

BACKBUBBLE CHASE TECHNIQUE USER MANUAL

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BackBubble™

User's Guide



**Featuring:
The Chase Technique**

Congratulations!

You have just purchased a product that really is going to change your life!

The Chase Technique is the art of suspending your body correctly on the Back Bubble™. This will enable you to use your body weight to produce spinal decompression that will quickly relieve pain from your lower back and sciatica. The Chase Technique will also help align your lower back, increase flexibility, strengthen the core muscle groups and promote the movement of corrective fluids. It works!

Your Back Bubble™ is a unique inflatable cushion suspended from a properly calibrated buoyancy spring. The combination of the inflatable cushion encircling and suspending you from the chrome plated spring will give you a feeling of floating in air-cushioned weightlessness. The pressure will be removed from the pain causing structures in your lower back, giving you relief from your pain in seconds. You will love it!

Please review the self evaluation guide on page 6 to learn how you, personally, should use the Back Bubble™ for best results.

The Back Bubble is an inflatable cushioned device that enables a user to use their own body weight to produce spinal decompression that will relieve pain from the lower back and sciatica.

The Back Bubble™ Package Includes the Following:

- EZ Hanger: To hang the Back Bubble™ in a doorway, hallway or other opening.
- Brackets & Screws: To suspend the removable EZ Hanger. Video instructions can be found at:
www.trybackbubble.com.au & www.trybackbubble.co.nz
- The Back Bubble™ w/ Buoyancy Spring: Fully pre-assembled for you.
- Instructional Guide & Instructional Video Download at:
www.trybackbubble.com.au & www.trybackbubble.co.nz



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Cautions & Warnings

- Please review this User's Guide and/or the instructional DVD prior to using your Back Bubble™ to understand the correct use of this product.
- DO NOT swing or bounce when using this product.
- DO NOT attempt to hang by your feet or legs when using this product.
- DO NOT use this product if you weigh over 120 kgs (264 lbs).
- DO NOT use this product if you are unsure of the stability of the doorway or doorjamb.
- DO test thoroughly to make sure your Back Bubble™ is completely secure before using it.
- DO maintain a controlled motion while in use.
- Consult your physician prior to use. Do not use in place of doctor's treatment. If your condition worsens, discontinue use.
- Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly or if it is damaged.
- Use this equipment EXCLUSIVELY for the purpose intended and described in this User's Guide.
- Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
- Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during use.
- THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep out of the reach of children.
- Handicapped or disabled persons should not use the Back Bubble™ without prior consultation with a qualified healthcare professional or physician.
- Wear appropriate clothing during training sessions. Apparel should be comfortable and light, allowing freedom of movement. Wear comfortable shoes which provide good support and have non-slip soles, such as running shoes or trainers.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, STOP using this product at once. CONSULT A PHYSICIAN IMMEDIATELY.
- For use in Home or Clinic Only.
- Inspect the Back Bubble™ regularly for wear and tear in order to keep the unit safe for use. If the Back Bubble™ shows any signs of wear and tear or is damaged do not use. Before use replace defective components immediately. Pay special attention to the spring and the strap connection point to the bag and harness.
- Install the Back Bubble™ in an area free of dangers and in an open space.
- Care and Maintenance – wash with a damp soapy cloth and dry. Do not wash in washing machine.

Setting up your Back Bubble™

Features



Tip: Adjust the air pressure for your own comfort needs.

Assembling your Back Bubble™

Your Back Bubble™ is already pre-assembled. Wear comfortable clothes with tennis shoes or other non-slipsole shoes while using the Back Bubble™.

