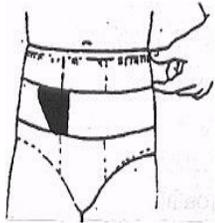


IMPORTANT: Do Not Use SpineTastic Until You Read This Guide!

CONGRATULATIONS! You now own the world's most effective way to control low-back pain SpineTastic® is effective because it controls the major cause of low-back pain: Pelvic Instability. However...

YOU MUST WEAR IT CORRECTLY!

Low & tight on your hips! Not on your waist.



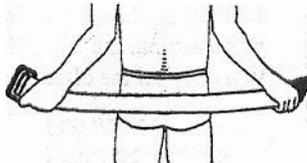
Top of belt should be 1"

below top of your hip bone.

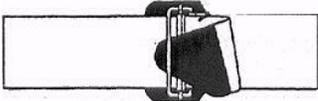
Exactly how low and how tight to wear SpineTastic is something you should experiment with. Varying position and tightness can have an impact on effectiveness.

Putting SpineTastic® On

Hold around your hips, buckle in left hand, belt end in right hand.

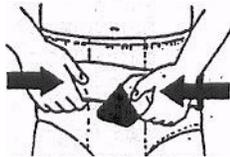


Under, then over



Slide belt under & then back over white plastic gripper. Don't pull tight yet.

Shift belt around so buckle sits well behind left hip. To tighten, use the PUSH/PULL method as shown. With left hand, hold loose belt end. With right hand, hold the bottom of belt. Then at the same time, pull with left hand, and push with right hand.

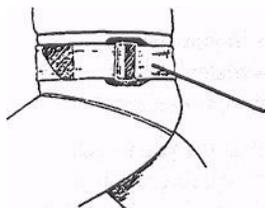


PUSH/PULL

If you have little strength, you may find it easier to lay down on your back and pull the loose end with both hands.

Keep belt straight

- as you pull it -
through buckle.



Tighten until gripper clicks 3 or 4 times. The correct final position for the buckle is on the buttock, just behind the left hip.

NOTE: Always loosen belt before adjusting it. Once in place, fasten the loose belt end with the velcro.

Final position

You can wear it under your clothing

Wear the belt on a non-slip fabric (like cotton underwear or over clothes).

To release buckle

First. Undo the Velcro. Then, pull the steel bar back as shown. Or slide your left thumb between the steel bar and the belt, at the same time, push back.



To launder your belt

Wash belt by hand in cold water. Do not wring. Hang to dry — do not put in dryer.

When should you use SpineTastic®?

- At the very first sign of pain
- For any activity that may give you a sore or tired back
- When you want a boost in energy (see over)

Remember, you can wear it as often as you like with no fear of dependency.

Stretching & Exercise Are Important

The best way to avoid back pain is to do regular stretching and strengthening exercises to keep muscles & ligaments strong and flexible. Many have found Yoga to be the best solution.

Please Remember

When wearing SpineTastic®, you must still exercise care and caution for your back. You should always practice standard back-safety rules. For example:

- Lift with your legs, not with your back
- Bend at the knees, not at the waist
- Be careful how you turn or twist when carrying

NOTE: SpineTastic® is not intended to substitute for the advice of your own health-care professional. Before you begin any change in your present back-care program, you should consult with your health-care professional.

SpineTastic® makes a great gift

So many people could stop their suffering if only they knew of SpineTastic. Do you know someone with back pain? Do them a favor. Give them SpineTastic® and you'll be giving them a treasured gift. **(Please see reverse side for more important information)**

SIZE: Reg. ___ Lg. ___

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HOW YOU BENEFIT WHEN YOU WEAR SpineTastic®

You'll get much more than just pain relief !

