

# User Instructions

## IMPORTANT SAFETY INSTRUCTIONS

- Never let children use unsupervised.
  - Use equipment only for the intended purpose, as outlined in these User Instructions.
  - **CAUTION:** As with any new exercise program, consult with your physician prior to using the P3.
- If you have one or more of the below contraindications, you maybe still be able to use the P3; however, you first must obtain approval from your licensed physician. The following list of contraindications is not exhaustive, and intended only as a reference.
- Bone weakness, recent fractures, and skeletal implants
  - Weakness or instability of the shoulder.
  - Spinal Injury: Any severe spinal cord trauma

## STRETCHING with the P3™ Back Stretcher

Decompress with the P3™ to help **Relieve Pain** and **Reduce Pressure**. The gentle, user-controlled traction allows joints to open, encouraging realignment, rehydration of vital nutrients, and reduced pressure on nerves. Stretching every weight-bearing joints from between the shoulder blades to the ankles, the P3™ enhances cartilage nutrition and joint lubrication. Regular reverse-loading of the support structure that encases each joint can help increase ligament strength and improve flexibility and shock absorption, resulting in overall **Improved Performance** from golfing to gardening.



A few minutes a day with the P3™ can help target the source of your ache and facilitate better health in all your weight-bearing joints.

- Promotes Alignment
- Strengthens Ligaments
- Relieves Nerve Pressure
- Improves Shock Absorption and Range of Motion



Figure 1



Figure 2

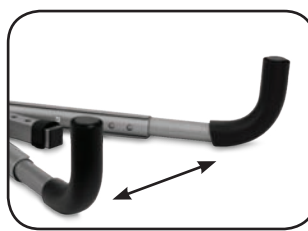


Figure 3



Figure 4

### Step One: Open the Ankle Supports

- Fig. 1 shows the P3 folded for storage.
  - Press the Ankle Support Shaft Release (green bulls-eye target button) (Fig. 2) to release the Ankle Support Shaft.
  - Rotate the Ankle Support Shaft 135 degrees; the Release will lock into place when the shaft is fully rotated.
  - Ensure that the Ankle Support Shaft is locked in the ready-to-use position before continuing.
- Warning: This operation may pinch fingers if not done slowly and carefully.*

### Step Two: Open the Handles

- Release the Velcro strap that is wrapped around the Handles, and open the top of the handles outward (Fig. 3).
- Press the Handle Adjustment Pin, located underneath near the base of each Handle, to release from the storage position.
- Extend and rotate each Handle so that the Hand Grips are pointing up.
- Allow the pin to re-engage in the shortest setting for both Handles.

### Step Three: Extend the Main Shaft

- Pull up on the Main Shaft Adjustment Pin (Fig.4).
- Slide the Shroud along the Main Shaft to its longest setting (#13 as indicated by the embossed markings.)
- Allow the Pin to re-engage.

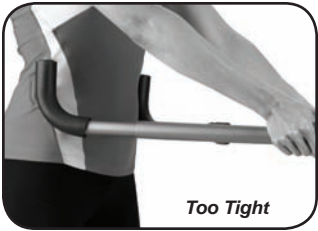


Figure 5

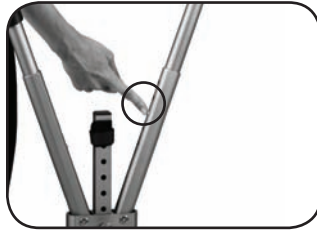


Figure 6



Figure 7

## Step Four: Adjust Handle Length

- Standing, hold the Main Shaft of the P3, positioning the Hand Grips at your hips (Fig. 5). The Hand Grips should align with the outside seam of your pants.
- If the Hand Grips do not fit to your hips properly you will need to adjust the Handle length. Depress the Handle Adjustment Pin on both handles. Slide them out to the desired position and allow the pin to re-engage (Fig. 6).
- Check to be sure the Hand Grips fit snugly to the outside of your hips (Fig. 7).

*Note: If the Handles are set too long (not snug around hips), it will be difficult to obtain leverage for an effective stretch.*



Figure 8



Figure 9



Figure 10

## Step Five: Adjust Main Shaft Length

- Stand the P3 upright, on the tip of the Ankle Support Shaft, by holding on to the Hand Grips (Fig. 8).
- If the Handles do not line up with your hips, the Main Shaft will need to be readjusted.
- Pull up on the Main Shaft Adjustment Pin and slide the Shroud along the Main Shaft to modify as needed (Fig. 9).
- Allow the Pin to re-engage in a setting that aligns the Hand Grips with your hips (Fig. 10).

*TIP: Make note of the setting number for future adjustments.*



Figure 11



Figure 12



Figure 13

## Step Six: Adjust the Ankle Supports

- Position yourself in the use position (Fig. 11).
- Pull out the Ankle Adjustment Pin to open the Ankle Supports wide enough so your ankles can enter from the side.
- Insert your ankles by turning your foot so the heel enters first (Fig. 12).
- Pull the Pin to close the Ankle Supports for a comfortable fit over the top of your ankles (Fig. 13).

# USING THE P3™ BACK STRETCHER

**WARNING:** Make sure that all Adjustment Pins are completely engaged in a hole setting prior to use.

- Lie down flat on the floor with your legs straight and hips between the Hand Grips. Place your palms on the top of the Hand Grips - your arms should be slightly bent at the sides, approximately 15-20 degrees (Fig. 14).
- Firmly push down towards your feet. If the Main Shaft length setting is exactly correct, you will need a maximum push effort to just straighten your arms (Fig. 15). If under maximum push your arms are still significantly bent, then you will need to shorten the Main Shaft setting by one hole and try again.
- If you are unable to feel a substantial stretch to your back, you may need to adjust the setting for the Hand Grips and Main Shaft. Refer to Steps 4 and 5 to determine your ideal setting and try again.
- Attempt to relax the muscles in your lower back. The pressure applied should allow the body to lengthen an average of 1.3 to 2.5 centimeters (0.5-1.0 inches) during the stretch. Hold for 5-10 seconds only. Rest and repeat at least two more times. In order to maximize results, you may need to extend the Main Shaft to allow for body lengthening.



Figure 14



Figure 15

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