RELEASE THE PRESSURE TO RELIEVE THE PAIN

Just LIE BACK, RELAX and let Back2Life...

RELEASE THE PRESSURE TO RELIEVE THE PAIN
Back2Life moves the pelvis in a gentle, repetitive pattern known as Continuous Passive Motion. In most cases, Continuous Passive Motion can help reduce uncomfortable sensations caused by stress and pressure in the lower back, restoring flexibility, improving mobility, and reducing pain in as little as one session.

In most cases, however, it is repeated use of the Back2Life system that yields the best results. Much like traditional physiotherapy or massage therapy, Back2Life treatment is a cumulative process, and its effects are usually gradual. The amount of time it takes to feel results will depend on the severity of your back pain and the intensity of pressure that has built up between your vertebrae. Stick with it, and we are confident you will experience significant relief.

We hope your Back2Life sessions restore comfort and motion to your lower back region, your body and your life.

Sincerely,

The Back2Life Team
TIRED OF CONSTANT OR RECURRING BACK PAIN SLOWING YOU DOWN?

www.GetBack2Life.com

Your 12 Minute Back Pain Solution®

CAPBRAN HOLDINGS, LLC
The Back2Life machine uses a revolutionary rehabilitation technique called Continuous Passive Motion to gently loosen tight muscles and release built-up pressure between the vertebrae. This naturally eases back pain without aggressive pulling and kneading, painful exercises and stretches, or expensive trips to the back pain specialist.

**WHAT DOES BACK2LIFE DO?**

**WHAT DOES CONTINUOUS PASSIVE MOTION DO?**

Unlike ordinary stretching, which returns muscles to their contracted state as soon as a pose is released, Continuous Passive Motion kneads muscles back and forth, gradually loosening their fibers and restoring their flexibility over time. It also gently massages the spine, opening up spaces between the vertebrae to release pinched nerves that contribute to tension and muscle spasm.

**HOW DOES BACK2LIFE WORK?**

**RELEASE THE PRESSURE TO RELIEVE THE PAIN**

This is the key to long-lasting back relief. Back2Life will help increase flexibility in your muscles and reposition your vertebrae into their correct anatomical alignment through passive movement.

Designed to give you results gradually, safely, and easily, the machine’s gentle motion works wholly on its own, requiring no physical effort from its user. In two 12-minute sessions per day, the Back2Life machine works to loosen tension and release pressure along the spine. Repeated for days, weeks, or months—depending on the individual and the severity of his or her back pain—this simple, relaxing motion has a cumulative impact on back pain relief.
THE TOP 6 TYPES OF BACK PAIN

There are many different types of back pain and many different conditions that cause it. Back2Life is helpful for some of the most common ailments affecting the spine and its surrounding muscles. Listed below are six of the most frequently reported causes of back pain, all of which can be helped with repeated Back2Life sessions.

1. Muscle Spasm
2. Trigger Points
3. Ligament Sprains
4. Osteoarthritis
5. Herniated Discs
6. Spinal Stenosis

MUSCLE SPASM
Any strain on the back muscles can cause them to spasm (contract involuntarily). Common causes of back spasm include heavy lifting, bending over too fast, and sleeping in an awkward position.

TRIGGER POINTS
Trigger points are tight spots in muscles that can refer pain to other areas of the body. When pressed, trigger points in back muscles can cause pain in the neck, legs, or even the feet.

LIGAMENT SPRAINS
Ligaments are fibrous tissues that connect bone to bone. If a ligament becomes strained in the back, it can cause pain not only in the region of the strain, but also in the legs or feet.

OSTEOARTHRITIS
Osteoarthritis is a condition involving the breakdown of cartilage and bone in the body. When it occurs in the spine, it can cause pain in the back as well as the buttocks, and into the legs.

HERNIATED DISCS
Spinal discs cushion the vertebrae, protecting them from friction, impact, and other forces. It is not uncommon to “slip a disc,” which causes the disc to protrude from the spinal column and press on nerves that extend from the spinal cord and into the legs. Herniated, or “slipped” discs can cause pain, numbness, and other forms of discomfort.

SPINAL STENOSIS
This condition occurs when the space in the spinal cavity that holds the nerves and spinal cord is compressed or tightened, placing pressure on the nerves that can lead to pain in the back and/or legs. Herniated discs, injury, bone overgrowth, thickened ligaments, and tumors can all cause spinal stenosis.

If you suffer from Osteoarthritis, Herniated Discs, Spinal Stenosis or other similar conditions consult your physician before using the Back2Life machine.

WHAT TO EXPECT
Back2Life is designed for gentle, long-term use. Although you may feel some immediate relief after using Back2Life, in most cases it will take a few weeks of two 12-minute sessions per day to really start feeling results.