1) Installing the EZ Hanger bar

- Please refer to the EZ Hanger instruction sheet, provided inside the hardware bag or online at: www.trybackbubble.com.au or www.trybackbubble.co.nz

2) To Inflate the Back Bubble™

- Twist the Valve Tip to the left to open, then blow into it. When complete, close the Valve Tip by turning it to the right.
- Fill to about 70% capacity (the Back Bubble™ should look like Fig. 5)
- Use the side of your hand to crease the Back Bubble™'s center and make a point (Fig. 1 & 5)
- Your Back Bubble™ should look like (Fig. 5) with a 5cm to 25cm opening at the top
- Adjust comfort by opening the Valve Tip by turning it to the left to let air out. When desired level is reached twist the Valve Tip to the right to close.

3) Adjusting the Height of the Back Bubble™

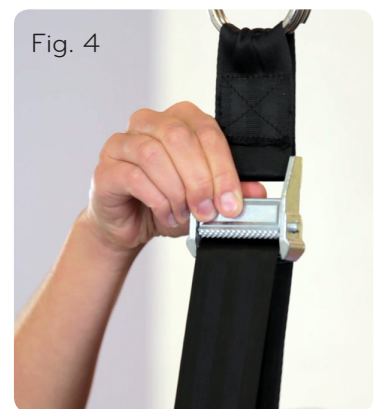
- Raise or lower the Back Bubble™ by pressing the Adjustment Buckle (Fig. 4) and pulling the strap downward firmly.

4) The Comfort Spreader (optional)

- The Comfort Spreader is normally used only for the Upright Positions to open the Back Bubble™ wider, for additional comfort on the ribs.
- If you ordered a Comfort Spreader (optional), the Back Bubble will hang from it using the 2 rings on the ends of the Back Bubble™ (See Comfort Spreader Instructions, page 13)

Tip: The Back Bubble™ can also hang from a sturdy hook, rope or chain (min. 226kg) properly installed by a professional into a ceiling joist or beam approximately 2.13m from the floor.

That's it! You're ready to go!



Self Evaluation

Use the Model Shown To:

1) Locate Your Pain
(A, B, C,D, E, F or combination)

2) Scale Your Pain
(1 = mild, 10 = extreme)

**STAY WITH THE BASIC POSITIONS
UNTIL YOUR PAIN SYMPTOMS
ARE SUBSTANTIALLY REDUCED**

USE THE BASIC SUSPENDED
UPRIGHT POSITIONS FOR (see pages 7 & 8):

- Pain that is 1 to 10 in any area (A-F)
- Pain above 2 in areas B, C, D, E and/or F
- Tingling, numbness or weakness in any area
- Fresh injury (within 3 weeks)
- Lower back intense muscle spasms
- Pain associated with Degenerative Disc Disease & Herniated Discs with sciatica

