Posture Pump 2500

Posture Pump® Penta Vec® Model 2500 Lumbar Disc Hydrator Instruction Manual

Brand: Posture Pump | Model: 2500

Introduction

The Posture Pump® Penta Vec® Model 2500 is designed to provide relief for lower back pain and discomfort, including sciatica. This device gently lifts and expands the lumbar spine, facilitating decompression and hydration of the discs. It employs a unique blend of five simultaneous force vectors to help restore the natural curved shape of the lower back, which can become compressed over time, leading to stiffness and pain.

This manual provides essential instructions for the safe and effective use of your Posture Pump® Penta Vec® Model 2500. Please read all instructions and cautions carefully before beginning any use.



Image: The Posture Pump® Penta Vec® Model 2500 in use, demonstrating the device's position under the lower back and the user's leg extension for spinal decompression.

Important Safety Information and Cautions

CAUTION: Carefully read and follow all instructions and cautions prior to beginning use. Consult your health care professional before beginning any exercise program or using this device. Posture Pump® products are not designed to diagnose or cure disease.

- Read instructions completely before using and follow all cautions.
- Do not use this unit without first consulting your doctor. Specific joint, nerve, disc, vascular, and other disorders or weaknesses can be aggravated and worsened.
- Do not use if you have implanted spinal hardware.
- Do not use if you are pregnant.
- Do not use if you are injured.
- Never inflate unit to the point of pain.
- Never cover up or block off open ends of hand pump (Safety Release Valve).
- Never reposition your body when neck unit is inflated (if so equipped). When using neck unit and back unit together, always apply the back unit first. When all movement with back unit is complete, apply neck unit. Completely deflate neck unit and release head harness before moving back unit.
- If pain results during treatment, discontinue use immediately and consult your doctor.
- An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
- Keep unit out of the reach of children at all times.

Indications: Relieves painful lower back stiffness and discomfort from Sciatica.

Package Contents

Upon opening your package, please ensure all the following items are included:

- (1) Posture Pump® Penta Vec® (Model 2500)
- (1) Printed Instructions Manual
- (1) Product Brochure



Image: Contents of the Posture Pump® Penta Vec® Model 2500 package, including the device, instruction manual, and brochure.

Setup and Adjustment

Before your first training session, carefully read and adjust the pelvic and foot-unit belts according to the following instructions to ensure proper fit and function.

Proper Set-up Recap

1. Lie on a comfortable firm surface.
2. The pelvic belt should be positioned below the waist and belly button, and should NOT be tight when fastened.
3. Adjust the foot-unit belt so that your legs can be comfortably extended. The foot-unit should not be so far that legs cannot easily straighten or so short that it causes pain.
4. With your heels pushed out and up on the foot piece, and your legs extended, the back/lumbar unit will slide below the buttocks, lifting the buttocks up and off the ground approximately 1 inch.

Posture Pump® PENTAVEC® Model 2500 Instructions

THIS BELT SHOULD NOT BE TIGHT WHEN FASTENED.

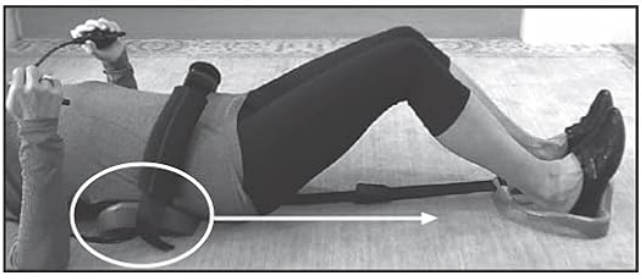


NEVER ADJUST PELVIC BELT OR FOOT-UNIT BELT SO TIGHT THAT LEGS CANNOT BE EASILY EXTENDED OR SO THAT PELVIC BELT CAUSES PAIN.