The back contains an intricate collection of delicate bones, muscles, and nerves, and the problems that arise within it are equally complex. It takes time and care to undo damage done to this sensitive area, which is why Back2Life’s gradual approach of gentle, passive motion makes it an excellent tool for relieving back pain and discomfort.

Though it may not feel like much is changing right away, consistent use of Back2Life can truly make a difference in the way your back feels and moves. Stick with it; we are confident you will feel the change!

FREQUENCY OF USAGE
Back2Life is designed for gentle long-term use. Initially, it is recommended to use the machine twice a day. As you progress in your usage, you can use the machine as often as you’d like. Again, some may feel immediate results, but in most cases, it takes a few weeks to start to witness the effects of the machine.

INFORMATION FOR MY PHYSICIAN
If you have any concerns about implementing Back2Life into your routine, speak with your physician or back pain specialist before starting a regimen. For an overview of the product, demonstrations of its use, testimonials from users, and more, refer your doctor or specialist to www.GetBack2Life.com, or bring him/her this book.

CONTRAINDICATIONS
Back2Life is a safe and effective machine that has helped back pain sufferers throughout Europe and beyond for years. It is prudent, however, to consult your physician before starting a Back2Life regimen, especially if you have a history of back problems, or an existing condition.

DO NOT USE BACK2LIFE IF:
• You have undergone back surgery, including spinal fusion in the last year.
• You have undergone thigh surgery in the last 6 months.
• You suffer from Listhesis — spinal misalignment of grade II or above.
• You are experiencing central pressure on the spinal cord with symptoms of poor balance, urinary problems, and/or numbness in both legs.
• You are pregnant.

YOU MUST CONSULT A QUALIFIED PHYSICIAN BEFORE USING BACK2LIFE IF:
• You are suffering from low back pain with evidence of underlying disease or abnormalities (e.g. malignancy).
• Your back pain is induced by a recognized, suspected, or impending fracture.
• You suffer from any form of developing or new neurological deficit (drop foot, bladder dysfunction, etc).
The vast majority of acute back pain is muscular. Restricted motion leads to extra spasm, which leads to pain, so as an osteopath, what I’m usually trying to do [with my patients] is restore motion. Back2Life is a constant motion machine. Back2Life moves the muscle passively, which helps reduce swelling, which helps reduce spasm, which therefore reduces pain. I’m absolutely confident that [Back2Life] is safe, and that people should gain flexibility, pain relief, and mobility. I’m sure a lot of people are going to benefit from this machine.

— Dr. Stephen Steele

When your lower back hurts, everything hurts. When your lower back hurts, every move you make or do reminds you of how bad that pain is. Typically when there is a problem in the spine, muscles around that area automatically lock up. If there is pressure there, there will be pain constantly. [To stop this pain], the pressure has to be released from the spinal canal. The back and forth oval motion of the Back2Life product lifts the pelvic cavity up and then down in a very gentle motion. This helps to stretch the muscles in the lower back and relieve pressure on the lower lumbar discs that has been built up. All of the patients that I have worked with have noticed very good to fantastic results from the use of this product.

— Dr. Peter Ziegler

I probably evaluate 10 to 12 patients per day, just with low back injuries. This product is going to work for 90-plus percent of the patients that come in with low back pain. It’s easy to use and really safe and effective.

— Chris Baker

When addressing back pain, Back2Life can help release pressure between vertebrae and restore flexibility to the spine, but also it’s important to examine lifestyle and day-to-day habits to identify what may be causing consistent or recurring pain. Sometimes it’s a complicated medical issue, but more often than not, it is as simple as wearing high heels too often, carrying a handbag that is too heavy, sitting incorrectly at a desk or sitting incorrectly in the car. Once you reveal and eliminate these “back pain causes,” back pain becomes less and less frequent and often disappears altogether.

Most people affected with back pain want one thing and want it as quickly as possible — pain relief. However, the desire for immediate relief, sometimes overlooks the solution for lasting relief.

Looking at the root of the problem for back pain is essential. Be it improper lifting or bending, poor shoe choice or posture issues can greatly affect back health. So, instead of masking symptoms with pain medications (which over the course of time lose their effectiveness, resulting in the need for higher and higher dosages) or recommending expensive and often unsuccessful surgery to eliminate pain, finding out what is causing the back pain and seeking to reverse or eliminate that core problem is key.
PROPER POSTURE
Improving your posture can have long lasting benefits in relieving back pain. Poor posture is a major contributor to back pain. Slouching in your chair, hunching your shoulders, and the way you walk, stand and run have a huge effect on the muscles and alignment of your back. Proper posture begins at your feet. Without proper foot support it’s difficult to have proper posture. So, to improve posture...

