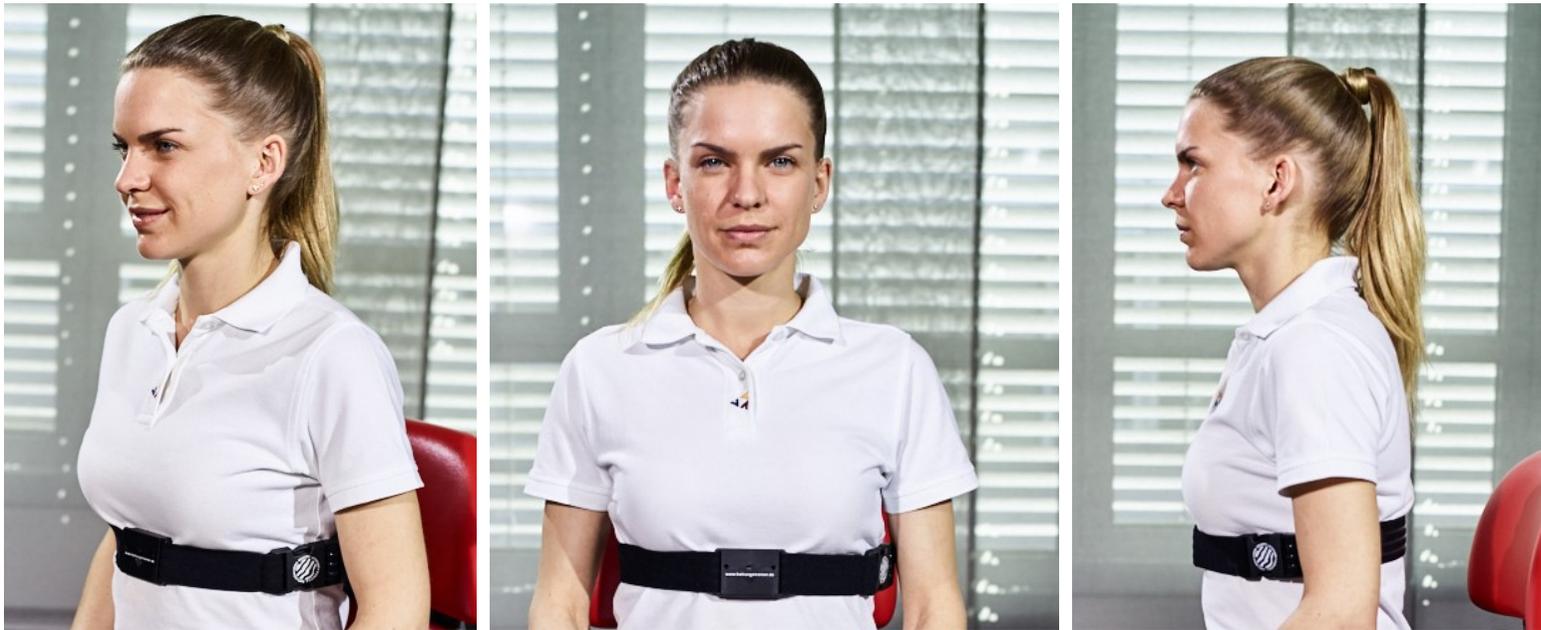


ZEGRA®

PostureTrainer 3.5



Helps you correct slumped posture and improve spinal fitness
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Contraindications(for whom the PostureTraineris not suited)

Do NOT use the PostureTrainer.....

- **if you are pregnant.**
- **if you have a cardiac pacemaker.**
- **if you can't actively straighten your spine.**
- **if straightening your spine causes you pain or discomfort.**

If using the PostureTrainermakes you feel uncomfortable, stop using it and consult your physician or physical therapist. Should they advise against an upright posture (as might be the case if you have a diagnosis of spondylolsthesis or a narrowing of the spinal canal in your lumbar spine), you should not use the Posture Trainer.

