

## How to use the HoPhysio De-Stress Belt



1. While standing, place the fully deflated belt around your waist. The bottom of the belt should be cradling the top of your pelvic crest (hip). Suck in your stomach and pull the two ends tightly together with the velcro strap. It must fit tightly to work properly. The HoPhysio logo should be positioned midline directly in front of you. Use the extension piece (c) provided if you have trouble closing the belt tightly around your waist.
2. Close the metal air valve (a) on the belt by turning it clockwise.
3. Clip the air pump nozzle (b) onto the metal air valve (a) on the belt. Use both hands to push the air pump nozzle and the metal air valve together tightly to prevent air leakage while pumping up the belt. If you hear the sound of air leaking from the valve on the belt, it means that you're not pushing the nozzle and the metal valve together properly, or the valve is not fully closed.
4. Pump the foot pump while standing up. Push all the way down and lift your foot off completely for each stroke. If you have trouble balancing on one foot while pumping, lean up against a wall for support, or have someone else help you pump up the belt.
5. Keep pumping up the belt until it is fully inflated. When the belt is fully inflated, you will hear air being released from the safety air release valve on the foot pump. When fully inflated, the belt will stop getting bigger.
6. When fully inflated, remove the nozzle from the belt and enjoy. After using the belt for at least 20-30 minutes, or as long as you desire, deflate the belt by turning the metal air valve counterclockwise to release the air. Pull the velcro straps apart and feel the relief.

**Precaution:** If you experience additional pain or discomfort during or after using the device, please consult your physician prior to re-using the device.

## Please Note Before Use:

Belt must be the right size to be effective. If you do not experience relief while using the belt, please measure your waist line to ensure that your belt size is correct. To measure your waist line, suck in your stomach and hold the tape tightly against your bare skin, at the level of your belly button, for accuracy. Check your actual waist measurement against the size label sewn inside the belt.

1. Belt must be worn over a layer of light clothing.
2. Belt must be fully deflated before you put it on. Deflate by turning metal valve counterclockwise.
3. Suck your stomach in while putting belt on. Belt must be put on your waist very tightly to work properly. Use extension piece if needed.
4. Put the belt on your waist and inflate it while standing for best results.
5. In the first week, use the belt for 20 to 30 minutes each time, 3 to 4 times per day. As you feel better in the 2nd week and thereafter, you can use the belt for longer period of time or as you need it.
6. For faster and better relief, lay on your back with the belt on and elevate your legs with a couple of pillows. If back pain is disturbing your sleep, try sleeping with the belt on.

## Precautions & Contraindications

- If you have a herniated disc be sure to inflate the belt slowly to apply gentle and even traction.
- If you experience any discomfort or pain after using the belt, it could indicate that your back muscles are very tight and you should stretch your back slowly and gradually to allow the tight muscles to accommodate. If pain persists, consult your doctor before resuming use of the belt.
- If you suffer from any of the below conditions please consult your medical practitioner prior to using the Belt:
  - Patients with lumbar spine damage, acute lumbar injuries, spinal fractures, rib fractures, pelvic fractures and severe osteoporosis.
  - Patients with serious cardiovascular or respiratory diseases.
  - Pregnant women and children should not use this device.
- As with any new product, always consult your medical practitioner.