1. Wear comfortable shoes with quality support.
2. Pull in your abdomen and square your shoulders.
3. Be correctly balanced by equally distributing your weight on both feet.

Using these steps and becoming aware of your posture will result in a better appearance and will tremendously reduce strain on back muscles.

PROPER LIFTING
Whenever you are going to pick something up, whether it is a nickel or a 40-pound box, the single most important thing to do is to plan ahead.

Think before you bend! For example, when a pencil rolls off the table, your natural instinct is to lean over sideways to pick it up. You might continue talking and not even pay attention to where the pencil is exactly. This act could go just as planned, but what if you were to lose your balance, what if you were to miscalculate the distance to the pencil and wind up twisting and over-extending your spine? You could wind up in a lot of unnecessary pain that would’ve been easily avoided with a little planning.

Plan the pick up! Observe exactly where the item is and make a plan for where it is going to go once you’ve picked it up. If it’s a heavy item, clear a path to its destination so you’re not making any awkward movements while holding the item.

So take a minute to pause and create your lifting plan...then use the following steps.

1. Lift close to your body. You will be a stronger and more stable lifter if the object is held close to your body rather than at the end of your reach. Make sure you have a firm hold on the object before you start lifting.
2. Keep feet shoulder-width apart. Holding your feet either too close together or too far apart makes you unstable and hinders movement.
3. Bend your knees, not your back! Lower to the ground by bending at the knees and keeping your back straight. As you lift, lift with your leg muscles and focus on keeping your spine straight.

And remember...it’s just as easy to hurt your back picking up a feather as it is a coffee table. So, plan the pick up and use proper lifting technique!
ERGONOMIC PRODUCTS
According to the National Institutes of Health, the use of ergonomic products “can greatly reduce the risk of back injury and help maintain a healthy back.”

Ergonomically designed chairs, desks, car seat supports, and other tools can support and reposition your back into proper alignment, reducing the factors that contribute to back pain. From office chairs to tool belts, back pain culprits exist everywhere; replacing them with ergonomically designed solutions can make a huge difference in the feeling, flexibility, and overall health of your lower back.

SUPPLEMENTS
There are several supplements that can help to support a healthy back. Omega-3 Fish Oils, Vitamin C and Glucosamine are three that are often recommended. This combination provides anti-inflammatory properties, improves the body’s ability to repair tissue and promotes joint mobility.

MODERATE EXERCISE
Another important factor in relieving back pain is moderate exercise and stretching. A regular routine will build and strengthen back muscles and result in better posture. Strong spine muscles can safely handle load-bearing activity that would otherwise put pressure directly onto the spinal column.

As your physical condition improves, so will your posture. As your posture improves, back pain will decrease. Regular exercise can also help keep you more aware of your posture, reminding you to keep your shoulders back and your stomach in. Shoe inserts work to keep your feet properly aligned, another contributing factor in maintaining good posture.

GREAT, LOW IMPACT EXERCISE CHOICES:
1. Walking short distances
2. Stretching and flexibility exercises (e.g. gentle yoga)
3. Bicycling on a stationary bicycle
4. Swimming

IN CLOSING
The Back2Life machine can work wonders for back pain, but it is equally important to look at your everyday lifestyle to pinpoint any back pain culprits that may be contributing to your discomfort. Eliminating these causes and consistently using your Back2Life can help to set you on the path to pain-free living. Incorporate twice-daily sessions along with healthy back habits and see firsthand how Back2Life can give you back your life.
DETERMINING THE CORRECT HEIGHT

The Back2Life machine features a Height Rod that lifts and lowers to accommodate heights ranging from 4’8” to 6’6”. Rotating the Height Adjustment Ring clockwise will raise the Height Rod, while rotating the Ring counter-clockwise will lower it.

Height indicators can be found on the Height Rod surface in two-inch increments. If your height falls in between two measurements, simply twist the Height Adjustment Ring to meet that point.

HEIGHT ADJUSTMENT RING
• Turn clockwise to raise
• Turn counter-clockwise to lower

ELECTRICITY

Attach the power cord to Back2Life’s Electricity Inlet first, and then plug the other end into an electrical outlet. It is very important to power the machine in this order only. Reversing the order greatly increases the risk of shock. Always unplug the cord from the unit and electrical outlet when not in use.
GETTING READY FOR YOUR SESSION
Set aside 20 minutes in a quiet, relaxing spot. Wear comfortable, loose-fitting clothes. Remove all belts and any items that may be in your pockets.

PROPER POSITIONING ON THE MACHINE
Find an open area near an electrical outlet and plug in your Back2Life machine.
A. Slowly lie down and straddle the Back2Life unit.
B. Bring the unit close to your body, using the convenient cavities shown in the image to the right.
C. When the unit reaches your body (touching your backside), place your legs into the leg support grooves. Adjust the unit to find the most comfortable position, then lie back onto a pillow (if you want) and relax.
D. Reach your left arm around and turn on the unit.

