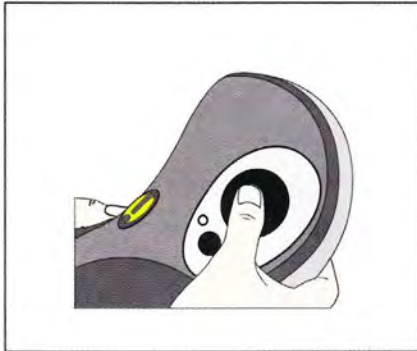
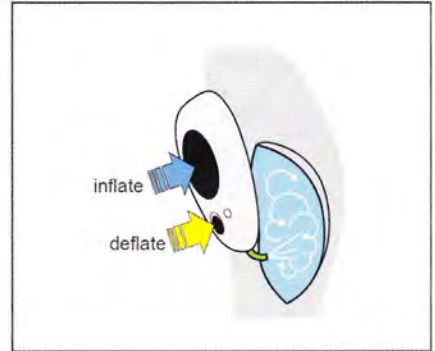


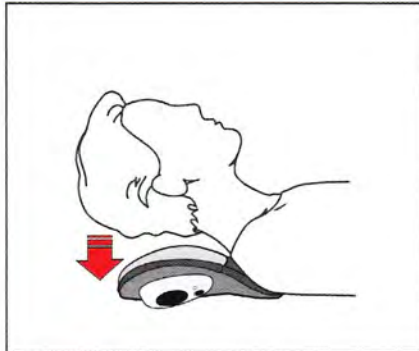
Find the dome pump and air-release button which are located on the back of the pillow.



Press on the dome pump until you feel that the internal bladder is fully inflated.



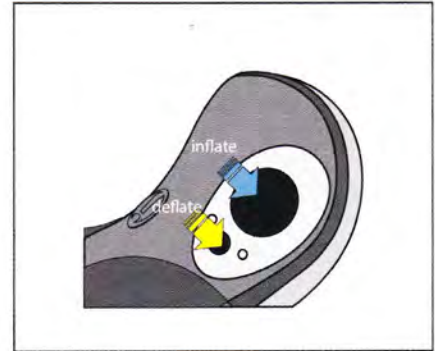
It takes about 25 strokes to completely inflate the bladder.



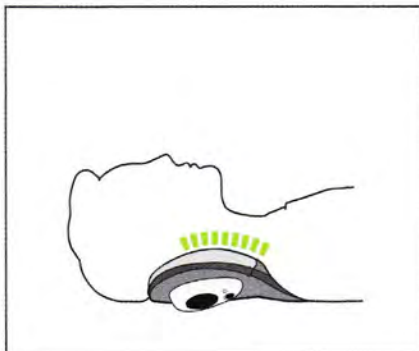
Place the pillow front face up on your bed or sofa and gently position your neck in the center of the pillow. You must be facing up and the lower part of your head cradled in the cuddle fabric area of the pillow.



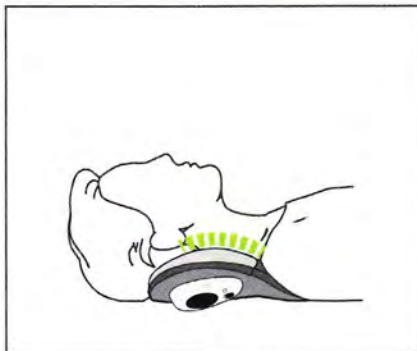
While facing up, in supine position, reach back with your right hand to find the air-release button and let out as much air as needed to feel comfortable.



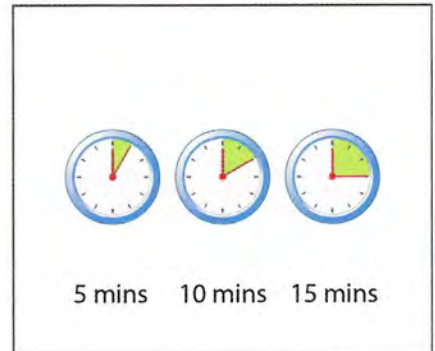
Remove the pillow from behind your head, deflate the bladder completely and repeat inflating. Determine how many strokes it took to find your personal comfort level & record. This will be your starting position.



Once inflated to your personal comfort level, replace the pillow behind your neck. Relax your neck and shoulder muscles & settle in. The contours of the pillow should support your head and neck comfortably and securely.



It is normal to experience some mild discomfort at first as your neck adjusts to the contour of the pillow. If you experience pain, immediately discontinue use and consult your physician.



Begin by using for no more than 5 minutes. Gradually increase time by an additional 5 minutes per day according to your comfort level up to a maximum of 15 minutes unless otherwise approved by your physician.

