
This product is NOT for children under 12 years old. There are small components that may be swallowed by children. Children must be supervised if near or around this product.

## Definition of Components

**\*Posturator** - The Posturator is the main cushion. It is made of varying densities of memory foam layers, which provide firmness as well as softness in specific areas that aid in the posture correction and maintenance process. One of the internal components is the permanent **\*Pelvis Support** (Not removable) which is made from a firm density foam and is ergonomically designed to support the user's pelvis in a neutral position, making it the foundation of the spine alignment process.

## Internal Interchangeable Components

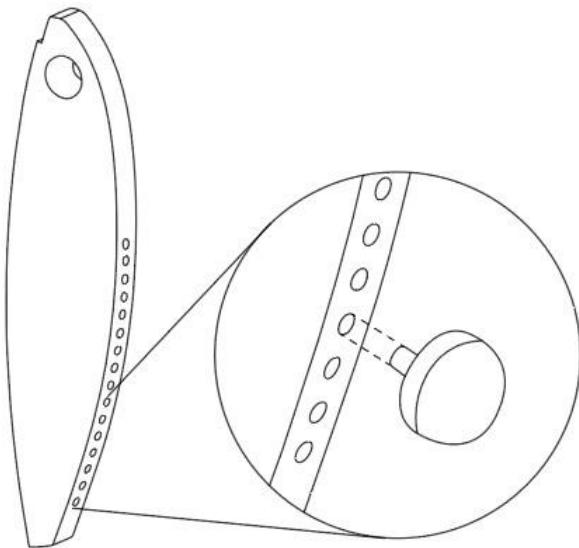
**\*'Spine Profile'** - The 'Spine Profile' is the main interchangeable internal component. It is the semi rigid curvature that guides the spine to the corrective trajectory. It needs to be installed vertically inside the **\*Posturator** from the top opening. Simply unzip the top zipper and install the selected 'Spine Profile' vertically into the opening along the middle of the **\*Posturator** cushion until it is firmly seated.



**Example:** Spine-Profile "A" is designed for users with good posture or requiring minor correction. Spine-Profile marked "B" has a slightly more intense corrective curvature. Spine-Profile "C" has a corrective curvature that's more intense than "B" and so on. In other words, Each 'Spine-Profile is more intensely curved than the previous one starting from "A" on through B, C and D. It's best to start with the less intense 'Spine-Profile 'A' and move to the next increment of curvature

intensity. Your goal is to find the 'spine profile' that matches your current postural condition by trying the different ones. Then as your condition improves, you can use only the spine profile 'A' which is for users who want to maintain their perfect posture.

## **\*'Disc Support Nodule'** - (Only for users with herniated/slipped disc)



The 'Disc Support Nodule' is a spherical rubbery support. It is intended to support a slipped disc (Herniated disc) and can be inserted into any of the numbered holes on the 'spine profile' according to the user's preferred height position. It protrudes from the 'spine profile' curve and provides support to the individual slipped disc.

To install the 'disc support nodule', insert the stem into your preferred hole of the 'spine profile' and press firmly until it's fully seated.

The numbered holes on the 'spine profile' are numbered for easy adjustment. You may have to adjust the height by moving it up or down into the appropriate height to support your individual condition.

The 'disc support nodules' come in two (2) sizes. Select the one that fits your needs.

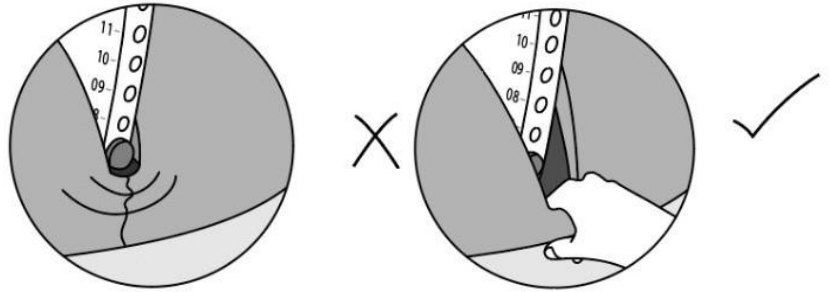


**NOTE:** If you don't have a slipped (Herniated) disc then NO NEED FOR THE 'DISC SUPPORT NOLDULES'.



**CAUTION** - (Make sure it is pressed down until it sits firmly in its place).

**IMPORTANT:** If you ARE using the 'disc support nodule' you will have to be careful when installing and removing the 'spine profile' from the main cushion. Use your finger to gently pull the port opening wide enough to prevent the protruding nodule from tearing the memory foam cushion. Then make sure that the 'Spine Profile' is firmly seated.



