

## ObusForme SS-BLK-01

# ObusForme Side to Side Lumbar Cushion with 2 Speed Massage Instruction Manual

Model: SS-BLK-01

## 1. INTRODUCTION

The ObusForme Side to Side Lumbar Cushion with 2 Speed Massage is designed to enhance sitting posture by supporting the natural curvature of the lower back. This support helps reduce strain on muscles, preventing fatigue during extended periods of sitting. The integrated two-speed massage feature provides additional comfort and relaxation. This cushion is suitable for use in various settings, including vehicles, offices, and homes.

This manual provides essential information for the proper setup, operation, and maintenance of your ObusForme Lumbar Cushion.

## 2. SAFETY INFORMATION

- Read all instructions before using the product.
- Do not immerse the cushion in water or other liquids.
- Keep out of reach of children.
- This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional for any medical concerns.
- **Battery Safety:** The massage feature requires four AA batteries (not included). Ensure correct battery polarity when installing. Do not mix old and new batteries, or different types of batteries. Remove batteries if the product is not used for an extended period. Dispose of batteries according to local regulations.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

## 3. PACKAGE CONTENTS

- ObusForme Side to Side Lumbar Cushion with 2 Speed Massage
- Instruction Manual

*Note: Four AA batteries are required for the massage function and are not included in the package.*

## 4. SETUP AND INSTALLATION

### 4.1 Battery Installation

1. Locate the battery compartment on the side of the lumbar cushion.
2. Open the battery compartment cover.
3. Insert four (4) AA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.

### 4.2 Securing the Lumbar Cushion

The lumbar cushion features adjustable elastic straps to secure it in position on most chairs or car seats.

1. Place the cushion against the backrest of your chair or car seat.
2. Wrap the elastic straps around the backrest.
3. Adjust the straps to ensure the cushion is held firmly in place at your lower back level.