CERVI PEDIC

NECK-RELIEF™

Natural Comfort for Your Neck

Eases Neck Tension

Helps Align Natural Curvature



" My patients LOVE using this comfortable device at home. They love the fact that all they have to do is place their head and neck on it for a few minutes to find some neck tension relief!"

*Dr. Brian Prieto, D.C.
Orange County, CA*

" Without a doubt this neck device is the MOST COMFORTABLE product that I have ever found for my patients to use at home that helps support the neck's natural curvature!"

Dr. Brian Prieto



"Rick loves it and it is such a great support for his neck. This pillow would benefit so many people. Again, we can't thank you enough."

Deborah Lafrance
Rick's Mom

Proper posture:

"Good posture minimizes strain on your joints and muscles, which can help prevent aches and pains."

The Mayo Clinic



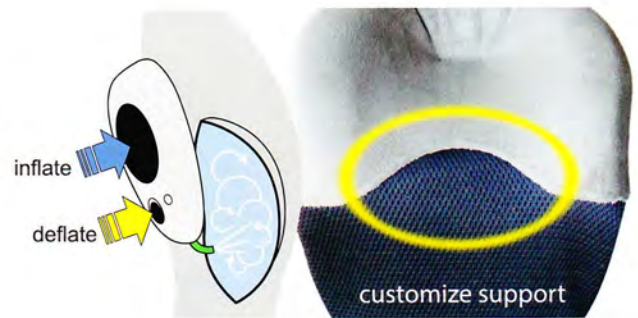
Using the CerviPedic Neck-Relief™ for Spinal Curvature:

Remove any jewelry or clothing such as ties, scarves, hats, bulky collars or sweaters. Long hair should not be gathered on the back of your head, as in a braid or bun, as this will interfere with your head resting in the proper position.

Lay on your back (supine position only) on a bed or sofa placing the back of your neck on top of the CerviPedic Neck-Relief™ while looking toward the ceiling.

Configure the unit under your neck where it feels comfortable. The pump should be located on your right side. Pump air in the bladder as needed to arrive at the most comfortable position. Slowly release the air valve to feel the contrast. Determine the number of pumps that it took to feel most comfortable and record.

Begin with a use time of no more than 5 minutes per day. Gradually increase by an additional 5 minutes per day according to your personal comfort level up to a maximum of 15 minutes per day unless otherwise recommended by your health care physician.



Please note: It is recommended that you consult with a physician before use.

CERVI PEDIC

NECK-RELIEF™

Supports the Neck

Relieves Neck Tension

The CerviPedic Neck-Relief™ is a naturally shaped head support that relieves tension in your neck. It was originally designed to ease the stresses of travel, but is actually ideal for anyone seeking relief from neck tension and stiffness anywhere you can recline.

Neck and shoulder tension prevents all of us from doing the things we love to do. It occurs from constantly straining our bones and muscles to hold up the weight of our heads. The CerviPedic Neck-Relief™ gently supports that weight and relieves pressure.

With everyday demands, everyone suffers from unwelcome neck tension at some time. Enjoy natural relief from tension headaches and stress with the CerviPedic Neck-Relief™.



Reclining with the CerviPedic Neck-Relief™:

Use the CerviPedic Neck-Relief™ wherever you can recline. This can be at home, in the car, by the pool or when you travel.

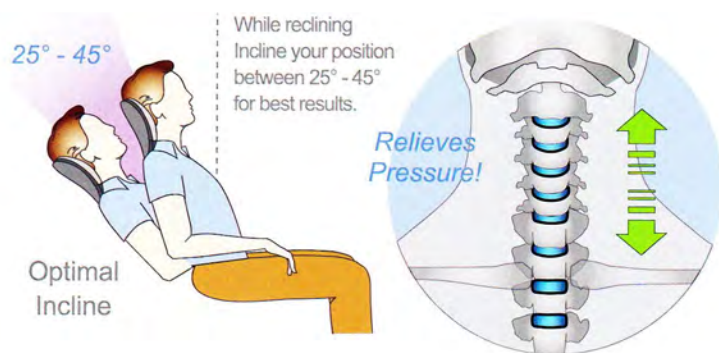
The CerviPedic Neck-Relief™ is organically shaped to naturally cradle your head and support the neck's natural curvature.

This comfortable device stays in place as your body starts to relax gently stretching your neck, thereby relieving the tension in the muscles and joints in your neck.

You can enjoy natural relief from tension & stress in your neck with the CerviPedic Neck-Relief™.

