

## Acemend Refresh - Neck & Back Stretcher

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Instruction Manual

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## 1. INTRODUCTION

The Acemend Refresh Neck & Back Stretcher is designed to provide targeted relief and support for the neck and back. It aims to help restore the natural curvature of the spine and alleviate discomfort caused by prolonged sitting, poor posture, and daily activities. This manual provides essential information for the safe and effective use of your device.



Image: The Acemend Refresh Neck & Back Stretcher, illustrating its application for both neck and back support and pain relief.

## 2. PRODUCT FEATURES

The Acemend Refresh Neck & Back Stretcher incorporates several design elements to enhance its effectiveness:

- **Ergonomic Arc Design:** Supports the natural curvature of the spine, promoting physical traction and relieving pressure.
- **Targeted Acupressure Points:** Features a textured surface designed to stimulate acupressure points for enhanced relaxation and relief.
- **Durable Construction:** Made from robust materials for long-lasting use.
- **Versatile Use:** Can be used on various flat surfaces such as the floor, bed, or a sturdy chair.

# Lumbar vertebra soothing device

Waist pressure relief relieve fatigue

Stimulating acupuncture  
points

Protect lumbar spine

Stretch and re-  
lax



Image: Two Acemend Refresh devices, showcasing their distinct textured surfaces and ergonomic shape.

