

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Posture Pump](#) /

› [Posture Pump® Neck Exercising Cervical Spine Hydrator Pump | Relieves Neck Pain Stiffness | Neck Pain Relief Posture Control \(Single Air Cell Model 1100-S\)](#)

Posture Pump 1100-S

Posture Pump® Neck Exercising Cervical Spine Hydrator Pump

Model: 1100-S

Brand: Posture Pump

PRODUCT OVERVIEW

The Posture Pump® Neck Exercising Cervical Spine Hydrator Pump, Model 1100-S, is designed to provide cervical traction and decompression. It aims to relieve neck pain and stiffness by encouraging hydration, alignment, and posture correction of the cervical spine. This device utilizes a patented single air-cell design for gentle, expanding ellipsoidal decompression.

Key Features:

- **Doctor-Recommended Cervical Traction:** Functions as a cervical traction device and posture therapy neck stretcher.
- **Expanding Ellipsoidal Decompression:** Patented single air-cell design hydrates discs and promotes flexibility.
- **Ergonomic & Comfortable Design:** Avoids chin/jaw pressure with a forehead support system.
- **Supports Natural Curve Correction:** Assists with forward head posture and cervical curve restoration.
- **Relieves Daily Tension & Stiffness:** Helps ease stress, tension, and muscle tightness.
- **Portable At-Home Chiropractic Care:** Compact, lightweight, and easy to set up for use anywhere.
- **Safe Non-Drug Wellness Option:** Provides natural support for spinal hydration and posture improvement.
- **Durable Quality Made in USA:** Crafted from high-grade materials for consistent results.
- **Trusted Relief for Common Conditions:** Supports those seeking herniated disc relief and cervical spine therapy.
- **Complete Posture Support Package:** Includes the device, printed instructions, and product brochure.

IMPORTANT SAFETY INFORMATION

Consult your health care professional before beginning any exercise program. POSTURE PUMP® products are not designed to diagnose or cure disease. Read and follow all cautions and instructions prior to beginning.

Cautions & Instructions:

1. Consult your health care professional prior to beginning.
2. Proven in MRI and X-ray studies to provide high level disc expansion and spinal shaping. We recommend it be used

with the guidance of a healthcare professional.

3. Do not use if you have surgically fused vertebrae.
4. Do not use if you have fractured vertebrae.
5. Do not use if you have spinal instability.
6. Do not use if you have severe osteoporosis.
7. Do not use if you have acute injury.
8. Never carry unit by air cell or hand pump.
9. Never over pump.
10. Never sleep on unit.
11. Keep out of reach of children.
12. If you experience pain, discontinue use and consult your doctor.
13. If you feel dizzy or a sensitive ear, lift your unit to your ear drum.
14. Do not use if you have a pacemaker.
15. Do not use if you have a severe headache.
16. Reduce the intensity and duration of your treatment.
17. Always pump slowly and gently.

SETUP AND INITIAL USE

The Posture Pump 1100-S is designed for easy setup and immediate use. No assembly is required.



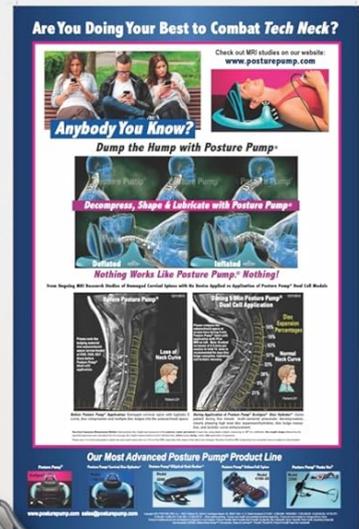
Image: The Posture Pump 1100-S device shown alongside a person demonstrating its use for neck exercising.

What's in the Bag?

Posture Pump® Single Neck Air Cell (Model 1100-S)



Printed
Instruction
Manual



Product
Brochure



Image: The complete package contents, including the Posture Pump 1100-S device, the printed instruction manual, and a product brochure, all contained within a drawstring bag.

Upon unboxing, ensure all components are present: the Posture Pump 1100-S Single Air Cell Hydrator Pump, the printed instruction manual, and the product brochure. Place the device on a firm, flat surface such as a carpeted floor. Avoid using it on soft surfaces like a bed, as this may hinder its effectiveness.

OPERATING INSTRUCTIONS

Follow these instructions carefully for optimal results and safety. Always begin with the warm-up routine.

Warm-Up Routine:

1. Begin by slowly turning your head side-to-side 5 times, lifting the head forward and backward 5 times, then leaning the neck from side-to-side 5 times.

Instructions for Posture Pump® Hydrator® (Model 1100-S):

1. After warm-up routine, place deflated unit on a carpeted floor or other firm surface. Lie down with the button on the pump and squeezing air cell(s) underneath your upper back.
2. Inflate unit slowly, gently, and comfortably until the unit is firm. Do not over-inflate.
3. Apply Comfort Visor™ by centering it across your forehead. Adjust the Comfort Visor™ straps so they are snug, but not too tight.
4. Gently pump the unit 10-15 times, holding each inflation for 7-10 seconds. Release completely between pumps.
5. After pumping, remain lying on the unit for 10-15 minutes.