It has not yet been investigated whether the PostureTrainerhas adverse effects on cardiac pace makers or pregnancy, therefore it should not be used during pregnancy or by individuals with a cardiac pacemaker.

If your thoracic spine is irreversibly fused (as might be the case due to disease, high age or surgical fusion), the use of the PostureTraineris pointless and not recommended.

Caution

The PostureTraineris a measuring instrument and not a toy. Keep it out of reach of children, who might strangulate themselves with the belt of the posture trainer. Should this happen, call emergency immediately.

The PostureTraineris not water proof. Therefore make sure to keep it dry at all times.

Warning

- **The ZEGRA PostureTraineris intended for active posture training. It does NOT provide passive means of back support and does NOT eliminate the risk of injury while lifting heavy objects.**
- **Ask your doctor whether you may use the PostureTrainerif you are undergoing specific treatment for spinal conditions or injuries.**

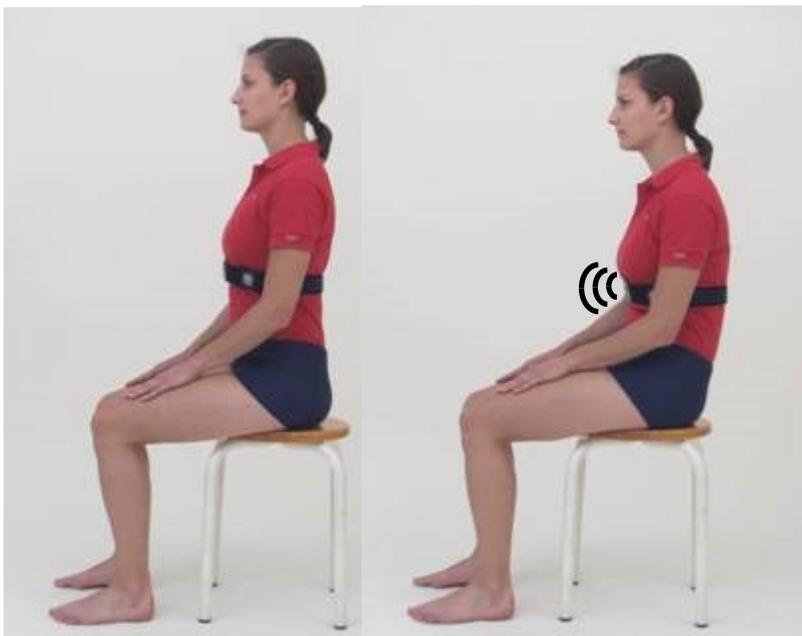
Who might benefit from the ZEGRA Posture Trainer?

The ZEGRA® PostureTrainer helps motivated and able users age 6 and older to get into the habit of an upright and healthy posture. The PostureTrainer quite effectively enhances upright posture during extended periods of desk or computer work & play. It is less effective during sports, where it is more likely to slip or be damaged. It is also less effective during sports, standing, and walking, simply because the posture is better during these tasks anyhow.

What does the PostureTrainer do?

