

## ASSEMBLY INSTRUCTIONS

### Firstly Assemble the Back Stretcher:



Step 1: Align the corresponding wide sides of the pad, arch support, and baseboard.



Step 2: Attach pad to support the support arch.



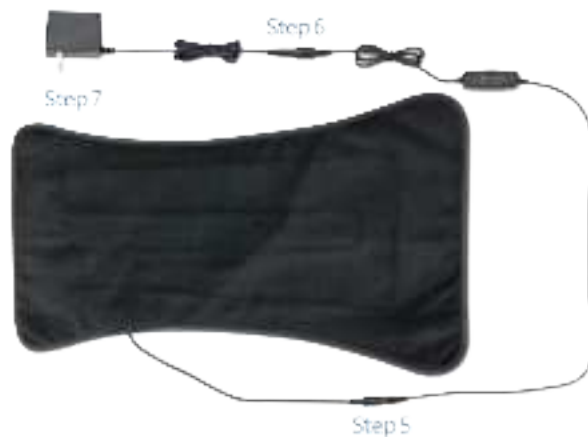
Step 3: Choose a suitable height setting at the narrow end.



Step 4: Fix the narrow end of the skirting board to the knee and insert the wide end of the arch board into the single slot.

- If you want to use a foam pad, just exchange STE-2 into insert foam into the board bottom.
- Due to the flexibility of the arch support itself, it may bend a little over a long period of time in gear 3 or 4, so that it does not fit well in gear 1 or 2. You just lie down in gear 1 or 2 and use it for a while, and it will recover.

Then connect the thermostat of heating pad for using:



Step 5: Connect the heating pad to the digital controller.  
Step 6: Connect the digital controller to the AC/DC adapter.  
Step 7: Plug the AC/DC adapter into the outlet.  
Now the Heating Back Stretcher is assembled.

Time Settings

Temp Settings

Power Switch



## CONTROLLER INSTRUCTIONS

### ON/OFF & HEAT:

- Press the power button to turn on the unit, the temperature and time indicators will show green light.
- Each time the power button is pressed, the temperature light will turn in the corresponding color sequence: green (40°C/104°F), yellow (50°C/122°F) and red (60°C/140°F). At the red light, pressing the power button will turn off the thermostat.

### TIMER:

- After adjusting to the appropriate temperature, press the time button, the time indicator will run in the following sequence: green (15 minutes), yellow (30 minutes) and red (60 minutes).

## USAGE INSTRUCTIONS:



1: Adjust the stretching posture, relax as much as possible, and breathe normally. Bend your knees.



2: Lying on your side with your obliques resting on the stretcher and elbow in the ground, lift your leg up and away from the other. Slowly lower your leg back down and repeat 5-10 reps for 4 sets, repeat for each leg.

## WARNING

1. Do not use while asleep.
2. Do not use if the arch support or baseboard is broken or cracked.
3. Do not fold pad and apply weight.
4. Do not use pins, nails, screws, or any other metallic means to fasten this pad in place.
5. Do not machine wash( Hand Washable only ).
6. If you have physical illness, back injury or have surgery done recently, make sure to consult doctors before using this product.
7. Pregnant women should consult doctor before use.
8. Anyone with diabetes, poor blood circulation or with disabilities should consult their physician before use.

### DISCLAIMER NOTICES

In the process of the preparation of this manual, we have sought to make the content correct and complete. However, there is no guarantee that there are no errors or omissions in the manual.

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### WARRANTY CLAUSES

Damage caused by failure to follow the instructions, human factors, force majeure, etc. is not covered by warranty.  
Maintenance cost will be charged for product out of warranty.  
You can register for your free warranty on [www.IGIA.com](http://www.IGIA.com).

Customer Service Phone: 516-653-0666  
Email: [Sales.IgiaNY@gmail.com](mailto:Sales.IgiaNY@gmail.com).  
Individual results may vary. This product has not been evaluated by the FDA.  
The product color or appearance may vary.



# THERMOSTRETCH™

## FAR INFRARED HEATING BACK STRETCHER

Read the instructions before using



## FEATURES

- Far-infrared Heated Therapy
- 3 Height Adjustment
- Crystal Velvet Cushion
- Thick and Tough ABS Material
- Convenient Controller