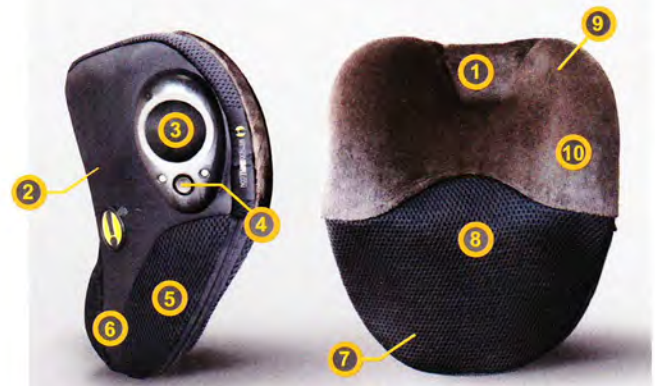
Important - Read Before Using:

The CerviPedic Neck-Relief™ does not require any assembly and is ready for use. This device must not be modified for any reason. If you have questions regarding the use or to report any problems, contact Method Simple Industrial Design, Inc at (888) 788-1053 or email at customersupport@methodsimple.com. Do not attempt to repair or modify the CerviPedic Neck-Relief™ in any way. Any attempt to modify this unit voids the warranty and may result in injury. Use only as directed.





Pump It Up for Customized Comfort



Features & Construction

- | | |
|------------------------------|---------------------------|
| 1. Head Cradle Region | 8. Cervical Neck Support |
| 2. Neoprene Traction Backing | 9. Lateral Support Region |
| 3. Inflating Dome Pump | 10. Plush Comfort Fabric |
| 4. Air Release Valve | |
| 5. Stay-Dri Breathable Mesh | |
| | 7. Pillow Outer Covering |
| | 9. Scapular Support |

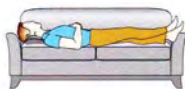
CerviPedic Neck-Relief™ - Shaped After Nature

Maintaining a correct natural curvature helps keep tension away from the neck and helps to limit neck discomfort.

The natural shape of the CerviPedic Neck-Relief™ provides excellent support for the neck and back of the head. When used for travel, unlike other devices which wrap completely around the neck, the CerviPedic Neck-Relief™ is designed to naturally stabilize both the head and neck to provide you with superior comfort.

Feel refreshed in as little as 15 minutes!

Love Your Neck at Home!



laying on the sofa



by the pool



on a recliner



laying in bed



at the salon

... and on the Go



on your flight



napping in a car



on your next vacation



on a train ride



touring the country

Using the CerviPedic Neck Relief:

WARNING: This device is to be used for support and comfort for your neck and not to be used for treatment of any neck condition unless otherwise instructed by your health care provider. This Neck Supporter should never cause pain, however some slight discomfort may be felt initially when using this device. Improper application of this device or the use of excessive time on this device may aggravate an existing condition or cause additional injury. If pain develops in the neck, upper back or arms, or if you experience dizziness, nausea or any other type of pain or discomfort while using this device, discontinue use immediately and consult your health care provider before further use.

This device should not be used if you suffer from, but not limited to the following conditions: acute or traumatic injury, spinal instability, fracture, rheumatoid arthritis, spinal cord Compression Infections and Inflammatory diseases, malignancy or any other conditions that may be made worse by using this device.

This device should not be used by people who have contact allergies to neoprene, cuddle fabric, nylon mesh or polyurethane foam. Not to be used for sleeping purposes, when laying face down (prone position), when laying on the side posture position (fetal position) or for longer than 15 minutes in the supine position at a time without the recommendation of your health care provider. Not be used as a treatment device for any neck condition, neck disease, or neck pain without approval or supervision of your health care provider. Do not use this device if you have neck pain without checking with your health care provider. In no event shall Method Simple Industrial Design, Inc be liable for any direct, indirect, punitive, incidental, special consequential damages, to property or life, whatsoever arising out of, or connected with the use or misuse of this device.

Cervipedic Neck-Relief™

Testimonials:

"My introduction to the Cervipedic neck support was very timely- I had been suffering through a week of neck pain and stiffness that hadn't responded well to treatment. I used the support a half dozen times over two days, and experienced about 75% improvement. That made it easy to share with my patients, and the feedback thus far has been great. It is a tool that is easy to use, portable, and effective. They report less pain in between visits, and I also find it's supporting my care and providing patients the opportunity for a faster recovery. The Cervipedic support is now a permanent fixture in our office."

Dr. Bob Rose - Kingman, AZ

"I have been a massage therapist for over 25 years. I have used many different types of pillows not only for myself and my family but also in my practice. I was introduced to the cervipedic pillow in June. I began using it to support the clients neck when working on the rest of the body. I quickly discovered many ways to use this pillow for treatment of the cervical muscles. As time has gone on the pillow has made a big difference in the healing process for many of my clients. I have discovered for myself it helps with other issues other than the neck. It is not only for comfort and support but plays a large part in assisting with injury recovery and many other health concerns. I have clients who are using the cervipedic pillow at home to help with migraines, fibromyalgia, whiplash, frozen shoulder and other shoulder injuries, and relaxation of the spinal muscles."

