



PosturePad™ Junior / Adult

User Guide

Thank you for your Jolly Back PosturePad purchase. To ensure you get the best from your Jolly Back® PosturePad Junior / Adult please read the following information and retain for future reference.

1. Correct Sitting

The PosturePad has been designed by a Chartered Physiotherapist to open up the angle between your body and legs when sitting. This increased angle encourages the natural inward curve of the lower back (lumbar lordosis) to remain and leads to more comfortable sitting.

(i) To ensure you are sitting correctly on the floor

Position the PosturePad on a level floor surface. Secure it by hand as you slowly lower down to sit on the highest part of the wedge (back). You can sit with your legs crossed or straight out in front of you – as you feel comfortable.

(ii) To ensure you are sitting correctly on a chair

The PosturePad should ideally open up the angle between the user's legs and body to greater than 90°. The PosturePad must only be used on a static (not swivel or mobile) chair which has a flat seat base larger than the base of the PosturePad.

The PosturePad must be fully supported by the chair on which it is placed. The non-slip mat provided must be placed flatly between the supporting seat and the base of the PosturePad. The user's feet must be flat on the floor to ensure stability. Test the PosturePad by hand to ensure it is secure. Slowly lower down to sit on the deepest part of the wedge (back).

2. Maintenance and Care

The high performance fabric is water-resistant, breathable and non-allergenic (Oeko Tex Class 1). Oil and water based spills can be blotted up with a clean cloth. The cover can also be removed for washing as indicated by its label (Machine washable 30°, cool tumble dry, low iron).

3. Intended Use

The Jolly Back PosturePad is intended to be used as a sitting or kneeling aid for adults and children. A level of supervision appropriate the user's ability should be applied at all times. When using as a kneeling aid, kneel on the shallowest (front) part of the cushion. For use on a chair, it is recommended children are at least 6 years.

To ensure the safety of yourself and others:

- Keep away from fire
- Ensure the PosturePad is stored safely when not in use.
- Ensure the PosturePad is in a secure position before and whilst the user sits down and stands up from it.
- The PosturePad must be fully supported by the surface on which it is placed. When used on a chair, the user's feet must be in full contact with the floor.

4. Warranty

Under normal wear and tear conditions, a 1 year manufacturer's warranty is provided.

5. Environmental Impact

The Jolly Back PosturePad Junior / Adult is manufactured entirely within the UK, using processes to minimise its carbon footprint. It is at least 95% recyclable.

For further queries, information, products or to share your feedback, please contact: your approved stockist or Jolly Back www.jollyback.com. We hope you enjoy many years of use!