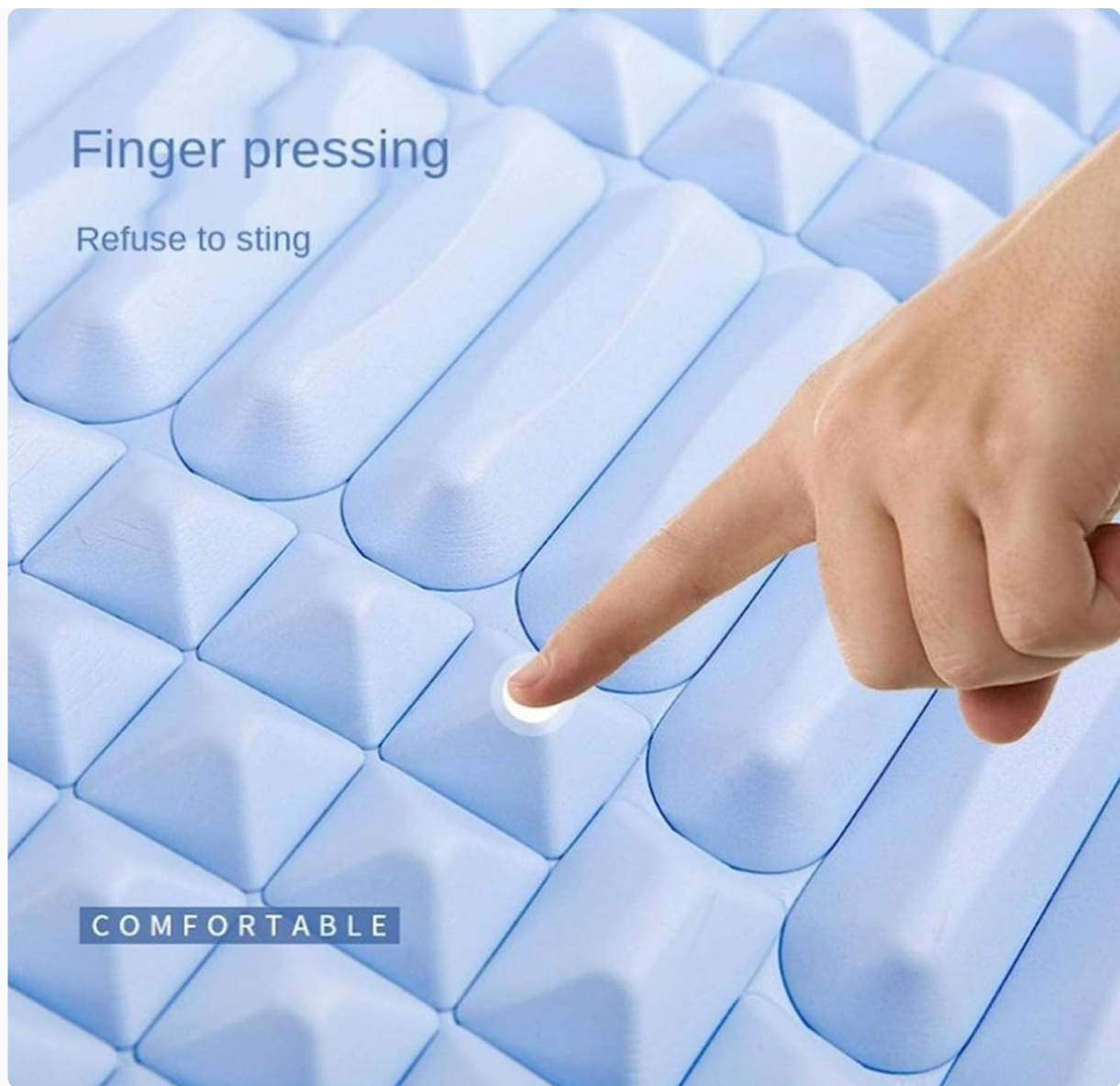


Image: A close-up view of the device's surface, illustrating the finger-pressing points designed for comfort and stimulation.

### 3. SAFETY INFORMATION

Please read all safety instructions before using the Acemend Refresh Neck & Back Stretcher. Improper use may result in injury.

- **Consult a Physician:** If you have pre-existing medical conditions, especially related to your spine, neck, or back (e.g., severe osteoporosis, recent surgery, acute injuries, spinal fusion, severe arthritis), consult your doctor before use.
- **Start Slowly:** Begin with short sessions (e.g., 5 minutes) and gradually increase duration as your body adapts.
- **Listen to Your Body:** Discontinue use immediately if you experience any sharp pain, numbness, tingling, or increased discomfort.
- **Not a Medical Device:** This product is intended for personal comfort and relaxation and is not a substitute for professional medical treatment.
- **Keep Out of Reach of Children:** This device is not a toy.

### 4. SETUP AND ASSEMBLY

The Acemend Refresh Neck & Back Stretcher comes pre-assembled and requires no complex setup. Simply place it on a firm, flat surface before use.

1. Choose a stable and flat surface, such as the floor, a yoga mat, or a firm bed.
2. Ensure the area is clear of obstructions and provides enough space for you to lie down comfortably.
3. Position the device with the curved side facing upwards.

## 5. OPERATING INSTRUCTIONS

For optimal results, use the Acemend Refresh Neck & Back Stretcher for approximately 10 minutes per day. Consistency is key.

### 5.1. For Neck Relaxation

1. Place the device on a flat surface.
2. Slowly lie down with your head positioned on the curved part of the stretcher, ensuring your neck is comfortably supported by the device's contour.
3. Relax your body, breathe deeply, and allow your neck muscles to gently stretch.
4. Maintain this position for 5-10 minutes.