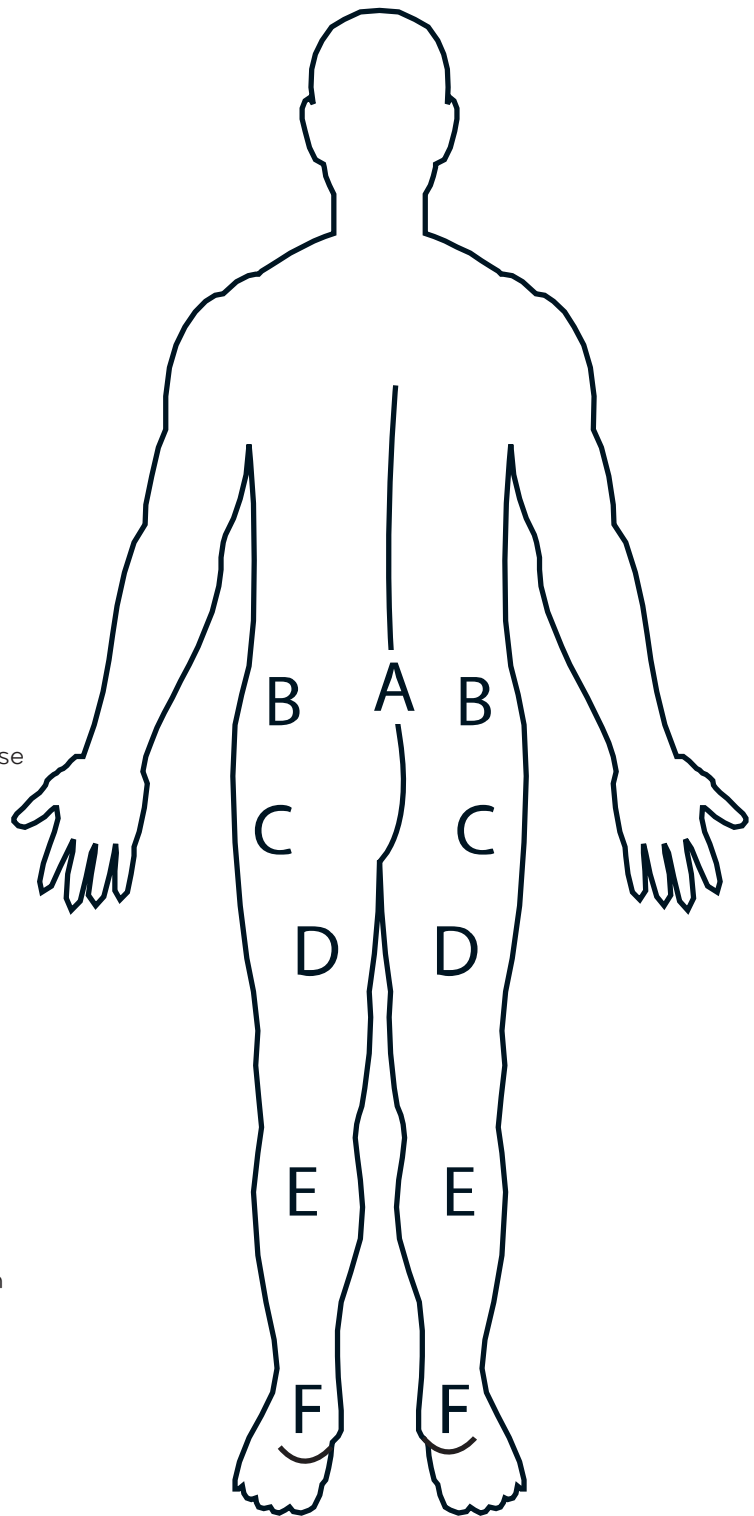
USE THE BASIC SUSPENDED
RECLINING POSITION FOR
(see page 9):

- Pain 6 or lower in area A with little or no symptoms in any other area

USE THE BASIC SUSPENDED
RECLINING POSITION W/ CHAIR FOR
(see page 10):

- Pain 6 or lower in area A and moderate symptoms in any other area

Tip: Significant problems may want to stay with the Basic Suspended Upright Positions.



Using Your Back Bubble™

Getting into the Back Bubble™ (for the Basic Suspended Upright Positions)



Adjust the height of the Back Bubble™ so the point of the crease is about mid-thigh.



Head and arms go through the Back Bubble™. Stand with feet shoulder width apart, spring just behind your head.



Push the Back Bubble™ down under your rib cage and center the crease on your body.



Take one step forward and lean out on the Back Bubble™, or simply lean forward onto the Back Bubble™.

Exiting the Back Bubble™ (to slowly load your weight on your spine)



Put feet back behind you, keep your weight on the Back Bubble™ and start walking forward with your feet.



Keep your weight on the Back Bubble™ as you walk forward.



Let the Back Bubble™ bring you to your feet gradually, to slowly load your weight on your spine.

Basic Positions

The 3 Basic Suspended Upright Positions

For Mild to Severe Lower Back Pain, With or Without Sciatica, and/or Fresh Injuries

LEANING



Move your foot or feet back so you are leaning out on the Back Bubble™. Keep body straight, heels on the floor. Stay relaxed.

CROUCHING



Take 2 steps backward and bend your knees taking you down and backwards into a crouching position. Tilt your upper body over the Back Bubble™ and keep your weight on the Back Bubble™ as you move your feet. Check your position. Hips should be above your knees, on balls of feet, feet under buttocks.

