Relieve Back Pain due to tight muscles, excessive flexion, and poor spinal alignment with the

The Multi-Level Back Stretching Device
The Whole Family Can Use

SMC-Innovations

User’s Guide
Introduction / Disclaimer

Introduction

Congratulations on your purchase of the Lumbar Extender! For best results, please read the user’s guide before assembling and using. The guide contains important safeguards and guidelines for the use and assembly of the Lumbar Extender.

Caution: As with every fitness program, consult your physician before using the Lumbar Extender, especially if you have pre-existing back or neck injuries or conditions.

Please keep this user’s guide for future reference.
Welcome

Dear Valued Customer,

Congratulations for making a commitment towards better health by purchasing the **Lumbar Extender**! Owning the perfect “at home” and “made for travel” back-stretching product is a wonderful step in your pursuit of a healthier and happier lifestyle.

The Lumbar Extender is designed to make stretching your back easy, safe, affordable and enjoyable. Simply read this user’s guide and follow the recommendations of a qualified health care professional to receive the best benefit from your Lumbar Extender.

You may notice significant improvements in your posture and flexibility – just some of the benefits that users of the Lumbar Extender are reporting. With regular use, you too can expect some remarkable results!

Thank you very much, and **“Enjoy”!**

SMC-Innovations,
Manufacturer of the Lumbar Extender

P.S. At SMC-Innovations, we would greatly appreciate hearing about your success story with the Lumbar Extender.

Please write to:

SMC-Innovations
330 SMC Drive
Somerset, WI, 54025

Or visit our website at:
www.smc-innovations.com  — or —  www.lumbarextender.com
Assembly Instructions

Minimal Assembly Required

Package includes two parts:

Level 1 – starting position – provides least amount of stretch for beginners

Level 2 – provides greater stretch for advanced users

Level 3 – provides maximum stretch for advanced users

Base – supports the arch

Cradle – designed for spinal comfort

Support Arch – supports the back
Travel Position
Dimensions: 16” x 10” x 1-1/8”
Weight: 2 pounds, 7 ounces

Level One
Starting Position
Measures 2-3/4” in height from the floor

Level Two
Measures 3-1/2” in height from the floor

Level Three
Measures 4-1/4” in height from the floor

NOTE: Levels 2 and 3 should only be used after you are completely comfortable with Level 1. For many individuals it is not necessary to advance beyond the Level 1 arch adjustment.

Lumbar Extender
Fully Assembled

Top – the narrow end should always be positioned toward your head
Bottom – the wide end should always be positioned toward the base of your spine
Assembly

1. Lay the Base and Support Arch on a secured mat, rug or carpet with the wide ends closest to you.

2. Secure the wide end of the base against your knees. Slide the wide end of the Support Arch into the single slot on the wide end of the base.

3. Position your hands as shown in the photo for easy arch adjustment.

   NOTE: Thumbs go inside the cradle, and fingers rest on top of the Support Arch.

4. Press down with your fingers and gently slide the narrow end of Support Arch into the Level 1 position on the base.

This completes the assembly of your Lumbar Extender! You are now ready to learn just how simple it is to use.
How To Use Guidelines

**Before** using the Lumbar Extender, please read and follow these simple guidelines to maximize the benefits.

**Caution:** As with every fitness program, consult your physician before using the Lumbar Extender, especially if you have pre-existing back or neck injuries or conditions. Note: Certain conditions may be contraindicated for using the Lumbar Extender such as: Spondylosis, Osteoporosis, Severe Arthritis, Spondylolisthesis, Spinal Lesions/Tumors, and Acute Fractures.