## Assembly and Use - Step by Step

**IMPORTANT:** The Posturator cushions are made of antibacterial foam and is often compressed for easy shipping. Open the plastic bag and allow a few minutes for it to decompress into its usable shape. Once it is fully decompressed you can begin to assemble it by following the step by step instructions.

### Step 1 - Make sure all the components are present. The contents should include:

1(Qty.) Main \*Posturator cushion (Chair not included)

1 (Qty.) 'Spine Profile' – which guides the spine into the corrective posture. Depending on your order selection you may have purchased two or more Spine-Profiles. Notice that the Spine-Profiles have different curvatures.

1 (Qty.) 'Disc Support Nodule' - that fits into the numbered holes on the Spine-Profile. **Only for users with slipped (Herniated) disc.**



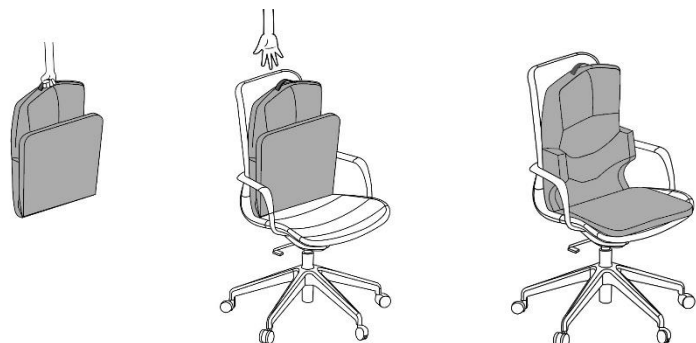
### Step 2 - Selecting and Installing the 'Spine-Profile' intensity

'Spine-Profiles' are available with different curvatures which guide the spine. They have letter markings near the grip handle. The markings range from 'A' to 'D'. 'A' is the least curved and may be more comfortable and suitable for users that require little or no correction of posture.

Spine Profile 'B' is slightly more curved than 'A', and 'C' is even more curved than 'B' and so on. Select the one that fits your condition and as your posture improves over time you can move incrementally to 'A' to maintain your now perfect posture.

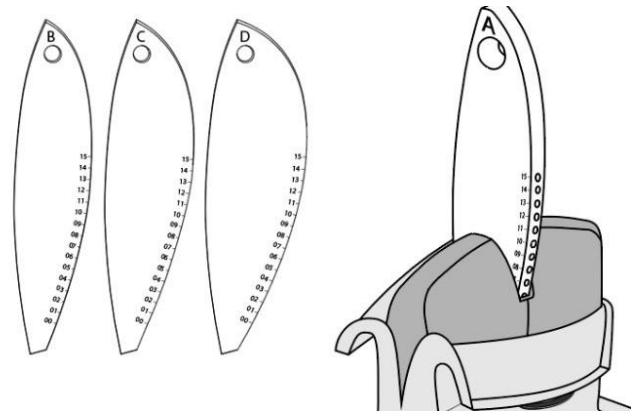
**NOTE:** Posture correction normally takes two to four weeks for significant improvement, depending on the use hours per day.

Use the carrying handle and place the Posturator on your or chair (Or couch) and use the elastic belt to connect to the chair back.



Unzip the zipper at the top of the cushion near the carrying handle to access the port opening inside the memory foam cushions, and install the curved 'Spine-Profile' of your preference. Remember that the more curved 'spine profiles' are for more intense posture correction.

Close the memory foam and the zipper, and you are ready to use the Posturator for perfect posture.