SITTING



Alternate Sitting Position

Move your feet around to see what feels best. 80% to 90% of your body weight should be on the Back Bubble™.

Tip: Alternate positions or simply use the one that feels best, and is most comfortable.

Tip: Ribs are delicate, adjust the air pressure for comfort and experiment with where the Back Bubble™ touches you. Also check out the Comfort Spreader on Page 13.

The Basic Suspended Reclining Position

For Mild or Moderate Lower Back Pain and/or Mild Sciatica



Set the height of the Back Bubble™ so the bottom is about 2.5cm off the floor.



Put the Back Bubble™ around the small of your back at belt line. Labels should be in front, facing away from you. Left on your left, right on your right.



Grasping high & low, step under the spring and lower yourself gently down onto the Back Bubble™. Left & right labels face away from you, left on your left, right on your right.



Lowering yourself onto the Back Bubble™, make sure the Back Bubble™ stays at the belt line.



Slide your hands down, and lay down so you can bring your feet up. Raise legs at the same time that you lay down to avoid extension.



Bring feet up and wrap around the strap. Keep knees slightly bent. Switch feet to see what feels best. Raise the Back Bubble™ higher for more stretch.



Pinpoint the pain relief by reaching your hand to where the Back Bubble™ touches your spine. Move the Back Bubble™ gently to the most relieving spot.



For added comfort, place a flat pillow under your head.

Tip: The more significant the lower back problem, the lower to the floor you should hang.

Advanced Positions

The Basic Suspended Reclining Position w/ Chair

For Lower Back Pain and/or Moderate Sciatica



Set the height of the Back Bubble™ so the bottom is lightly touching the floor. Place a sturdy chair 30cm away from the free hanging Back Bubble™.



Get into the Back Bubble™ the same as in the Suspended Reclining Position detailed on Page 9, but your feet go on the front edge of the chair. Do not let the chair move.



Have knees fully bent and feet lightly on the front edge of the chair. The strap should be straight up and down. Pinpoint the relief by moving the Back Bubble™ with your hand, the same as in the Suspended Reclining Position on Page 9.

Suspended Extension

For Lower Back Pain and/or Mild Sciatica



Adjust the height of the Back Bubble™ until the bottom is about 15cm off the floor. Put the Back Bubble™ around your lower back. Cinch it tightly with rings in front and lower your body while holding the strap. Extend as shown.

Tip: For healthier backs. Use caution & go slowly. Experiment with the Back Bubble™ height & placement on your body.

Suspended Hands & Knees Position



Set the height of the Back Bubble™ so the bottom is about 15cm off the floor.



Put the Back Bubble™ around you like the Upright Positions but low at the hips.



Assume a hands & knees position with the Back Bubble™ positioned low on your hips. Let some air out so you can push the Back Bubble™ lower on your hips.



Move forward on hands & knees until the strap is tight. Lean forward & down onto your fore-arms. Keep knees bent and push forward with your toes.

Suspended Kneeling Position



Set the height of the Back Bubble™ so the underside is about 30cm off the floor.



Suspend yourself like in the Upright Positions, but in a kneeling position.



Stretch laterally as shown above.

Tip: Experiment with the Back Bubble™ height.

Exercises

HAMSTRING STRETCH



Set height so point of crease is mid-thigh. Put the Back Bubble™ around you as in Upright Position and do the hamstring stretch as shown.

Tip: Experiment with the Back Bubble™ height.

ALIGNING



Set the Back Bubble™ height 2.5cm off the floor. While twisting your hips push one side of the Back Bubble™ and pull the other side.

HAMSTRING STRETCH 2



Set the Back Bubble™ height 2.5cm off the floor. Keep one foot on the strap straightening the knee and drop the other foot toward the floor.

CRUNCHES



With the Back Bubble™ height set 2.5cm off the floor, do sit up exercises with feet up on the strap.