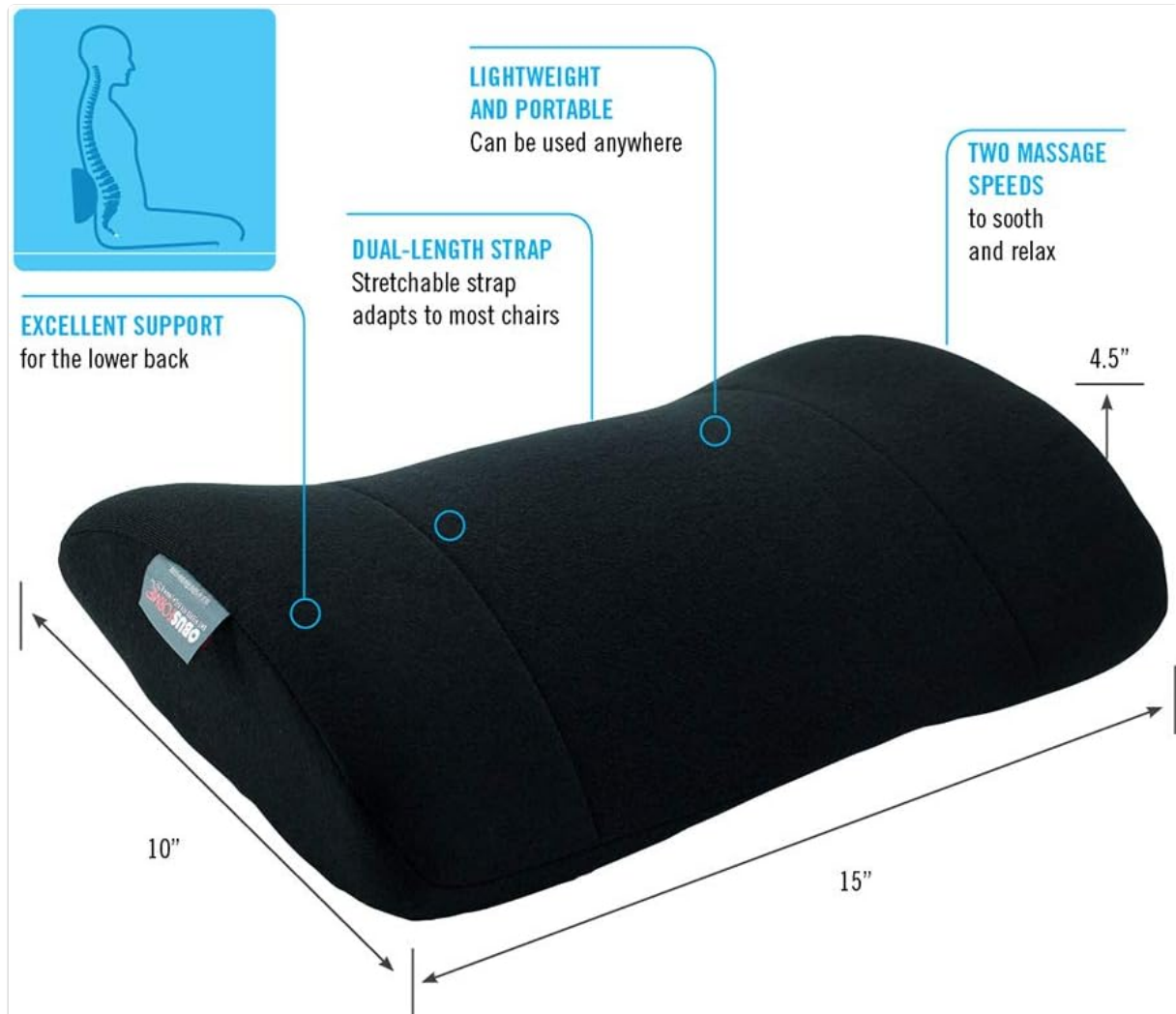


**Image 1:** The ObusForme Lumbar Cushion positioned on an office chair, illustrating its versatility for use in different environments such as offices, cars, and during travel.

## 5. OPERATING INSTRUCTIONS

### 5.1 Positioning for Optimal Support

Position the lumbar cushion so that it comfortably supports the natural curve of your lower back. This typically means placing it just above your waistline, allowing your spine to maintain its natural 'S' shape.



**Image 2:** A detailed view of the lumbar cushion highlighting its dimensions (15" length, 10" width, 4.5" height) and key features such as excellent lower back support, lightweight and portable design, dual-length strap, and two massage speeds.

### 5.2 Using the Massage Function

The ObusForme Lumbar Cushion includes a two-speed massage feature to provide soothing relief.

1. Ensure batteries are correctly installed (refer to Section 4.1).
2. Locate the power button/switch on the side of the cushion.
3. Press the button once for the first massage speed (low).
4. Press the button a second time for the second massage speed (high).
5. Press the button a third time to turn off the massage function.



## SIDE TO SIDE WITH MASSAGE

1 SUPERIOR LUMBAR SUPPORT  
CUSHION

2 SUPPORTS THE NATURAL  
CURVATURE OF THE LOWER BACK

FIRM **SUPPORT** FOR THE **LOWER BACK**

**Image 3:** The ObusForme Lumbar Cushion from an angled perspective, emphasizing its ergonomic design for superior lumbar support and its ability to support the natural curvature of the lower back. The image also highlights the two-speed massage function and the endorsement by the American Chiropractic Association.

## 6. MAINTENANCE AND CARE

- **Cleaning:** Spot clean the cushion surface with a damp cloth and mild detergent. Do not machine wash or tumble dry. Do not use abrasive cleaners or solvents.

- **Storage:** Store the cushion in a cool, dry place away from direct sunlight when not in use.
- **Battery Replacement:** Replace batteries when the massage function weakens or stops working. Always replace all four batteries at the same time.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Massage function does not work.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with new AA batteries.
Massage function is weak.	Batteries are low.	Replace with new AA batteries.
Cushion does not stay in place.	Straps are not adjusted correctly or are too loose.	Tighten the elastic straps around the chair backrest. Ensure the cushion is positioned correctly.

## 8. SPECIFICATIONS

**Model Number:** SS-BLK-01

**Brand:** ObusForme

**Product Dimensions:** 16.75 x 4.5 x 10.88 inches

**Item Weight:** 1.1 Pounds

**Color:** Black

**Size:** Universal

**Fill Material:** Foam (High-density polyurethane foam)

**Special Feature:** Adjustable straps, 2-speed massage


**Power Source (Massage):** 4 x AA Batteries (not included)





## 9. WARRANTY AND SUPPORT

For warranty information or product support, please contact ObusForme customer service. Refer to the product packaging or the official ObusForme website for the most current contact details.

**Manufacturer:** ObusForme (a premium brand within HoMedics' wellness group)

### Related Documents - SS-BLK-01

	<p><a href="#">ObusForme Backrest Supports: Features, FAQs, and Warranty Information</a></p> <p>Learn about ObusForme Backrest Supports by HoMedics, including product features, how to use the lumbar support, adjustment instructions for CustomAIR models, cleaning tips, and the one-year limited warranty.</p>
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	<p><a href="#">ObusForme UltraForme Universal Backrest - User Guide and Warranty</a></p> <p>Learn how to use, care for, and understand the warranty for your ObusForme UltraForme Universal Backrest. Designed for ergonomic spinal support and pain relief.</p>
	<p><a href="#">ObusForme Ortho-Pedic Ultimate Pillow User Manual and Care Guide</a></p> <p>Detailed instructions for washing and care of the ObusForme by Homedics Ortho-Pedic Ultimate Comfort Pillow and Ultimate Neck Pillow, including warranty information and contact details.</p>
	<p><a href="#">ObusForme Lumbar Support with Massage User Manual</a></p> <p>User manual for the ObusForme Lumbar Support with Massage by HoMedics (model OFSS-BLK). Learn about features, usage, care, safety, and warranty for this portable back support cushion with massage function.</p>
	<p><a href="#">HoMedics ObusForme Ultra Premium Backrest Support (OFUF-BLK) - Ergonomic Comfort Guide</a></p> <p>Learn how to use and care for your HoMedics ObusForme Ultra Premium Backrest Support (OFUF-BLK). Features an 'S'-shaped frame for comfortable sitting and a one-year limited warranty.</p>