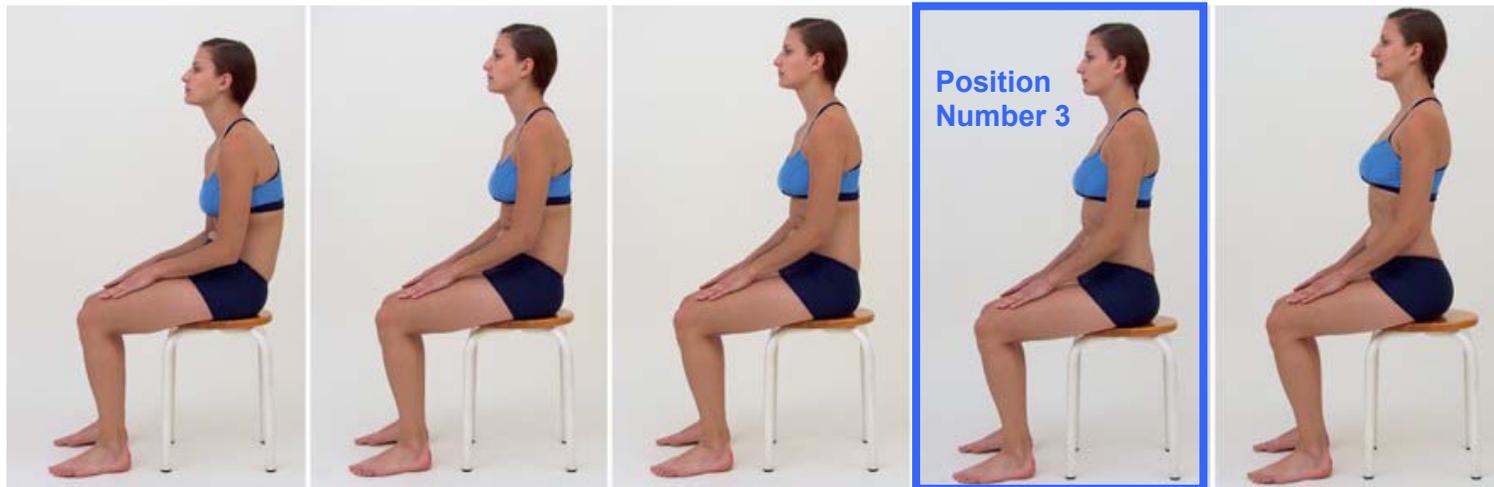
The PostureTrainer looks and is worn like a heart rate monitor. Whenever you slump too far, its vibration alarm will remind you to straighten up.

A study of the Sports Medicine Department of the University of Tuebingen, Germany, amongst 50 computer users showed, that a 6 week course of ZEGRA® posture training improved spinal strength, flexibility, activity and well being significantly.



What type of posture is enhanced by training with the Posture Trainer?

The ZEGRA® PostureTrainer helps users who are motivated and able to get into the habit of an upright healthy posture. This upright posture is neither a rigid or hyperextended posture, but rather a dynamic posture in a neutral area between the extremes of slumping and arching your back to the limit (i.e. hyperextension). While most of us know, that they would benefit from a more upright posture, even the truly motivated ones amongst us easily become distracted by the demands of daily life, causing them to fall back into their habitual slump. That is when the PostureTrainer reminds you of an upright posture until it eventually has become a habit. You can determine the centre of your dynamic upright posture by straightening your spine in 4 equidistant steps, going from full slump to spinal hyperextension. From the 4th hyperextended position, relax back into position number 3. For most users this is a suitable centre for their dynamic posture. Should straightening your spine to this point be uncomfortable, only straighten up as far as you're comfortable. If in doubt about the right posture, ask your physical therapist.



How long and how often should the PostureTrainer be used?

Use the PostureTrainer for 2 hours, 3 times a week. Leave at least one day of rest after each training.

What you need to know before you first use the Posture Trainer

Have a look at the **3 positions** the **switch** of the Posture Trainer can be set to:

- **OFF** (in this position the Posture Trainer is turned off)
- **ON** (the middle position of the switch: here you will receive an immediate feedback whenever you slump).
- **DEL**(delay: here the feedback signal is triggered only after 16 seconds of continuous slumping).

