

WARNINGS

FAILURE TO READ INSTRUCTIONS AND WARNINGS PRIOR TO PRODUCT USE COULD RESULT IN DAMAGE TO THE PRODUCT AND PERSONAL INJURY.

GENERAL SAFETY CONCERNS FOR THE MICROCORE® ELEMENT PACK

DO NOT apply directly to your bare skin after removing from the freezer as frostbite may occur.

DO NOT apply the element directly to your skin for any period of time.

DO NOT apply heat or cold therapy on any given area of pain for longer than 30 minutes.

DO NOT use on small children without adult supervision and following all the instructions for safety.

DO NOT apply the element to a child directly from the microwave, hot water or freezer.

DO NOT allow a child to heat or reheat the element without competent adult supervision.

GENERAL HEATING WARNINGS FOR THE MICROCORE® ELEMENT PACK

The Microcore® Element Pack is designed to be heated in a CLEAN microwave or in hot water ONLY. Leftover food particles or grease may cause hot spots which may damage the element and VOID the general warranty concerning LIFESPAN of the Microcore® Element Pack.

DO NOT heat or reheat the element by any other means than described in the general instructions.

DO NOT heat or reheat the element beyond the recommended times. Overheating the element can cause damage to the element and may result in personal injury.

DO NOT expose the element to open flames as the packaging will melt and may catch fire.

DO NOT attempt to defrost or thaw the element using a microwave oven.

DO NOT microwave a frozen element. Allow the element to completely thaw to room temperature prior to heating in a microwave oven.

DO NOT cover the element in anyway

as it is important to observe the element during the entire heating process.

DO NOT allow the element to touch the sides of the microwave while heating as damage to the element may occur.

DO NOT heat or reheat more than one element at a time.

DO NOT leave the element unattended while heating.

DO NOT attempt to immediately remove the element from the microwave if the element expands or swells up during the heating process. Wait until the element has cooled down and the swelling has subsided before removing the element.

DISCONTINUE USE if the element expands or leaks fluid during the heating process. Contact A Better Back® at www.abetterback.com to order a new Microcore® Element Pack.

CAUTION HOT DO NOT remove the element from the microwave oven without the use of oven mitts to cover both hands. Remove the element supporting its entire length.

CAUTION HOT DO NOT squeeze the element or let one end hang unsupported when removing it from heat.

DO NOT use around sharp objects that may result in a puncture.

At A Better Back® we value our customer feedback on how to improve our product. Visit our website at www.abetterback.com for more information, comments or suggestions.



every body needs one

a better back®

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INTRODUCTION

Welcome to A BETTER BACK® hot and cold therapy. Your new A Better Back® lumbar support pillow comes with two identical Microcore® Element Packs that are interchangeable from hot to cold and a convenient hands free backpack. The A Better Back® lumbar support pillow can be used regularly with or without the Microcore® Element Pack to help relieve common back pain and discomfort caused by a variety of reasons including chronic back pain. The Microcore® Element Pack can be heated by using a microwave oven or hot water. You can cool a single element pack by using a freezer. Follow the instructions below to quickly start your HOT or COLD THERAPY right away. Refer back to this guide for future use. Read all warnings on the back of this guide. At A Better Back® we like to say “every body needs one.” We sincerely hope A Better Back® brings much comfort, support and relief to your life.

QUICK START GUIDE FOR USE OF MICROCORE® HOT AND COLD PACK ELEMENTS

HOT THERAPY INSTRUCTIONS

HEAT IN THE MICROWAVE OVEN

Place Microcore® Element Pack in a **CLEAN microwave oven** being careful that it does not touch the sides of the microwave. Use Wattage guide to determine heating time. If the element is frozen, allow to completely thaw to room temperature prior to using a microwave oven to heat.

Microwave Time	Wattage
2 min 30 sec	more than 1000 Watts
up to 3 min 45 sec	less than 1000 Watts

Refer to your microwave manual to determine wattage. If you do not have the manual, contact the microwave manufacturer. If you are still unsure which heat time to use, start with the shorter time and gradually increase to the recommended heat time.

After you have heated your element according to the wattage guide, remove the Microcore® Element Pack from microwave oven (CAUTION HOT) and carefully insert into A Better Back® Pillow. Your pillow is ready to be used as HOT THERAPY.

HEAT IN THE KITCHEN SINK

You can also use the kitchen sink to hold the hot water with a stopper in the drain. Fill the kitchen sink with enough boiled hot water to cover the element (water must be as hot as just boiled). Carefully place the Microcore® Element Pack in the sink and allow to sit for 5 minutes. CAUTION VERY HOT. Carefully remove from the hot water. Dry with a clean cloth and insert into A Better Back® Pillow. Your pillow is ready to be used as HOT THERAPY.