What SpineTastic® Does For Your Back

SPINETASTIC's unique design - the specially woven fabric combined with the unique locking buckle - allows it to be comfortably worn low and tight on the hips. This bracing of the pelvis produces several important benefits for your back:

SpineTastic® increases

low-back & hip strength in 3 ways:

1. **Tightens up joints & ligaments** at the base of the spine, making your back feel years younger. Dr. Don Fitz-Ritson, D.C. describes the rejuvenating effect: *"The instant you lighten the belt around the hips, it's like taking off years of wear and tear."*
2. **Compresses and energizes key muscles** in the buttocks, one of the first places our body feels signs of aging. You'll be amazed at the boost in vitality you'll feel.
3. **Realigns the pelvis**, so muscles are used more effectively.

SpineTastic® Offers Other Benefits

1. **Produces a "pelvic tilt"**, improving posture. When your posture improves, your back feels better.
2. **Fights the effects of gravity**. Your spine is lifted and your back feels lighter. Most people actually stand 1/4" to 1" taller.
3. **Reduces the trauma of strenuous sport or exercise**. You'll be able to enjoy activities with no painful consequences.

Special benefits for Senior Citizens

1. Stabilizes the hips to reduce the risk of falls. If a fall does occur, the belt reduces the risk of serious injury to the hips.
2. With the hips stabilized, seniors feel more secure and confident in physical activities or in just in getting around.
3. Makes it easier to get up out of a chair. (See "sit-stand test")

Do you have acute or chronic low-back pain

For Acute Pain: SpineTastic® reduces movement in strained muscles and ligaments, relieving pain allowing healing to occur. With pain controlled, rehabilitative exercises can begin sooner, to promote an earlier recovery.

For Chronic Pain: Experts agree, most low-back pain is due to instability at the base of the spine. SpineTastic® stabilizes this area to control pain. Since there is no dependence effect, the belt can be worn as much as you like.

IMPORTANT

Most back pain is due to pelvic instability. And even when other factors are involved (like herniated discs, degenerated discs, scoliosis, etc.) SpineTastic® will usually help. However, some back pain may be due to other causes, such as congenital defect, fracture, tumor, cancer, etc. You should see a healthcare professional if you have any doubt or if: Your pain isn't relieved within 72 hours or if it occurs frequently • If your attacks seem to be getting more

severe • If the pain radiates down the leg • If there's numbness or tingling in your arm or leg • If you also have fever, urinary problems or genital symptoms with your back pain.

Why SpineTastic® Boosts Your Vitality

People say that wearing the belt gives them more energy. In fact, many seniors tell us, it's almost like a fountain of youth. Here's a scientific explanation for this rejuvenating effect from the *"The Manual of Structural Kinesiology"*:

As the body ages, the gluteus medius and gluteus minimus muscles tend to lose their effectiveness. The spring of youth, as far as the hips are concerned, resides in these muscles."

SpineTastic is worn low on the hips directly over these muscles. It compresses & strengthens them, renewing their effectiveness and literally restoring the "spring of youth".

Try this simple "sit-stand test" & feel

how SpineTastic® instantly increases strength

SpineTastic has been clinically proven to increase the strength of paraspinal muscles. Here's a simple but very dramatic way you can feel the effect.

- Put the belt loosely over your clothing. Sit on a hard chair or bench, back straight, knees at a 90 degree angle, feet in front of you a few inches apart.
- Fold your arms across your chest.
- Try to stand up without lunging forward. If you're able to rise with no effort at all, sit down and move your feet further out a couple of inches. This should make it more difficult to get up.
- Once you find it difficult to rise, stay standing and keep your feet in exactly that same position. Now tighten SpineTastic as described in the guide.
- Sit down and with your feet in exactly the same place, try standing up with the belt on. It should be much easier.*

If you're like most people, after rising so easily with the belt on, your first words were: "That's amazing." And like most people, you're probably wondering what happened. It's simple. The joints and ligaments in your pelvis have been tightened up and literally rejuvenated.

The more difference SpineTastic® makes for you in getting up, the more benefit you should get from wearing it. If it was much easier for you to rise, you should notice a huge difference in the way your back feels when you wear SpineTastic®.

* This "sit-stand test" is a standard test for pelvic instability, the cause of most low-back pain. If you suffer with low-back pain, and didn't notice any difference, it could be that: You may not be doing the test correctly, the belt may not be tight enough or low enough, or your low-back pain may be due to other causes.

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