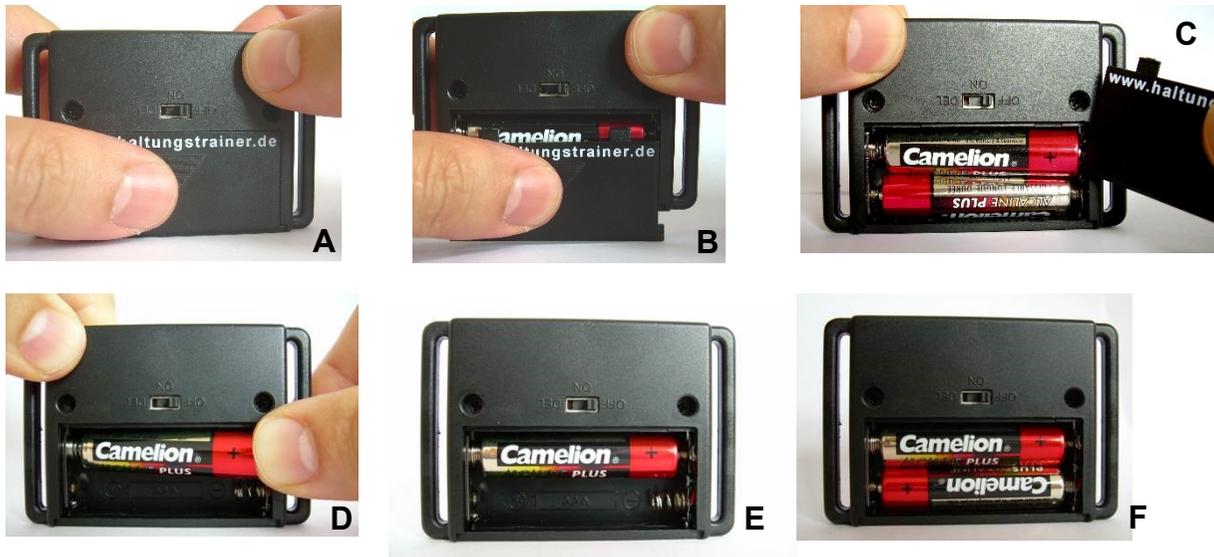


Battery insertion and removal

In order to insert or remove the two required 1,5V AAA-batteries (either rechargeable or non-rechargeable), remove the sensor guard, place your thumb on the triangle of the battery-lid (A) and slide it open, following the direction in which the triangle is pointing. After the lid has come open (B) with a slight click, remove it completely.

Remove exhausted batteries on the end which is marked with a “+”, using the edge of the lid (C). Insert new batteries by compressing the spring with the end which is not marked with a „+“ (D). Then push the “+” -end of the battery in (E).

To ensure correct polarity (F), the polarity is depicted on the bottom of the battery-compartment (E).



In case the polarity of one battery is reversed, the PostureTrainer won't function. If the polarity of both batteries is reversed, the PostureTrainer will vibrate immediately and continuously. When you notice a gradual weakening of the vibratory signal, it's time to change (or in the case of rechargeables – recharge) the batteries. Battery life varies depending on the battery and the feedback frequency. When operating the PostureTrainer without any vibratory alarm, even a very cheap battery may last 80 hours and longer. With continuous vibratory signal activity, the

battery may be exhausted after only 50 hours. Thus a good posture with infrequent feedback may extend both the life of your spine and your batteries.

Should you not need the PostureTrainer for an extended period, remove the batteries and store them separately. This prevents the PostureTrainer from being damaged by an old leaking battery.

Now you are ready to apply the PostureTrainer by following steps below:

Step 1: Don the Posture Trainer as shown below.

Men should don the Posture Trainer such that the upper edge of its belt lines up with the lower edge of their chest muscle (see left picture). Women should scoot the belt up until its upper edge touches the bottom edge of the bra cups (see right picture). The Posture Trainer is donned the right way round, when the print “www.posture-trainer.de” is visible and below the switch. You have a choice to wear the Posture Trainer directly on the skin, your bra, a t-shirt, or a shirt. Women should wear a bra without wires or thick cups. Well suited are sports bras or bustiers.