IMPORTANT HEATING WARNINGS

Your element is designed to be heated in a CLEAN microwave oven or in hot water ONLY.

DO NOT microwave a frozen element.

DO NOT cover while heating in microwave oven.

DO NOT heat while inside the pillow.

DO NOT heat more than one element at a time.

COLD THERAPY INSTRUCTIONS

COOL IN THE FREEZER

Place Microcore® Element Pack FLAT in your freezer for 6 hours or overnight. Remove from freezer. Rinse with warm water to remove any ice accumulated on the outside, dry and insert into A Better Back® Pillow. When frozen the element pack will be hard as a rock and may be uncomfortable to lean on. To make more adaptable to your body, immerse in warm water for a few minutes or until desired softness. Dry with a clean cloth and insert into A Better Back® pillow. Your pillow is ready to be used as COLD THERAPY.

GENERAL USER GUIDE

USER BENEFITS

Results have shown that using sessions of hot and cold therapy produces greater user benefits. Using hot and cold therapy alternately produces best results. Applying heat to the affected area increases the blood flow. Applying cold reduces circulation. When used alternately, the increase in blood flow allows nutrients to heal affected areas. By using the cool element on the affected area, the veins in the tissue contract, reducing circulation. Once the cold is removed, the veins overcompensate and dilate, allowing blood to rush into the area of pain. The blood brings with it the necessary nutrients to allow the affected muscles, ligaments and tendons to heal.

USE A BETTER BACK® LUMBAR SUPPORT PILLOW WITH OR WITHOUT MICROCORE® ELEMENT PACK.

USING THE PILLOW VERTICALLY OR HORIZONTALLY

You can use the A Better Back® pillow vertically or horizontally by simply adjusting the strap over a chair. Once the strap and pillow are in the desired position, lean back into the pillow and relax. A Better Back® pillow can be used at room temperature or as hot and cold therapy. Be sure to tighten the strap so when you lean forward the pillow will stay in place.

USE WHILE DRIVING

Put the strap over the head rest of a car with the element side facing forward. Using a A Better Back® while driving will help the possible muscle fatigue that can occur after

long periods of inactivity. The A Better Back® pillow can also help your body's overall circulation keeping your muscles relaxed and your focus on the road.

USE TO RELEIVE NECK AND SHOULDERS

Follow the heating instructions for hot therapy. Insert the heated element into A Better Back® pillow. Attach the strap on both ends the way you would use it in your chair. Then put the strap over your head and grab both straps in both hands pulling the pillow down. The pillow should now rest on your neck and shoulders helping to release tension and stress.

USE TO RELEIVE CRAMPS

Follow the heating instructions for hot therapy. Insert the heated element into A Better Back® pillow. Place on your stomach to relieve cramps.

USING THE BACKPACK

Use the backpack to conveniently transport your A Better Back® pillow wherever you go. While wearing the backpack, you can lean back anywhere for instant relief. The convenience of carrying the A Better Back® pillow will offer warmth in the winter as well as keep you cool on hot summer days.

USING THE CHAIR PROTECTORS

A Better Back® backpack comes with chair protectors that are located on the adjustable strap. To use them, adjust the strap on your chair as tight as possible. This will keep A Better Back® in place if you lean forward. Then slide the chair protector over the snap hook, which will eliminate any damage to the chair.

CLEANING AND STORAGE

Clean with mild soap and water. DO NOT use harsh chemicals or household cleaners. Store the element flat (not folded or twisted), in a cool and dry place. DO NOT expose the element to prolonged periods of sun exposure. DO NOT store the element in reach of small children or near pets.

REPLACEMENT WARNINGS FOR THE MICROCORE® ELEMENT PACK

Your Microcore® Element Packs have a LIMITED LIFESPAN of three (3) years from the date of purchase or three hundred (300) times heated per general heating instructions or if demonstrating damage as described below whichever occurs first.

DAMAGE WARNINGS FOR THE MICROCORE® ELEMENT PACK

Inspect the element BEFORE EACH USE for signs of damage such as wear, tears, rips, puncture marks, leakage, discoloration or permanent creases. An element with any signs of damage as described SHOULD NOT BE USED and should be discarded. The packaging and internal contents of your element are non-toxic and can be discarded as regular refuse.

TO ORDER REPLACEMENT MICROCORE® ELEMENT PACKS

Visit our website at www.abetterback.com or write to:

A Better Back®

66 N. Federal Highway

Dania Beach, FL 33004

**READ ALL THE WARNINGS ON THE BACK OF THIS GUIDE FOR PROPER USE.
KEEP THIS GUIDE HANDY FOR FUTURE USE.**