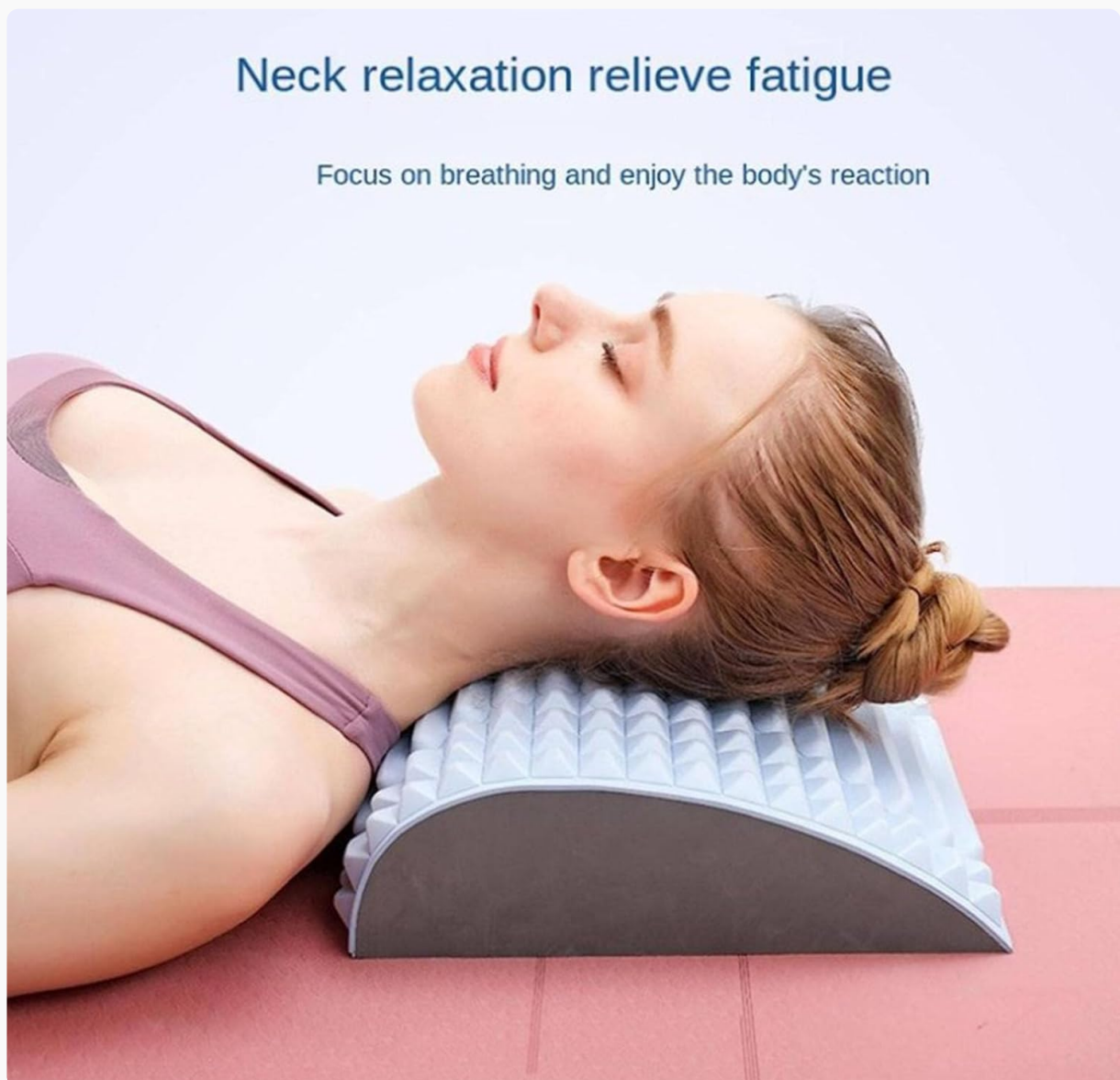


Image: A user demonstrating the correct posture for neck relaxation using the Acemend Refresh device.

## 5.2. For Back and Lumbar Stretching

1. Place the device on a flat surface.
2. Slowly lie down on your back, positioning the device under your lower back (lumbar region) or upper back, aligning the curve with your spine.
3. Ensure your spine is centered along the device's groove.
4. Relax your body, breathe deeply, and allow your back to gently arch over the device.
5. Maintain this position for 5-10 minutes.

### Curved stretch for pain relief

Let the waist remove the "heavy responsibility"