DeeDee Hoover, LMT - Beaverton, OR

"I work on a computer all day, and have degenerated discs in my neck. Dr. Prieto introduced me to this new product that he thought might help me . . . after trying it for only a few minutes in the office, I knew I had to have it. My first impression was that I immediately felt "zero gravity" on my neck. That same night, I intended to rest my neck for 15-20 minutes, but 4 hours later, I woke up and my neck felt incredible! I actually use this pillow at bedtime every night. I'm able to fall asleep pain free and wake up feeling great. I take it everywhere with me when traveling. I've even purchased several more as gifts, after some of my family and friends tried it out!"

Sarah O'Neill (56 yrs) - Anaheim Hills, CA

"I have a family history of osteoporosis, and suffer from chronic neck pain. I went on a long road trip with a friend, and she recommended that I try this pillow while traveling in the car. I was instantly impressed with the comfort and pain relief that I felt. I bought one, and use it religiously a few times throughout the day."

Linda Barcelona (55) - Tustin, CA

"I'm retired and spend a lot of time on the road and away from home. I've always had trouble finding a pillow that felt right, and seem to have an on-going "kink" in my neck. When visiting my daughter, she recommended that I try a new neck pillow she's been using. I was surprised at how great it felt within the first few seconds! I got one and use it several times throughout the day, and also when I first lay down to sleep. It relieves the stress and pain on my neck, and the relief last for several hours. I don't know how I lived without it for this long!"

Frank Clayton (81) - Medford, OR

"I've had a small business for the past 30 years, and often work long stressful hours. I don't usually take the time for chiropractic care or massage therapy, although I often experience back and neck pain. A friend had me try out a new pillow she was using for her neck, and I was immediately surprised at how good my neck felt! I bought one and use it in the evenings when I'm unwinding and watching the news. What a blessing!"

Steve Panagotacos (50) - Yorba Linda, CA

"My chiropractor is Dr. Gary W. Hall D.C. He is located in Modesto, California. The Cervipedic was on display in his office. I had seen similar devices in catalogues before. I decided to give it a try. After using it the first time my neck felt straight and I also felt taller. It does well with alleviating tension in my neck. It works well when I want to lay down for a bit and rest. It's been years since I had such benefits from a neck support device. It's definitely a permanent part of my self-care."

Steve Tomlinson - Modesto, CA

"Rick and I would like to thank Edward and you for this wonderful pillow. Rick loves it and it is such a great support for his neck. This pillow would benefit so many people that are confined to wheelchairs, Rick is spreading the word to his friends about how comfortable he is when reclining using your pillow. The straps are great and hold the pillow in place perfectly. Rick is keeping the pillow attached to his headrest at all times, it's that comfortable for him. Again, we can't thank you enough. I try to have my son as comfortable as possible, as he has chronic pain due to his spinal cord injury so anything that can give him some bit of relief is a blessing."

Deborah LaFrance - Boston, MA (Rick's mom)

CERVIPEDIC

NECK-RELIEF™

Showing Your Patients is Easy!



1. Display the Cervipedic Neck-Relief™ in your office or exam room.

Place a sample pillow along with some brochures where your patients can see and freely examine it for themselves.

2. Ask your cervical patients if they would like to extend your treatments at home.

Consult with your patients who suffer from neck pain, neck stiffness or loss of cervical curvature that could benefit from using the pillow at home.

3. Explain the benefits of using the Cervipedic Neck-Relief™ at home.

Explain how the Neck-Relief™ can help them:

- A - Support your treatments at home
- B - Relieve neck tension and stiffness
- C - Recondition their cervical curvature

4. Explain the features of the Cervipedic Neck-Relief™.

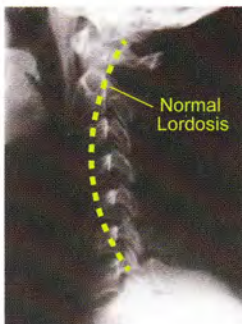
Show your patients how the Neck-Relief™ cradles the head and neck and how to operate the pump to inflate and release the air to adjust cervical support.

5. Have them try it out in your office.

Have your patient lay supine on your exam table with the pillow supporting their head and neck. Show them how to inflate and deflate to find their personal comfort level.

... and that's pretty much it.

Allow them a few moments to feel it out.



Loss of Cervical Lordosis

The Cervipedic Neck-Relief™ is ideal for patients suffering from Loss of Cervical Lordosis.



Simplicity

Nature



Freedom

Beauty