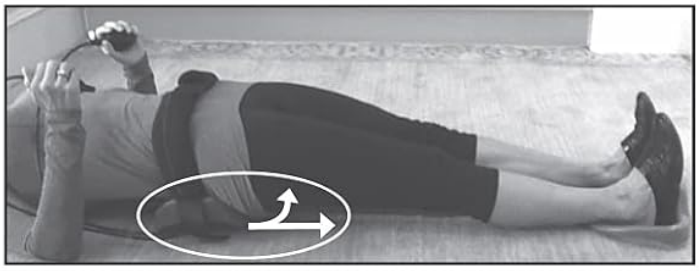


Foot-Unit belt too short, legs bent too much

Proper adjustment knees slightly bent.



With heels pushed out and up and legs extended, Back-Unit has now slid below buttocks, lifting buttocks up and off the ground. Foot-Unit will also be lifted about 1 inch off the ground.



NOTE: Final adjustments to belts may need to change if heel thickness of shoes changes. ***Always wear shoes!***

Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

Copyright 2021 POSTURE PRO, Inc. • 16421 Gothard St., Ste # D, Huntington Beach, CA 92647 USA •
U. S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085,B2 • 8,029,453,B2 • 8,734,372 • 8,764,693 • 9,095,419 • 9,241,820 • 10,406,397 B1 . Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice.
Posture Pump® products are not designed to diagnose or cure disease. Posture Pump®, Neck Pump®, Back Pump®, Scoligon®, Disc Hydrator®, Spine Trainer®, Penta Vec®, Expanding Ellipsoidal Decompression (EED®), Elliptical Back Rocker™, Decompress, Shape & Lubricate™, Trivec®, Trivec® 3D, Posture Pump® Triple Disc Hydrator®

Six months manufacturer warranty with proof of purchase.

Revisions 2-21

Image: Visual guide for proper setup, illustrating correct pelvic belt and foot-unit placement for effective use.

Note: Final adjustments to belts may be needed to change if heel thickness of shoes changes. Always wear shoes! Use Penta Vec® Model 2500 on a comfortable firm surface. For the more sensitive low back person, we recommend using Penta Vec® on your bed/mattress when first starting. Use Penta Vec® to hydrate the discs daily or as recommended by your health care professional. Even a 3-5 minute workout is beneficial.

Adjusting the Pelvic Pull

The pelvic belt is adjusted slightly loose around the pelvis, below the waist and belly button. This belt should not be tight when fastened.

1. After pelvic belt adjustment, the buckle may be off center. Center buckle by pulling the buckle toward the center. Slide hip pads along belt to make room if necessary. If pelvic belt becomes twisted, also use this maneuver to untwist by pulling the belt all the way to the right and all the way to the left (several times) until belt becomes untwisted.
2. Tuck excess pelvic belt into right hip pad if desired.

Posture Pump® PENTAVEC® Model 2500 Instructions

Adjusting the pelvic pull

Pelvic Belt

1. The pelvic belt is adjusted slightly **loose** around the pelvis, ***below the waist and belly button.*** This belt ***should not be tight*** when fastened!






2. After pelvic belt adjustment, the buckle may be off center. Center buckle by pulling the buckle toward the center. Slide hip pads along belt to make room if necessary. If pelvic belt becomes twisted also use this maneuver to untwist by pulling the belt all the way to the right and all the way to the left (several times) until belt becomes untwisted.

3. Tuck excess pelvic belt into right hip pad if desired.



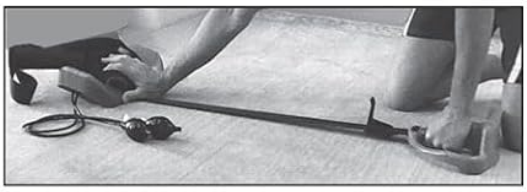

Note: If belt connections are protruding from Back-Unit opening, simply pull right and left sides of pelvic belt away from each other ***before making adjustments.***




Foot-Unit Belt

The further apart Back and Foot-Unit are from each other the less the pelvic pull; the closer they are together the ***tighter*** the pull.

a) ***To decrease pull:*** Open buckle flap completely and pull Foot Unit away from Back Unit. Lock buckle completely.

b) ***To increase pull:*** Open buckle flap completely, grasp Foot-Unit and pull/slide buckle toward Back-Unit. Lock buckle completely.




Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

Copyright 2021 POSTURE PRO, Inc. • 16421 Gothard St., Ste # D, Huntington Beach, CA 92647 USA •
U. S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085,B2 • 8,029,453,B2 • 8,734,372 • 8,764,693 • 9,095,419 • 9,241,820 • 10,406,397 B1 . Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice.
Posture Pump® products are not designed to diagnose or cure disease. Posture Pump®, Neck Pump®, Back Pump®, Scoligon®, Disc Hydrator®, Spine Trainer®, Penta Vec®, Expanding Ellipsoidal Decompression (EED®), Elliptical Back Rocker™, Decompress, Shape & Lubricate™, Trivec®, Trivec® 3D, Posture Pump® Triple Disc Hydrator®

Decompress, Shape & Lubricate™

Six months manufacturer warranty with proof of purchase.

Revisions 2-21

Image: Detailed steps for adjusting the pelvic belt, including centering the buckle and managing excess strap.

Note: If belt connections are protruding from the Back-Unit opening, simply pull right and left sides of pelvic belt away from each other before making adjustments.

Foot-Unit Belt Adjustment

The further apart Back and Foot-Unit are from each other, the less the pelvic pull; the closer they are together, the tighter the pull.

a) To decrease pull: Open buckle flap completely and pull Foot Unit away from Back Unit. Lock buckle completely.

b) To increase pull: Open buckle flap completely, grasp Foot-Unit and pull/slide buckle toward Back-Unit. Lock buckle completely.

Posture Pump® PENTAVEC® Model 2500 Instructions

Adjusting the pelvic pull

Pelvic Belt

1. The pelvic belt is adjusted slightly **loose** around the pelvis, ***below the waist and belly button.*** This belt ***should not be tight*** when fastened!






2. After pelvic belt adjustment, the buckle may be off center. Center buckle by pulling the buckle toward the center. Slide hip pads along belt to make room if necessary. If pelvic belt becomes twisted also use this maneuver to untwist by pulling the belt all the way to the right and all the way to the left (several times) until belt becomes untwisted.

3. Tuck excess pelvic belt into right hip pad if desired.



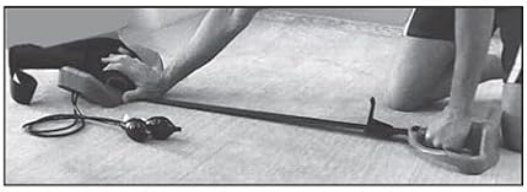

Note: If belt connections are protruding from Back-Unit opening, simply pull right and left sides of pelvic belt away from each other ***before making adjustments.***




Foot-Unit Belt

The further apart Back and Foot-Unit are from each other the less the pelvic pull; the closer they are together the ***tighter*** the pull.

a) ***To decrease pull:*** Open buckle flap completely and pull Foot Unit away from Back Unit. Lock buckle completely.

b) ***To increase pull:*** Open buckle flap completely, grasp Foot-Unit and pull/slide buckle toward Back-Unit. Lock buckle completely.




Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

Copyright 2021 POSTURE PRO, Inc. • 16421 Gothard St., Ste # D, Huntington Beach, CA 92647 USA •
U. S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085,B2 • 8,029,453,B2 • 8,734,372 • 8,764,693 • 9,095,419 • 9,241,820 • 10,406,397 B1 . Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice.
Posture Pump® products are not designed to diagnose or cure disease. Posture Pump®, Neck Pump®, Back Pump®, Scoligon®, Disc Hydrator®, Spine Trainer®, Penta Vec®, Expanding Ellipsoidal Decompression (EED®), Elliptical Back Rocker™, Decompress, Shape & Lubricate™, Trivec®, Trivec® 3D, Posture Pump® Triple Disc Hydrator®

Six months manufacturer warranty with proof of purchase.

Revisions 2-21

Image: Guide for adjusting the foot-unit belt to modify the intensity of the pelvic pull, showing how to lengthen or shorten the distance between units.

Operating Instructions

Follow these steps for effective use of your Posture Pump® Penta Vec® Model 2500.