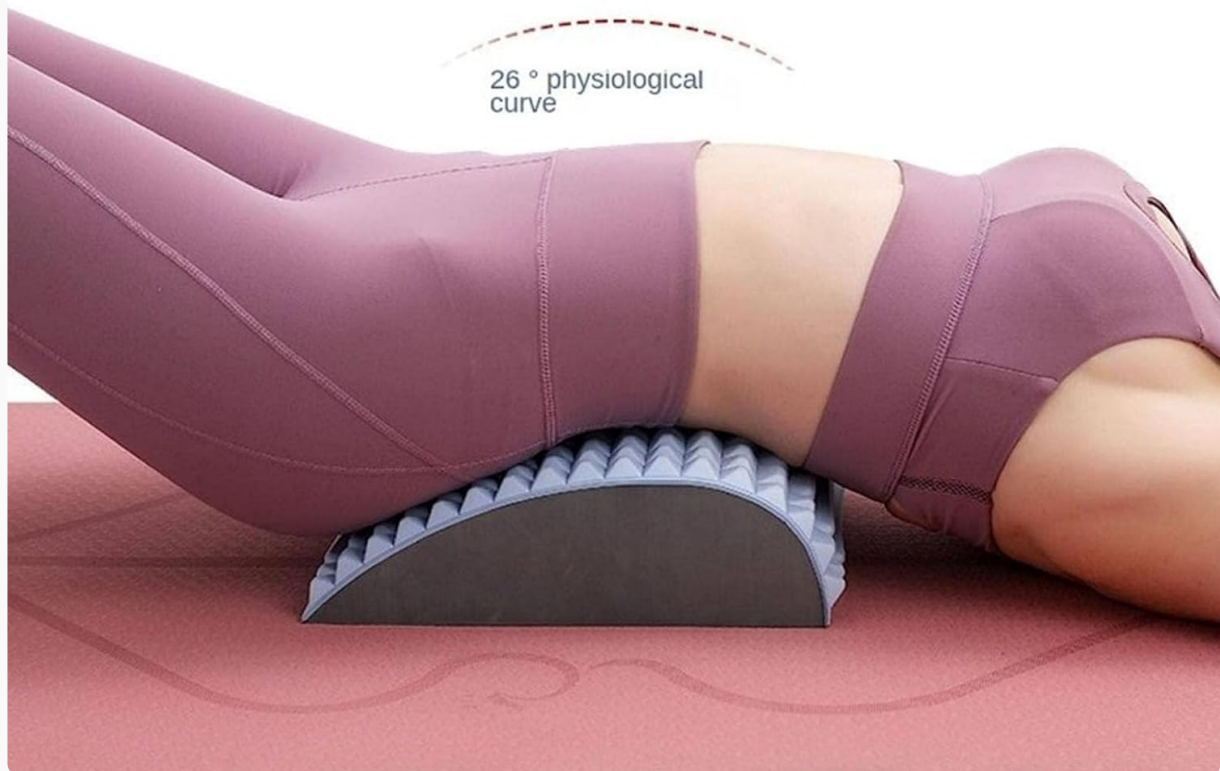


Image: A user demonstrating the correct posture for lumbar stretching and pain relief using the Acemend Refresh device, highlighting the 26-degree physiological curve.

**Important:** Always get up slowly from the device to avoid dizziness or muscle strain. Roll to your side and use your arms to push yourself up.

## 6. MAINTENANCE AND CARE

To ensure the longevity and hygiene of your Acemend Refresh Neck & Back Stretcher:

- **Cleaning:** Wipe the device with a damp cloth and mild soap. Do not use harsh chemicals or abrasive cleaners.
- **Drying:** Allow the device to air dry completely before storing.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

Issue	Possible Cause	Solution
Discomfort during use	Incorrect positioning, starting with too long a session, or pre-existing condition.	Adjust position, reduce session time, or consult a physician if discomfort persists.
No noticeable effect	Inconsistent use, insufficient session duration, or severe underlying condition.	Use consistently for 10 minutes daily. Ensure proper positioning. Consult a physician if no improvement.
Device feels too hard	Initial stiffness, or sensitive back/neck.	Place a thin towel over the device for added cushioning during initial uses. Gradually remove as comfort increases.

## 8. SPECIFICATIONS

- **Product Dimensions:** 11.81 x 9.64 x 3.54 inches (30 x 24.5 x 9 cm)
- **Item Weight:** Approximately 10 pounds (4.5 kg)
- **Applicable Parts:** Head, Neck, Waist, Hip, Leg, Back



Image: Technical drawing showing the dimensions of the Acemend Refresh device.

## 9. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your Acemend Refresh Neck & Back Stretcher, please refer to the retailer's return policy or contact the manufacturer directly through the contact information provided at the point of purchase. Please retain your proof of purchase for any warranty claims.