The Comfort Spreader (optional)

Assembling the Comfort Spreader

The Back Bubble™ Comfort Spreader is generally used in the Upright Positions to open the Back Bubble™ wider for additional comfort and is an optional attachment. Use the directions below to properly install.



Comfort Spreader on Webbing Strap hanging balanced.



Push the Adjustment Buckle clamp and pull the webbing strap that is attached to the Back Bubble™ downward, all the way out.



Send the end of the webbing strap attached to the Comfort Spreader from the back side of the Adjustment Buckle through the opening towards you, downward under the teeth of the buckle. (See fig.1)



Adjust the Spreader up to hang the Back Bubble™. Follow height setting instruction #1 on Page 7 for using the Back Bubble™ in Upright Positions.



To hang the Back Bubble™ on the Comfort Spreader, pull the webbing strap out of the ring on the other end and let it hang down.



Hang the rings on either end of the Comfort Spreader. Remember labels face outside. Make sure the Comfort Spreader is balanced.

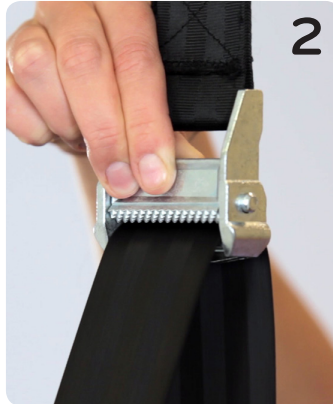
Tip: Use the Comfort Spreader only in the upright position to open the Back Bubble™ wider for additional comfort.

Reassembling Your Back Bubble™

If you disassemble your Back Bubble™, follow these instructions to reassemble:



Pull the webbing strap through the chrome ring on the other end of the Back Bubble™. Extra chrome ring hangs free, ignore it.



Grasp buckle and push the clamp, then pull the webbing strap from back to front through the opening.



Release clamp and pull down on webbing strap to desired height.

Tip: Labels should be on top and face away from you when you hang on the Back Bubble™. The "left" label should be on your left side, and the "right" label on your right side, as shown on the right.



For Best Results

- In the Upright Positions, hang with your upper body tilted over the Back Bubble™ and experiment with where the Back Bubble™ touches you.
- Adjust the air pressure for your own comfort needs.
- Use 1 to 5 times daily, for 2 to 20 minutes and build your time gradually.
- Consistency is the key to success. Occasional use will give fast relief, but using the Back Bubble™ regularly will give the best, long lasting results.
- Consider using the Back Bubble™ before bedtime. It is always a good idea to lie down after use.
- Drink plenty of fluids.



ONE (1) YEAR LIMITED REPLACEMENT WARRANTY STATEMENT

If your product becomes defective due to faulty material or workmanship within a period of 1 year from the date of purchase, we warrant to do the following:

- **For New Zealand Consumers:** We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- **For Australian Consumers:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Your warranty is subject to the following conditions:

- The item has not been misused, abused, neglected, altered, modified or repaired by anyone.
- The item has been subjected to fair wear and tear
- The item has not been used for trade, professional or hire purposes.
- The item has not sustained damage through foreign objects, substances or accident.

Your warranty does not cover;

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights.

This warranty does not apply to accessories supplied with the item.

This warranty applies only to the original purchaser and may not be transferred.

Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

Please note:

Only the defective product or parts returned to place of purchase will be replaced under this warranty.

Australia Contact

Brand Developers Aust Pty Ltd

Unit 3, 2 Roussos Place,
Truganina, VIC 3029, AUSTRALIA
FAX: +61 3 9681 7825

AUST Customer Care: 1800 890 840

New Zealand Contact

Brand Developers Limited

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Avondale 1026, Auckland, New Zealand
Private Bag 93204, Parnell, Auckland 1151
FAX: +64 9 306 8203

NZ Customer Care: 0800 002 999

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Notes

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