Training Instructions

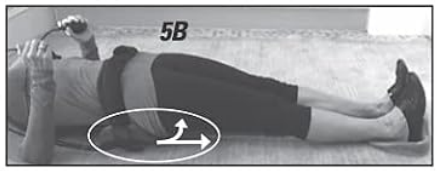
1. Grasp the two hand pumps, squeeze each pump separately to confirm which one operates the lowest air cell and inflate the lowest air cell first to a firm comfortable level, never to the point of pain. (Usually 1-9 complete pumps)
2. Inflate the upper air cell to an equally comfortable level. (Usually 1-9 complete pumps)
3. Squeeze both pumps at the same time. (Usually 1-5 more pumps)
4. With your knees bent and feet firmly on the ground, rock pelvis up and back toward the belly button using your abdominal muscles to lift buttocks. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. Gently rock back and forth 3-5 times or more.
5. Then with both feet in the Foot-Unit and knees bent slightly, gently and gradually straighten legs pushing with your heels against the Foot-Unit. The Back-Unit will now slide down from your lower back toward your pelvis and buttocks (usually 1-4 inches). Hold this position for approximately 30 to 60 seconds, then relax your legs and slide forward so the Back-Unit is again under the small of your back and gently rock forward.
6. Repeat step 5 several times with the Back-Unit inflated to a comfortable level or deflate air cells by pushing down on both air release buttons at the same time and repeat steps 1-5 as desired.
7. On your last repetition, extend the Foot-Unit and hold for up to 8 minutes maximum. Gradually work up to this 8-minute goal over several training sessions, never extend legs for more than 1 minute in the initial training session!
8. Relax your legs and slide forward so the Back-Unit is again under the small of your back. Gently rock forward, back and forward a few times.
9. Deflate both air cells approximately halfway. Release Pelvic Belt from waist and remove belt from Foot-Unit. Move the Back-Unit toward mid and upper back - position it. Gently stretch arms over head to decompress the middle and upper back. Perform this movement several times as you slide and roll over the Back-Unit. Gently roll off exerciser and onto your left or right side slowly and carefully before rising.

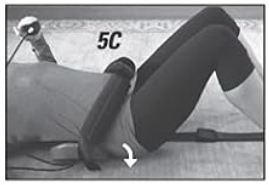
Posture Pump® PENTAVEC® Model 2500 Instructions

TRAINING INSTRUCTIONS *(continued)*

5. Then with **both feet in the Foot-Unit** and knees bent slightly ***(see 5A)***, gently and gradually straighten legs **pushing with your heels** against the Foot-Unit ***(see 5B)***. **The Back-Unit will now slide down from your lower back toward your pelvis and buttocks** (usually 1-4 inches). Hold this position for approximately 30 to 60 seconds; then relax your legs and slide forward so Back-Unit is again under the small of your back and gently rock forward ***(see 5C)*** and back.***(see 5D)***









NOTE: Now is the time to make final adjustments to the pelvic and foot belts. Take care to adjust the belts so that you feel a gradual, comfortable pull.

NEVER operate unit with foot belt adjusted so short that legs cannot easily straighten or waist belt worn so tight that it causes pain!



6. Repeat step 5 several times with Back-Unit inflated to a comfortable level or deflate air cells by pushing down on both air release buttons at the same time and repeat steps 1-5 as desired.

7. On your last repetition extend Foot-Unit and hold for up to 8 minutes maximum. ***(see 7A)*** **Gradually work up to this 8 minute goal over several training sessions, never extend legs for more than 1 minute in initial training session!**



8. Relax your legs and slide forward so Back-Unit is again under the small of your back. Gently rock forward, back and forward a few times. ***(see above pics 5C, 5D, 5C).***

9. Deflate both air cells approximately half way. Release Pelvic Belt from waist and remove feet from Foot-Unit. Move the Back-Unit toward mid and upper back - position 3 ***(see 9A)*** and gently stretch arms over head ***(see 9B)*** to decompress the middle and upper back. Perform this movement several times as you slide and roll over Back-Unit. Gently roll off exerciser and onto your left or right side slowly and carefully before rising.





- Gradually increase your air cell inflation as comfort permits.
- Use Penta Vec® to hydrate the discs daily or as recommended by your health care professional. Even a 3-5 minute workout is beneficial.