RECLINE AND RELAX!
Lie back and let the Continuous Passive Motion gently relax and ease those tight muscles as it slowly releases the pressure on your vertebrae. The more you relax, the better your results will be! So enjoy your 12 minutes of relaxing back therapy.

By the end of your session, you should be feeling very relaxed. Take your legs down off the unit and remain on your back for about 2 minutes. When ready, gently roll to your side, then back up to standing position.

PAY ATTENTION!
1. The proper height adjustment is very important to the operation of Back2Life. The height measurements found on the unit are only indicators. To ensure the best positioning of the unit for your body, adjust the height of your Back2Life so your pelvis is slightly raised and your legs form right angles with the floor.
2. Use Back2Life for a full 12-minute cycle. It can take that long before your muscles start to relax and you feel movement in the lower spine. Try to use Back2Life at least twice a day. Once your back is used to the process, you can use it more than twice a day to accelerate results.
3. You may feel slight discomfort when you start using Back2Life. Regular use will help you overcome this initial discomfort and promote long-term relief. However, if you continue to experience discomfort, stop using the product and consult with your healthcare provider.
4. If you feel you need extra stretching and more intensive movement, try using ankle weights up to 2.5 lb. Alternatively, you can increase the height adjustment by an extra 2 inches.

IMPORTANT SAFEGUARDS
1. As with all electrical devices, avoid contact with water or humidity. Do not use Back2Life in a wet or humid environment. Do not place or use the device in a bathroom, near a swimming pool, or near any other body of standing water.
2. To avoid heat damage to Back2Life, keep away from fire or heat sources, including space heaters, heat lamps, lighted smoking articles, or open flames.
3. Do not spray Back2Life with cleaning fluids and take special care to avoid contact with fluids containing acids.
4. The electric cable, voltage regulator, and plug may only be replaced with original parts. A faulty connection or use of incompatible parts can result in electrical shock and/or damage to the unit.
FOR ACCELERATED RESULTS

There are 3 things that you can do to increase the speed and effectiveness of your Back2Life.

1. Add Resistance Weight
2. Increase the Height of the Machine
3. Increase the Duration and Number of Sessions

1. ADD RESISTANCE WEIGHT
If you are tall or carry more weight in your upper body than your legs, you might benefit from incorporating resistance weights into your Back2Life regimen. The simplest way to do this is to use ankle weights during your Back2Life sessions. The extra weight will activate the back muscles and open up the vertebrae to a slightly greater degree, which can help release spasm and tension a little more. Ankle weights are available to purchase at any sporting goods store, or at GetBack2Life.com.

2. INCREASE HEIGHT OF THE MACHINE
If you feel the flexibility in your back has improved and your original Back2Life height setting isn’t giving you the results it used to, you can increase the height of the machine to stretch your back a bit more during your session. Start by raising the height half an inch, and increase as much as you feel is comfortable and necessary.

3. INCREASE THE DURATION AND NUMBER OF SESSIONS
Another way to accelerate your Back2Life results is to simply increase the duration and number of your sessions. Feel free to restart the machine immediately after your 12-minute cycle completes, or incorporate an extra session or two throughout the course of your day.

STORING BACK2LIFE

Your Back2Life machine comes to you pre-assembled and ready to use. However, the Top Leg Rest Plate can be swiveled upright for easier storage. To place the Top Leg Rest Plate in an upright position, follow the steps below.

1. Locate the release lock in the center of the underside of the Top Leg Rest Plate.
2. Pull the release lock away from the base and lift the Top Leg Rest Plate to its desired position.
Back2Life One-Year Limited Warranty

At Back2Life we take pride in our products. We go out of our way to make products of superior quality and craftsmanship; products designed to meet or exceed the demands placed on them through everyday use. Because of this commitment to quality, we warrant Back2Life to be free of defects for one full year. Here’s the deal: If your Back2Life stops operating to your satisfaction due to defects in materials or workmanship, we’ll gladly repair it or replace it for free (excluding shipping and handling charges).

For warranty service, simply call our customer service department at 1-877-5-Back-To-Life (877-522-2586) or go to www.GetBack2Life.com/customerservice and we’ll be glad to help you. At Back2Life your complete satisfaction is our daily goal (hey, we know what it’s like to be the customer!).

Back2Life is warranted to be free of defects in materials and workmanship for one year from the date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

2. This warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.

3. This limited warranty is the only written or express warranty given by Back2Life. Any implied warranties on the product (including but not limited to any implied warranties of merchantability or fitness for a particular purpose) are limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. Back2Life shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.
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