*No person should use the Lumbar Extender without first consulting a qualified physician.*

- Use the Lumbar Extender only for its intended purpose.
- Always use the Lumbar Extender on a level, non-slip surface. A secured mat, rug or carpet should be used.
- Familiarize yourself with the pictures in this guide showing the different positions you may want to do.
- Observe the following recommendations for time use and level of arch adjustment.
  - Select your favorite position to use the Lumbar Extender.
  - Perform a five-minute stretch per session in your desired position. Two sessions a day are recommended, although you may enjoy using the Lumbar Extender even three times a day.
  - If you find it difficult to stretch for five minutes, stop. Do only what you are comfortable with and slowly work up to five minutes.
  - If you experience discomfort in the beginning, it is usually just an indication of the amount of tension and tightness in your back and should subside in time. If you have any doubts, please discontinue using the Lumbar Extender and check with your physician.
  - Pay special attention to your daily progress. Individual results may vary. Some users experience immediate relief and noticeable benefits, while others may take several weeks.

**Caution:** Should you experience any irregular physical condition, such as questionable muscle or joint pain, STOP stretching and consult your physician.

- Regardless of your physical condition, begin at the Level 1 arch adjustment.
- As your flexibility and posture improve, you may want to experiment with the Level 2 and 3 arch adjustment, although it is not necessary. The Level 3 arch adjustment is designed for advanced users or yoga practitioners only.
- Relax. One of the keys to a good tension relieving stretch is relaxation. Take a deep breath, exhale gently, and let your body weight work together with gravity. You will achieve a greater stretch and arrive at a more relaxed state sooner. Relax as much as possible when using your Lumbar Extender. It will become easier to do with regular use.
- Always use the Lumbar Extender with the narrow end positioned toward your head and the wide end positioned toward the base of your spine.
Usage Instructions

Get Ready
Remember: Begin your Lumbar Extender program with the Support Arch in the Level 1 position.

1. Sit with your back to the arch. Slowly lie back onto the Support Arch with your knees bent. The wide end of the unit should be positioned close to the base of your spine so that the Support Arch supports your Lumbar region of your back. Try to center your spine in the slot that is designed to cradle your spine and provide extra comfort.

   **TIP:** You may want to place a pillow beneath your head for added comfort.

Stretch Positions

2. Simple Stretch Position
   Relax as much as possible and breath normally. With your knees bent, rest your arms at your sides. This position provides the least amount of stretch and is the easiest to do when starting out. If a greater stretch is desired, proceed to the following positions.
3. Moderate Stretch Position
*Raise your arms over your head and shoulders and rest them as close to the floor as you can for an additional stretch.* In time it will become easier, and you may be able to extend your arms fully and rest your elbows comfortably on the floor.

4. Maximum Stretch Position
*Extend your legs and arms fully, as shown in the photo.* Remove the pillow from beneath your head for the maximum amount of stretch. Feel your back, shoulder, chest and abdominal muscles stretching, and concentrate on relaxing as much as possible.

**Rolloff and Recover**

5. *Roll onto your side and off the Lumbar Extender. Sit up gradually and rest for 30 seconds before standing.* Remember, you have just had a major stretch and you should allow your blood to move back down from your head to your heart, otherwise you may become dizzy.
1. Arm Stretch
Experiment with different arm and hand positions to feel how different muscles in the shoulders and arms are being stretched gently and easily.

2. Thoracic Stretch
*Slide the Lumbar Extender toward your head to support and stretch the thoracic region of your back.* This stretch isolates and targets many postural muscles. It is recommended that you use a pillow when you begin doing this stretch.

Level 1 will usually provide a sufficient stretch in this area.

Additional Tips On Usage

*For easy arch adjustment, pre-bend the arch support as shown in the photo.*

Remember:
The higher levels of arch adjustment – Levels 2 and 3 – provide an even greater stretch and are recommended for advanced users.
Traveling?

*Simply bend and flatten the arch to pack it and the base into a travel case, golf bag or briefcase. It’s compact and portable.*

You can enjoy all the benefits of the Lumbar Extender even when you are away from home!