** Placing a cold gel pack over one of the air cells, usually the lowest pouch, is recommended to speed recovery from stiffness and discomfort. Cover gel pack with cloth; never place gel pack directly against skin! Chronic stiffness and discomfort may take several days to adequately subside. If discomfort persists consult your health care professional.*

***Just like performing any new exercise, an aggressive workout with Posture Pump® equipment can temporarily make you sore. To reduce this occurrence, inflate the exerciser at lower levels, and keep your workouts under 10 minutes for the first two weeks. This will allow your body to gradually adapt to a more aggressive workout.*

Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

Copyright 2021 POSTURE PRO, Inc. • 16421 Gothard St., Ste # D, Huntington Beach, CA 92647 USA •
U. S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085,B2 • 8,029,453,B2 • 8,734,372 • 8,764,693 • 9,095,419 • 9,241,820 • 10,406,397 B1 . Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice.
Posture Pump® products are not designed to diagnose or cure disease. Posture Pump®, Neck Pump®, Back Pump®, Scoligon®, Disc Hydrator®, Spine Trainer®, Penta Vec®, Expanding Ellipsoidal Decompression (EED®), Elliptical Back Rocker™, Decompress, Shape & Lubricate™, Trivec®, Trivec® 3D, Posture Pump® Triple Disc Hydrator®

Six months manufacturer warranty with proof of purchase.

Revisions 2-21

Image: Visual guide for the training instructions, detailing the inflation and leg extension process.

Your browser does not support the video tag.

Video: An animated demonstration of how the Posture Pump® Penta Vec® Model 2500 works to decompress the lower spine and alleviate discomfort.

Warm-Up Routine

Perform this warm-up routine before your main training session:

1. On a comfortable firm surface, in a seated position, slide deflated Back-Unit (black tubing will be to your right side) against low back and buttocks.
2. Gently lean back and over deflated Back-Unit. Buttocks should hang off edge of Back-Unit. Move the Back-Unit slightly up or down, left or right to locate the most centered and comfortable position for you.
3. While lying flat on Back-Unit, with knees bent and feet firmly on the ground, rock pelvis up and back toward belly button using abdominal muscles to lift buttocks.
4. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. Repeat this movement several times to conclude warm-up routine. Never rock Back-Unit with Neck-Unit inflated (if so equipped).

Posture Pump® PENTAVEC® Model 2500 Instructions

REFER TO "CAUTIONS" BELOW BEFORE BEGINNING TRAINING

CAUTIONS – Apply to all Posture Pump® Products

IMPORTANT: Posture Pump® is proven in MRI and x-ray studies to provide high level disc expansion and spinal shaping. We recommend that it be used with the guidance of a healthcare professional. If the user tolerates the selected unit then user is to carefully follow cautions and instructions below.

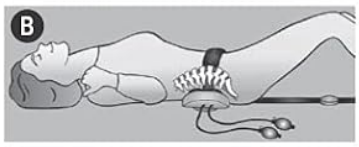
1. Read instructions completely before using and follow all cautions.
2. Do not use this unit without first consulting your doctor. Specific joint, nerve, disc, vascular and other disorders or weaknesses can be aggravated and worsened.
3. Do not use if you have implanted spinal hardware.
4. Do not use if you are pregnant.
5. Do not use if you are injured.
6. Never inflate unit to the point of pain.
7. Never cover up or block off open ends of hand pump *(Safety Release Valve)*.
8. Never reposition your body when neck unit is inflated (if so equipped)! When using neck unit ***and*** back unit together, always apply the ***back unit first***. When ***all*** movement with back unit is ***complete,*** apply neck unit. Completely ***deflate*** neck unit and release head restraint ***before*** moving back unit.
9. If pain results during treatment, discontinue use immediately and consult your doctor.
10. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
11. Keep unit out of the reach of children at all times.

WARM UP ROUTINE

A. On a comfortable firm surface, in a seated position, slide deflated Back-Unit (black tubing will be to your right side) against low back and buttocks. ***(See illustration A)***



B. Gently lean back and over deflated Back-Unit. Buttocks should hang off edge of Back-Unit. Move the Back-Unit slightly up or down, left or right to locate the most centered and comfortable position for you. ***(See illustration B)***



C. While lying flat on Back Unit, with knees bent and feet firmly on the ground, rock pelvis up and back toward belly button using abdominal muscles to lift buttocks. ***(See illustration C)***



D. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. ***(See illustration D)***
Repeat this movement several times to conclude warm-up routine.
Never rock Back-Unit with Neck-Unit inflated (if so equipped).