6. Slowly deflate the unit and remove it from under your neck.
7. Perform cool-down exercises: Gently turn your head side-to-side, forward and backward, and ear-to-shoulder stretches.

Effectively Targets Cervical Neck Pain Stiffness by Shaping, Strengthening, & Stretching



Image: A user lying down, demonstrating the proper placement and use of the Posture Pump device to target cervical neck pain and stiffness.

Comfortable, Corrective Relief in Minutes a Day



Image: A user comfortably positioned on the Posture Pump, illustrating how the device provides corrective relief in minutes per day.

Air Cell Positional Adjustments:

To help restore the natural cervical curve, position the unit so the air cell is under the curve of your neck. For individuals with a "military neck" or straight neck, the unit should be placed lower on the neck to encourage the curve. For those with a "hump" or forward head posture, the unit should be placed higher on the neck.

Frequency of Use:

It is recommended to start with shorter durations and lower inflation pressures, gradually increasing as your neck acclimates. Most users find daily use beneficial. If muscles are sore, reduce intensity or take a day off.

CARE AND MAINTENANCE

To ensure the longevity and effectiveness of your Posture Pump 1100-S, follow these simple care guidelines:

- **Cleaning:** Wipe the device with a damp cloth and mild soap if necessary. Do not submerge the unit in water.
- **Storage:** Store the Posture Pump in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or the provided drawstring bag to protect it from dust and damage.
- **Inspection:** Periodically inspect the air cell and tubing for any signs of wear, cracks, or leaks. If any damage is observed, discontinue use and contact customer support.
- **Avoid Punctures:** Keep sharp objects away from the air cell to prevent punctures.

TROUBLESHOOTING

If you encounter any issues while using your Posture Pump 1100-S, refer to the following common concerns:

- **Device not inflating:**

- Check for kinks in the air tubing.
- Ensure the pump bulb is securely attached.
- Inspect the air cell for any visible punctures or tears.

- **Discomfort during use:**

- Reduce the inflation pressure. Start with minimal inflation and gradually increase.
- Shorten the duration of each session.
- Ensure the device is positioned correctly under your neck, as described in the operating instructions.
- If discomfort persists, discontinue use and consult a healthcare professional.

- **No noticeable relief:**

- Ensure consistent daily use as recommended.
- Verify that you are following the warm-up and operating instructions precisely.
- Review the "Air Cell Positional Adjustments" to ensure the device is optimally placed for your specific neck curve.
- Results may vary; continued use over time is often necessary to see significant improvement.

For issues not covered here, please contact Posture Pump customer support.

PRODUCT SPECIFICATIONS

Attribute	Detail
Model Number	61935 (1100-S)
Item Weight	2 Pounds (approx. 0.91 kg)
Item Dimensions (LxWxH)	14.5 x 13.3 x 4.5 inches
Color	Bright Blue, Black
Manufacturer	Posture Pump
Country of Origin	United States
Suggested Users	Unisex-adult
ASIN	B003DLZ0OE

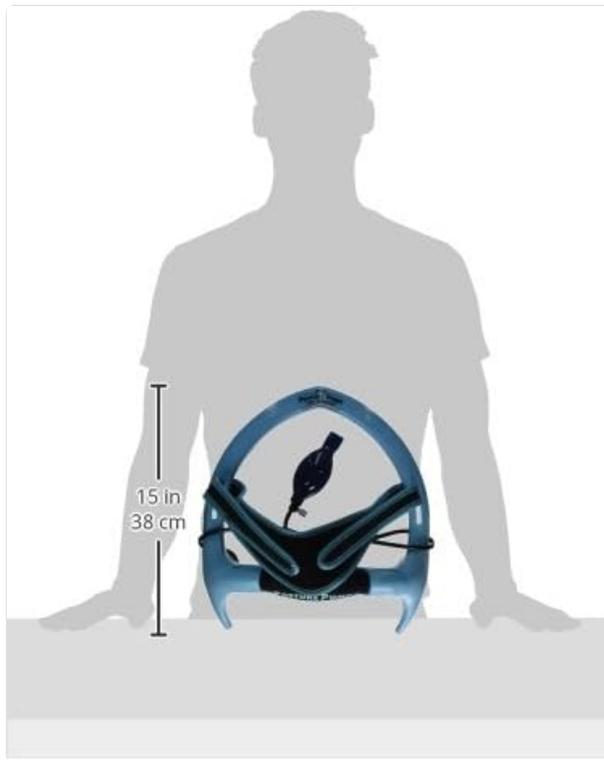


Image: The Posture Pump device shown with approximate dimensions, indicating its compact size.



Image: A flag indicating the product is "MADE IN THE USA", highlighting its domestic manufacturing.

WARRANTY AND CUSTOMER SUPPORT

Posture Pump products are designed for durability and consistent performance. For any questions or support, please contact the manufacturer directly.

Manufacturer: Posture Pump

Website: www.posturepump.com

Phone (USA): 1-800-632-5778

Phone (International/Direct): 714-847-8607

Email: sales@posturepump.com

Please refer to the product brochure included in your package for any specific warranty details or additional information.

© 2024 Posture Pump. All rights reserved.

This manual is for informational purposes only. Always consult a healthcare professional before starting any new exercise or therapy regimen.