**IMPORTANT:** Make sure that the 'spine profile' is well seated into position and that the top does not pass the height of the memory foam cushion.

### Step 3 - How to Use the Posturator for Best Results - (Positioning is key)

Use the armrests of the chair to push your pelvis firmly onto the pelvis supporting part of the Posturator, then you can lean back onto the Posturator with your spine perfectly aligned with your pelvis.

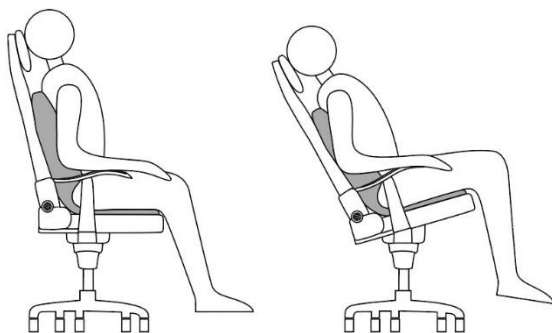
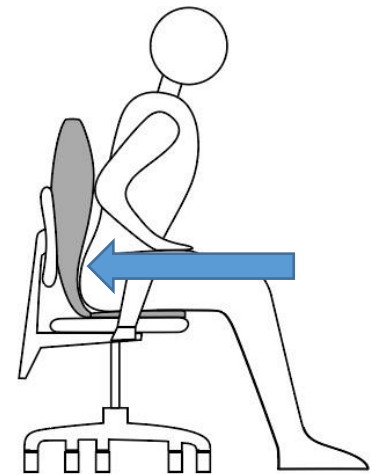
**NOTE:** Pushing your pelvis firmly against the pelvis support will ensure that your pelvis is stable and aligned with your spine.

### Pro Tip:

\*For Best Results Use an Office Chair with Reclining Feature and head rest.

\* Rule of Thumb: Alternate between 30 minutes reclined with 10 minutes vertical. Make sure to keep your shoulders pulled back. You can gradually increase the reclined seat time as your body adjusts to the correction.

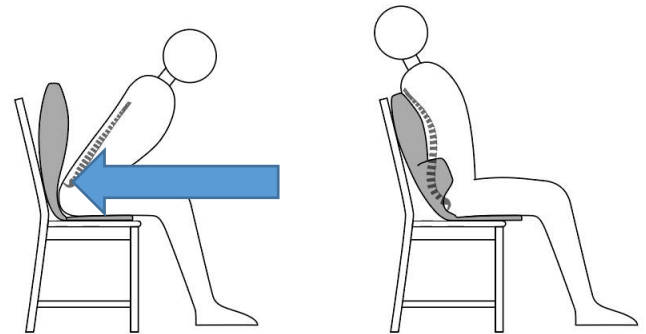
Remember: More seat time in the reclined position means that more correction is being achieved.



When using the Posturator with an office chair with a reclining feature, this allows you to control the recline angle consistently. You will be able to easily adjust the intensity of the weight that is pushing your spine correctively toward perfect posture while gravity is gently pulling your shoulders posteriorly (Backward). **Make sure to use a headrest on more reclined angles in order to keep your spine aligned.**

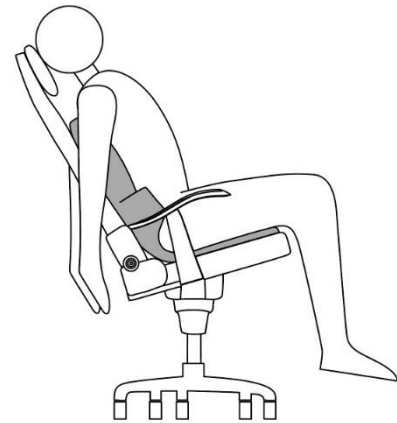
Change the recline angle periodically to relax your spinal muscles and ligaments.

When using a fixed chair that does not have a reclining feature, make sure your pelvis is pushed firmly against the pelvis supporting part of the Posturator, then lean back enough for gravity to pull your shoulders slightly posteriorly (Backward) which is essential for posture correction. All chairs have different angles for the backrest. You can adjust the recline angle by pulling the Posturator forward on the chair as seen in the diagram.