Final Note

The Lumbar Extender was designed to make your life more enjoyable through better back health. It is a convenient and easy-to-use treatment and preventative care product. Use your Lumbar Extender to stretch muscles and relieve back pain due to tight muscles, excessive flexion, and poor spinal alignment. Incorporate it into your daily routine to achieve maximum results.

**Remember:** The Lumbar Extender can be used anytime. Users find it most beneficial when they use it just prior to or immediately after any prolonged activity or inactivity.

Thanks again for taking this simple step toward improving the quality of your life with the Lumbar Extender!
Warranty Information

The Lumbar Extender has a five-year manufacturer’s warranty. Should a piece or section of the Lumbar Extender break, split or crack during normal usage, simply return the broken section to SMC-Innovations for a free replacement at no charge, no questions asked.

Warranty Disclaimer: SMC-Innovations makes no performance representations, warranties, or guarantees, either express or implied, oral or written, with respect to the Lumbar Extender, including, without limitation, any implied warranty (a) of merchantability, (b) of fitness for a particular purpose, or (c) from course of performance, course of dealing, or usage of trade.

Limitation of Liability: In no event shall SMC-Innovations its agents and distributors be liable for indirect, special, incidental, consequential, or other damages arising out of the purchase, use or performance of the Lumbar Extender.

No person should use the Lumbar Extender without first consulting a qualified physician.

Guarantee

30-Day Money Back Satisfaction Guarantee: If you are not completely satisfied with your Lumbar Extender experience during a 30-day period, simply return the unit to your place of purchase. The package and User’s Guide must be in its original good condition. Include your proof of purchase details along with a written request for your money back.
What People Are Saying About The Lumbar Extender

“I endorse the Lumbar Extender in my practice, because this product really does what it claims. Anyone who uses the Lumbar Extender for only five minutes, twice a day, has a lot less tension and tightness in their back. Specifically, this product stretches the Erector Spinea, Trapazoid, Latisimus Dorsi, and Rhomboid muscle groups. It has proven to help shift the muscles for improving posture, in turn making the spine biomechanically stable.

I have even seen in certain cases where the Lumbar Extender was used initially and the muscles actually relaxed enough to allow the vertebrae bones to re-adjust into position. I prefer using a Thermal Imaging Scanner to detect “nervous system function” at my practice as well. I have completed some very interesting testing with individuals after using the Lumbar Extender. The results clearly indicate “immediate”, nervous system function “improvement”. Therefore, not only does the Lumbar Extender stretch all of the muscle groups, but improves circulation as well.

The Lumbar Extender is the best back stretching device I have ever seen. The simplicity in design, compact size, and light weight, allow me to take it with me wherever I go.”

Dr. Tina Sigafoose
Owner of Sigafoose Chiropractic
Thomasville, PA

“I like the Lumbar Extender because it’s so simple to use, and it’s also very relaxing. It’s such a great feeling to be able to reverse my back from my normal golf posture and I can do that easily with this product.”

Al Geiberger
Senior PGA Tour Professional
“I started using the Lumbar Extender this past summer after it was introduced to me at one of the PGA Tour events. Since that time, it has gone with me on every trip. I can’t imagine traveling without it. Because the Lumbar Extender is so small and lightweight, it isn’t a problem to pack or travel with it at all. Even if it were bigger, I would find a way to take it with me, it’s that important. The first thing I do after a flight or long drive is lie down on my LE for 5 to 7 minutes. It helps me to relax right away and I can immediately feel any tension that built up subside from my lower and upper back regions. It doesn’t take a day or two to recover anymore. That to me is priceless.

Before I would struggle to even get loose or stay loose for any period of time. Even back in college when I was going to a back specialist and was on a strength and flexibility program, I would continue to have back pain flair ups quite often. Since I started using the Lumbar Extender everyday, I haven’t had any back problems at all - none. I love the way it makes me feel when I am both on and off the golf course. I sure believe in it and think it’s a fantastic product.”

Chris Smith
PGA Tour Professional
Peru, IN