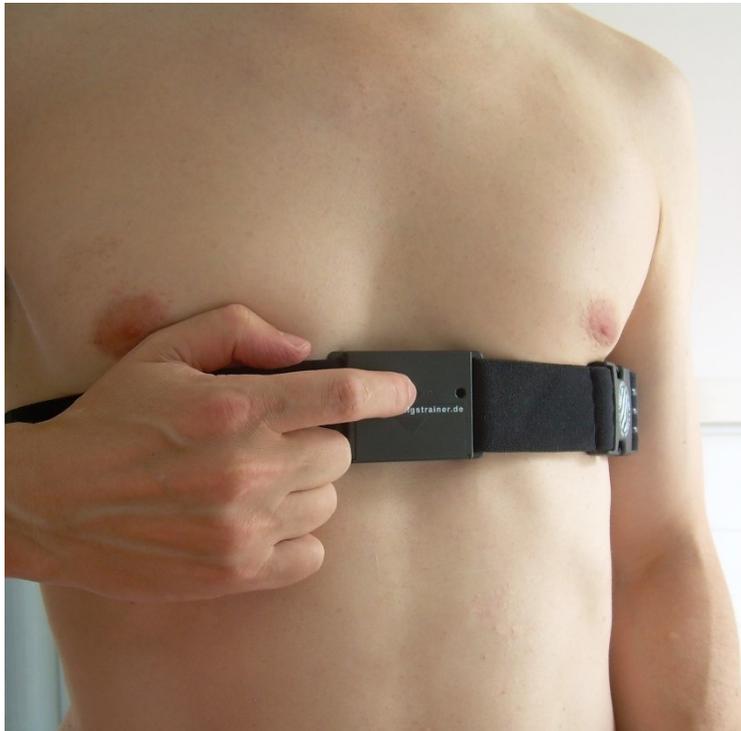
Step 2: Tighten the belt and tuck the loose end into the tri-glide.



The belt should be tight enough to prevent slippage and keep the Posture Trainer in steady contact with your body. It should however not be uncomfortably tight or restrict your breathing.

Step 3: Turn on the Posture Trainer using either option A or B:

(see „YouTubeVideo 3.5“ auf www.posture-trainer.de)



Option A

The following steps assure that the feedback will come at the right degree of slumping.

First: Slump to the point at which you would like the Posture Trainer to remind you of a straighter posture and remain in this „feedback-posture“.

Second: While remaining in this feedback posture: move the Posture Trainer's switch from the „OFF“- to the „ON“- position. After switching the Posture Trainer on, release the switch immediately, place your hands on your thighs, while still not moving your spine, and wait until the Posture Trainer vibrates for the first time after about 10 seconds. At this point you may resume your daily activities and move normally.

The Posture Trainer is now ready to go and should vibrate whenever you slump as much or more than in feedback posture (see A) above).

Should the Posture Trainer's position on your body shift during a training session, the vibratory feedback may no longer be triggered in the posture you had set it to. In case this happens repeat A) and B) above.

If for whatever reason you feel the Posture Trainer isn't functioning properly, stop using it and refer to the problem solving procedures listed under “trouble shooting”.

Option B

Slump by bringing your nose as close to your belly button as far as you comfortably can. While remaining in this feedback posture: move the Posture Trainer's switch from the „OFF“- to the „ON“- position. After switching the PostureTrainer on, release the switch immediately, wait for 2 seconds and finally stand up tall within the next 3 seconds. At this point you may resume your daily activities and move normally. The PostureTrainer is now ready to go and should vibrate whenever you slump. The degree of slumping that will trigger the vibration signal is set automatically by the posture trainer, depending on how far you had slumped sitting and how tall you stood upright.

Should you wish for the vibration to set in with less slumping, repeat the procedure of option 2, this time slumping somewhat less. Should you wish for the vibration to set in only after slumping more, repeat the procedure of option 2, this time standing a little less straight.

Each time you use the PostureTrainer repeat option A or B, depending on which one suits you better.