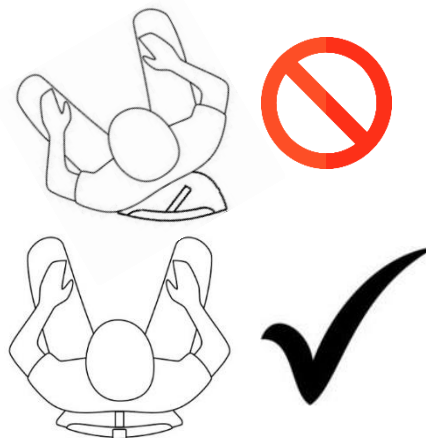
**CAUTION:** Do NOT tilt the chair back. Always keep the four chair legs on the floor.

**\*Pro Tip:** Your skeletal muscles and ligaments will accept postural corrections much more easily if warmed up with five to ten (5 -10) minutes of stretching. Stretch your muscles and ligaments for optimal postural correction. Once seated it's a good idea to press your spine against the Posturator with your arms extended posteriorly (Backward) as far as you can for five to ten (5 -10) seconds. This will also help your spine and shoulders adjust to the guiding shape of the Posturator.



**CAUTION: NEVER SIT AT AN ANGLE ON THE POSTURATOR:**

Sitting at an angle may damage the internal 'spine profile' and may cause injury.



ALWAYS sit squarely and perpendicularly on the Posturator.

## Comfort Adjustments

With any corrective device there will be a degree of discomfort until the correction is complete. The Posturator has been designed for maximum effectiveness in posture correction and maintenance with a stylish design. We've tested the product in hospitals through clinical trials and have achieved extraordinary results relating to posture correction, specifically reversing kyphosis (Hunchback condition).

As you use the Posturator over a few days or weeks, you will discover your own pace of correction vs. comfort. The balance between effectiveness vs. comfort can be achieved in three ways.

### 1- Spine-Profile curve intensity

Interchanging spine-profiles to one with a milder curve will provide less corrective function than a spine-profile that is more curved. **Example:** Profile 'A' is the least curved, and profiles 'B', 'C' and so on are incrementally more curved.

## 2- The Recline angle of the chair determines the Effectiveness to Comfort balance.

Reclining the chair makes the corrective process more effective by virtue of more body weight being placed onto the Posturator, therefore pulling the shoulders posteriorly (Backward) . This causes more intense stretching of the spine and rib cage muscles and ligaments toward the corrective position. A less reclined chair will adjust the balance of Corrective Effectiveness vs. Comfort.

## 3- Using a soft folded towel (Or similar) will soften the overall feel of the Posturator.

If you find the corrective (Reclined) position harsh, you can soften the effect simply by covering the back portion of the Posturator with a folded towel.



**IMPORTANT:** Make sure the soft towel has even thickness and covers the entire vertical spine area of the Posturator without interrupting the corrective trajectory of the spine.

## How It Works - Recommended Daily Usage – (Seat Time - hours per day)

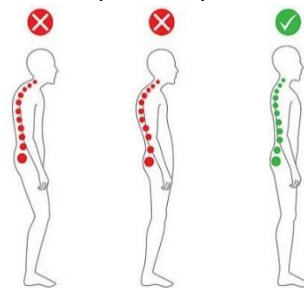
The Posturator uses the gentle force of gravity applied onto a reclined sitting position. This allows the weight of your torso to be transferred onto the 'spine profile' which guides your spine into the corrective postural alignment over time. In other words, the longer you can stay in the corrective position (Seat time), the more efficiently correction will occur.

With the Posturator, YOU decide the pace of correction by balancing the level of correction vs. comfort.

**First - Establish a baseline** of your current condition by taking a full profile photo or X-ray of yourself standing straight with form fitting athletic wear. Compare it to a natural perfect posture with the:

- Pelvis in a neutral position
- Spine straight and balanced above your hips
- Shoulders should be laterally neutral (Not forward)
- Neck and head should be balanced vertically

Once you've established your current condition, you can follow some general guidelines to achieve your desired results.