1. Grasp the two hand pumps, squeeze each pump separately to confirm which one operates lowest air cell and inflate lowest air cell first to a firm comfortable level, never to the point of pain. ***(Usually 1-9 complete pumps)***

2. Inflate upper air cell to an equally comfortable level. ***(Usually 1-9 complete pumps)***

3. Squeeze both pumps at the same time. ***(Usually 1-5 more pumps)***
Note: To release air cells simply push down air release button on hand pumps.





4. With your knees bent and feet firmly on the ground, rock pelvis up and back toward belly button using your abdominal muscles to lift buttocks. Then rock downward using back muscles and allow lower back to gently stretch over air cells, lowering buttocks to floor. Gently rock back and forth 3-5 times or more. ***(See illustrations E&F)***
Never rock Back-Unit with Neck-Unit inflated (if so equipped).



Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

Copyright 2021 POSTURE PRO, Inc. • 16421 Gothard St., Ste # D, Huntington Beach, CA 92647 USA •
U. S. Patent Numbers 5,713,841 • 5,906,586 • D508,566S • 7,060,085,B2 • 8,029,453,B2 • 8,734,372 • 8,764,693 • 9,095,419 • 9,241,820 • 10,406,397 B1 . Other patents pending. Consult your health care professional before beginning. Prices and colors subject to change without notice.
Posture Pump® products are not designed to diagnose or cure disease. Posture Pump®, Neck Pump®, Back Pump®, Scoligon®, Disc Hydrator®, Spine Trainer®, Penta Vec®, Expanding Ellipsoidal Decompression (EED®), Elliptical Back Rocker™, Decompress, Shape & Lubricate™, Trivec®, Trivec® 3D, Posture Pump® Triple Disc Hydrator®

Six months manufacturer warranty with proof of purchase.

Revisions 2-21

Image: Visual guide for the warm-up routine, demonstrating initial positioning and gentle movements.

MAINTENANCE

To ensure the longevity and proper function of your Posture Pump® Penta Vec® Model 2500, keep the device clean and

store it in a dry place away from direct sunlight and extreme temperatures. Wipe the surfaces with a damp cloth as needed. Do not use harsh chemicals or abrasive cleaners. Regularly inspect the air bladders and hoses for any signs of wear or damage. If any part appears damaged, discontinue use and contact customer support.

Troubleshooting

If you encounter any issues while using your Posture Pump® Penta Vec® Model 2500, please refer to the following general advice:

- **Difficulty inflating:** Ensure the air release buttons are fully closed and the hand pumps are functioning correctly. Check for any kinks in the air hoses.
- **Loss of air pressure:** Inspect the air bladders and hoses for any punctures or leaks. Ensure all connections are secure.
- **Discomfort during use:** Re-evaluate your setup and adjustments. Ensure the pelvic and foot-unit belts are not too tight or too loose. Reduce the inflation level of the air cells. If discomfort persists, discontinue use and consult a healthcare professional.
- **Device sliding:** Ensure you are using the device on a comfortable, firm, non-slip surface.

For persistent issues not resolved by these steps, please contact customer support.

Specifications

- **Product Dimensions:** 14 x 5 x 15 inches
- **Product Weight:** 3 Pounds
- **Material:** Plastic
- **Color:** Black, Blue
- **Manufacturer:** Posture Pro, Inc.
- **ASIN:** B00E81T04Y



Image: "Made in the USA" logo, indicating the product's origin.

Warranty

The Posture Pump® Penta Vec® Model 2500 comes with a six-month manufacturer warranty with proof of purchase. Please retain your receipt for warranty claims.

Support & Contact Information

For any questions, support, or further assistance with your Posture Pump® Penta Vec® Model 2500, please contact Posture Pro, Inc. using the information below:

Phone (USA): 1-800-632-5776

Phone (International): 1-714-847-8607

Website: www.posturepump.com

Email: sales@posturepump.com

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question