

How to Use Therapeutica Products and Sizing

To realise the benefits from a Therapeutica pillows or back supports, requires following the recommendations on how to correctly measure and use the products.

Spinal Back Support

For correct sizing, sitting on a flat surface measure from the seat to the top of the shoulders.

Position the top of the Back Support at the top of the back (below the neck/base of collar), as shown below, and the other features (lumbar, etc.) will automatically fall into place.



Spinal Back and Neck Support

For correct sizing, sitting on a flat surface measure from the seat to the top of the shoulders.

Align the top of the Support with tips of ears (as illustrated), making sure your head and neck fit into contours, and are cushioned by the support. The shape of the Support will then automatically give you correct and comfortable support for your spine, lumbar, neck and head.



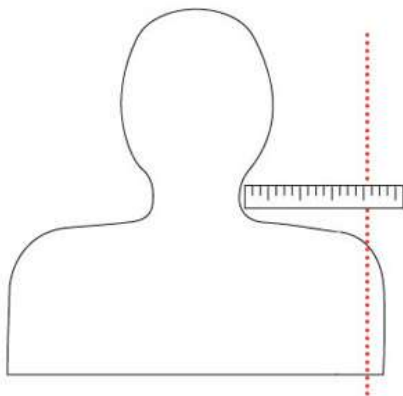
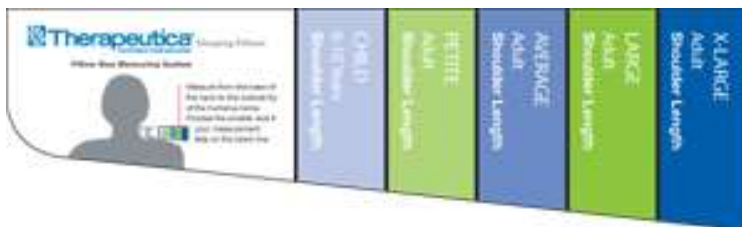
DISCLAIMER: Ensure installation of the product does not interfere with vehicle airbags, seatbelts or other safety equipment. Consult your vehicle's Owner's Manual. Therapeutica Inc. will not be liable for any damage or injury that may occur as a result of, or in conjunction with, the improper use or fastening of this product.

The Sleeping Pillow

How to Measure

To ensure you order the correct size pillow, the width of the shoulder needs to be considered for side sleepers. We have a measuring card shown below which are available from Medserve (telephone 01327 310310) or you can use a normal ruler to measure from the base of the neck to the outside tip of the humerus bone.

With our measuring card **choose the smaller size if your measurement falls on the line between two sizes.**



PILLOW SIZES:

| | |
|--------------------|-------------------|
| Child | 6 to 10 years old |
| Petite | 110 to 135mm |
| Average | 135mm to 160mm |
| Large | 160mm to 185mm |
| Extra Large | 185mm plus |

Hold the ruler level and measure from the base of the neck to the outside tip of the humerus bone. **Choose the smaller size if your measurement falls on the line between two sizes.**

How to Use

The Therapeutica Sleeping Pillow allows you to sleep on your back and/or side in the correct spinal alignment. We believe that we have developed the most unique sleeping pillow in the world because the Sleeping Pillow incorporates two shapes into one pillow. We believe that this is the only pillow on the market that is designed to properly support the spine when people are back sleeping and side sleeping. Since most people sleep in the centre of their pillow when they sleep on their backs, the centre of our pillow is designed specifically for back sleeping with a unique wedge for upper back support. When people sleep on their side, they sleep on the outside edge of their pillow, so both outside edges of the pillow are designed for side sleeping. The unique density of our foam creates a softness, which allows for an extremely comfortable, yet supportive nights sleep.



Travel Sleeping Pillow

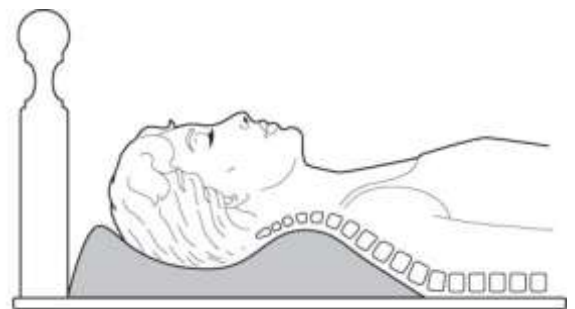
How to Measure

The travel sleeping pillow is available in three sizes, petite, average and large. [Follow the instructions for the sleeping pillow to determine correct size.](#)

How to Use

Back Sleeping Therapy

To properly position the pillow place the pillow on the bed with the wedge pointing towards your feet. The wedge supports your upper back. By properly supporting your upper back, neck and head, the Therapeutica Travel Sleeping Pillow maintains the natural curvature of your spine while you're sleeping on your back.



Side Sleeping Therapy

To properly place the pillow simply flip the pillow over, so that the wedge is at the top of your pillow facing the headboard of your bed. Make sure that your shoulder is snug against the contoured area of the pillow. By keeping your head, neck and upper back level, the Therapeutica Travel Sleeping Pillow ensures that you maintain correct spinal alignment while sleeping on your side.



The Commuter Pillow

Available in one adult size only, no measurement is required.

Using the Fastening Straps to attach your Commuter Pillow in the car, proper installation is essential to experience the full benefits of the Commuter Pillow seats with adjustable backs and headrests.

1. Observe details of Velcro fastening straps (See Drawing)
2. Attach velcro straps to headrest and press back of pillow on centre front of headrest, against hooked velcro straps
3. Sit in seat, adjust headrest up or down until pillow support fits snugly on your back. If necessary adjust pillow position on Velcro up or down.
4. Recline back as needed until you have achieved a comfortable position, with neck supported.
5. Now you may relax and sleep comfortably as a passenger in a vehicle. You will feel support on your upper back, neck and head with your Commuter pillow.



For more information, contact us on 0044 (0)1327 310310