

0.25" radius corners

BACK

FRONT



How To Wear



1 Hold the Posture Doctor™ with the inside facing you



2 Put on the Posture Doctor™ like a back pack



3 Pull straps upward to tighten until your shoulders pull back, then attach



4 Enjoy improved posture & relief with Posture Doctor™!

Adjustable



Adjust the back strap up or down to desired fit and comfort

To watch a video on how to effectively use Posture Doctor™, go to:

PostureDoctorHowTo.com



Thank You For Your Purchase!

You have taken the first step toward improving your posture and relieving neck, back & shoulder strain!

Simply put on Posture Doctor™ and tighten the straps until you feel it gently pull back your shoulders. There may be slight discomfort until you get used to wearing it, so start wearing for 20-30 minutes a day and gradually increase duration with comfort. Tighten the straps periodically to pull your shoulders further back, until shoulders lay flat against the wall (See Fig. 1). Over time, your body should build muscle memory to maintain correct posture without the Posture Doctor™. Wear it when you feel yourself begin to slouch.

If you feel pain while wearing Posture Doctor™, loosen the straps. If you continue to feel pain or experience a rash, swelling or numbness, discontinue immediately.

Fig. 1



Care & Washing Instructions:

Hand wash cold with mild soap/detergent. Air dry only.

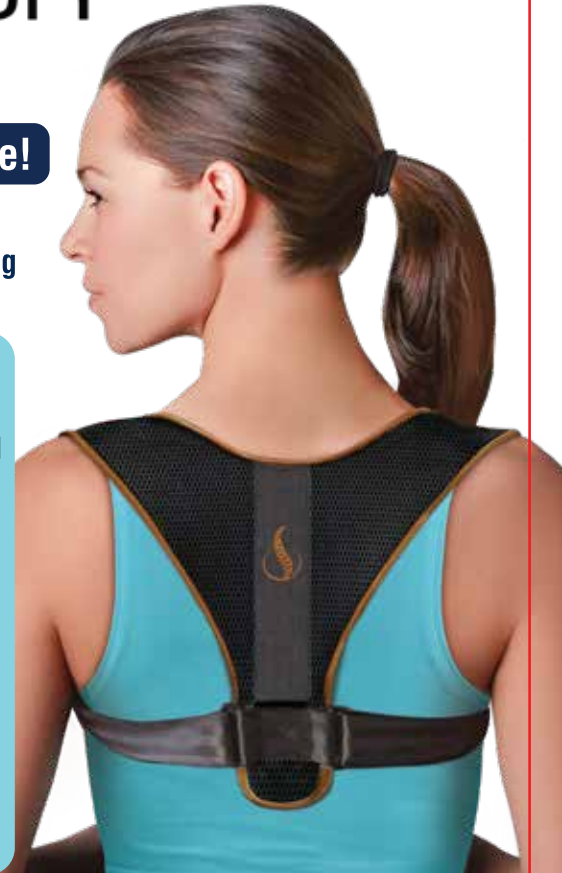
Customer Service:

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BOARD

230gsm SBS



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