### Maintaining your Good Posture

If your posture is already good, you can use:

- The least curved 'spine profile (Profile 'A')
- The Posturator can be in any recline angle you prefer. Less reclined means you can be in full comfort throughout the entire day of seat time. Make sure your pelvis and spine make contact with the Posturator. Follow the instructions in the 'How To Use' section above.

If you have any questions or comments please reach out to us on our website [Thera-Posture.com](http://Thera-Posture.com) and our socials. We'd love to hear about your progress.

### Correcting your Posture

If your posture needs correction, begin the correction process by starting with mild settings and increasing the intensity until correction is visibly close to your desired results. Then move to the milder settings until the final desired result. Then just use the mildest settings to maintain your perfect posture:


- Step 1 - Start with the least curved 'spine profile' (profile 'A') for 1 week, at least 2-3 hours per day. Recline the chair to make sure your shoulders are gently pulled posteriorly (backward) to the corrective position. Within the first week you should see an improvement already. This means the muscles and ligaments related to your spine and ribs are ready for more correction, and more seat time (3-5 hours per day). If your spinal muscles and ligaments are in slight pain from stretching and seat time, then periodically reduce the recline

angle to a more vertical setting for a few minutes. Then revert back to the reclined position where the correction occurs.

- Step 2 – Change the ‘spine profile’ by removing it and inserting the (more intensely curved) spine-profile ‘B’ and continue to use in the same consistency of seat time. However, if you can increase the seat time to 3-5 hours per day it will be a faster process to reach your goal of perfect posture. Follow this regimen (1 to 4 months) until your posture is 90% close to perfect.


- Step 3 – By now your posture is near perfect – Change the ‘spine profile to profile ‘A’ again, and continue to follow the same regimen and seat time of at least 2-3 hours per day until your body-profile photo looks perfectly aligned and your posture is perfect. Continue using the Posturator in the milder settings with spine-profile ‘A’ to maintain your now perfect posture.


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*If you have any questions or comments please reach out to us on our website  
Thera-Posture.com and our socials. We’d love to hear about your progress.*  
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 **CAUTION:** Never use this product beyond your own personal limitations for pain or in any manner that may cause injury. Please use common sense to avoid any damage to yourself or the product.

## Washing Instructions for Fabric

- It is recommended to spot-clean the dirty area of the fabric without removing it from the cushion.
- If you want to wash the fabric completely, separate the top and bottom cushions by removing the Velcro near the fold that connects top and bottom parts of the product. Unzip both the zippers and remove the fabric.
- Do Not wash the Memory foam or other internal components. If dirty then wipe gently with mild soap and towel.

 **IMPORTANT:** Hand wash gently in lukewarm water and let dry on it’s own without dryer. DO NOT ring dry. Once fully dry, then reinstall the fabric onto the product. Make sure that the Velcro is properly aligned and well adhered.

 **CAUTION:** The memory foam is a very soft material and tears easily. Be careful not to tear the memory foam when installing the fabric onto the product. Then close the zippers.



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## WARRANTY

A one year Warranty can be obtained by registering your device by scanning the QR code.



You'll be directed to the Warranty registration page on our website [Thera-Posture.com](https://Thera-Posture.com). Then simply follow the prompts.

EACH Product is warranted to be free from defects in workmanship and materials at the time of delivery for a period of 1 year after delivery of each Product. This warranty is non-transferable and not liable for any injury caused by misuse and is limited to the replacement of the Product. NO OTHER WARRANTY IS GIVEN BY SUPPLIER and no representation, warranty or affirmation of any employee, contractor, agent, detailer, distributor or any other person actually or purporting to represent Supplier, by word or action, will constitute a warranty and such word or action does not, and will not, expand or change the express warranty given in this **Limited Warranty**. SUPPLIER EXPRESSLY DISCLAIMS ANY OTHER EXPRESS OR IMPLIED WARRANTY OF ANY KIND, INCLUDING WITHOUT LIMITATION ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, WHETHER ARISING BY LAW, CUSTOM, CONDUCT, USAGE OR TRADE.

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