When to choose immediate or delayed feedback

With the switch in the “ON”-position, the PostureTrainer's vibratory alarm is immediately triggered whenever you slump as far as or beyond the chosen feedback posture (see step 3 above). With the switch in the “DELAY”-position, the alarm is only triggered by 16 seconds of continuous slumping beyond the feedback posture.

The „ON“-position with **immediate feedback** is recommended when working on *postural awareness*. The **delayed feedback** is preferable when short periods of slumped or flexed spinal posture are required and not harmful, such as during light duty activities of daily living.

How long and how often should the PostureTrainer be used?

Use the PostureTrainer for **2 hours, 3 times a week**. Leave at least one day of rest after each training.

Cleaning the Posture Trainer

When you wish to clean or disinfect the Posture Trainer, make sure it is turned off first. Then moisten a cloth with alcohol and wipe over the surface of its housing. Make sure no liquid enters the housing.

When the belt needs to be washed, pull the free end out of the black buckle and then slid off the Posture Trainer. The separate belt may be hand washed along with the attached buckle at 30 degrees Celsius (90 degrees Fahrenheit), using any regular detergent for fabrics. Make sure the belt is dry, before you reassemble belt and Posture Trainer.

Storage

If you are not using it, store the Posture Trainer for its protection as follows:

- 1) Should you not need the Posture Trainer for an extended period, remove the batteries (as described above) and store them separately. This prevents the Posture Trainer from being damaged by an old leaking battery.
- 2) Place the buckle right next to the housing and wrap the belt around the buckle and the housing (**A**).
- 3) Slide the Posture Trainer into its container (**B**).



Trouble shooting

Error 1: The vibratory alarm is no longer triggered in the posture you had set it to.

Cause	Solution
The position of the Posture Trainer on your body has shifted.	Repeat step 3 "Turn on the Posture Trainer".
The belt of the Posture Trainer has loosened.	Turn off the Posture Trainer, fasten the belt and repeat steps 2-3.
You didn't release the switch fast enough after setting it to the „ON“-position.	Turn off the Posture Trainer. Then assume your feedback posture, move the switch to "ON" and make a point of releasing it immediately after.
If your thoracic spine is irreversibly fused	The Posture Trainer only works when the thoracic spine can be actively straightened.
You're wearing the Posture Trainer over thick clothing.	Wear the Posture Trainer over thin clothing like a t-shirt or shirt.
The Posture Trainer isn't placed right.	<p>Move the Posture Trainer a little to the side, up, or down. Then repeat step 3: "Turn on the Posture Trainer".</p> 

Error 2: The feedback posture keeps changing.

Cause	Solution
The belt wasn't tightened sufficiently.	Tighten the belt. If necessary repeat steps 3 "Turn on the Posture Trainer".
The Posture Trainer is not in the right place.	See steps 1 and 2 "Check if you donned the Posture Trainer correctly".
Your spine is too inflexible (see „Contraindications“).	Ask your Physical Therapist if and how you may improve your flexibility.

Error 3: The vibration alarm can not be triggered at all.

Cause	Solution
The batteries are exhausted.	Insert new batteries.
The polarity of one battery was reversed.	Insert the battery the right way around.
The Posture Trainer is defective.	Contact the manufacturer (see contact info on the last page of this manual) for repair options or buy a new one.

Error 4: The vibration alarm comes on immediately and doesn't stop.

Cause	Solution
The polarity of both batteries was reversed.	Insert the batteries the right way around.

Error 5: The vibration alarm is gradually weakening.

Cause	Solution
The batteries are exhausted.	Insert new batteries.

Warranty

Malfunctions of the PostureTrainer that appear within two years of purchase, even though you have handled it according to the recommendation of this manual at all times, are covered by warranty. Defective Posture Trainers that fall under this warranty are repaired or replaced by the producer.

Defects that are the result of inappropriate handling are not covered by the warranty.

Manufacturer

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US-Patent

The Posture Trainer is covered by US-patents **US Patent 6,673,027** and **US-patent 8,157,752**.