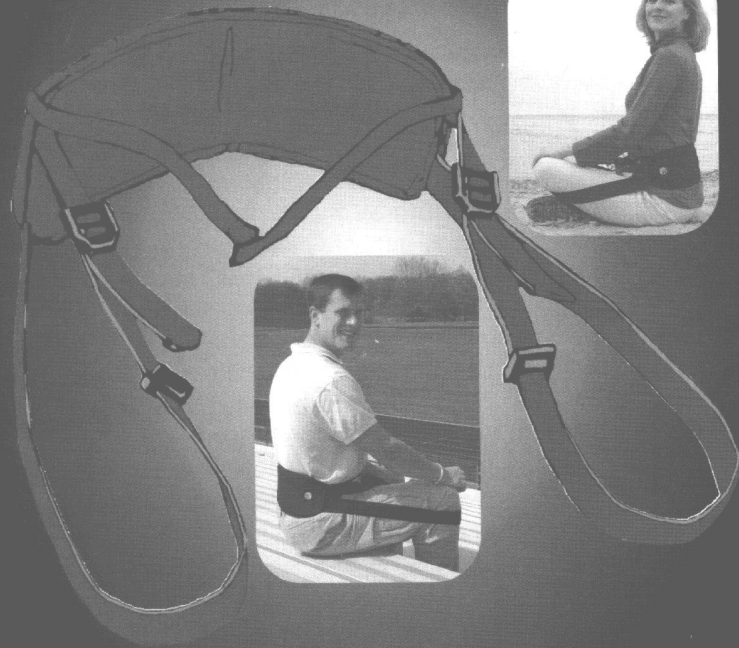
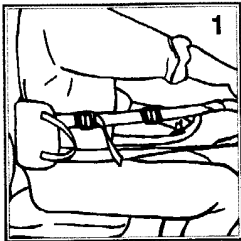


by Nada-Chair

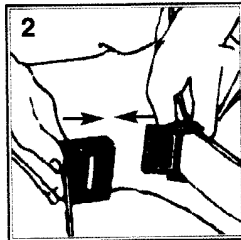
# Slouch!Buster™



*Instruction Manual*



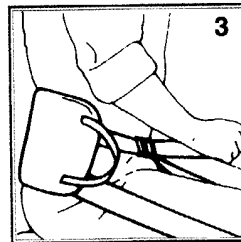
1. Place the *Slouch!Buster* around your lower back. The buckles must be positioned on the top strap (**Figure 1**).



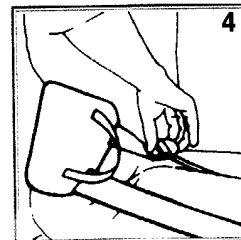
2. Making sure the straps are untwisted, place the loops over the knees.

3. Locate the straps just below the knee and engage the slideable buckles between the knees. (**Figure 2**)

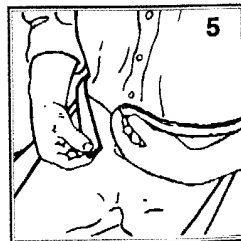
4. Tighten the straps by leaning forward and pulling at the same time. (**Figure 3**).



5. Too tight? Simply loosen by lifting the front edge of each adjustment buckle. (**Figure 4**).

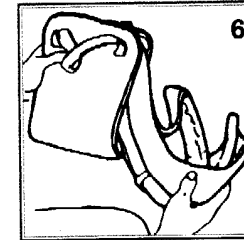


6. Detach the lower edge of the carry handles from the hook & loop tabs on each side and fasten them around your waist (**Figure 5**). Now when you get up, the *Slouch!Buster* will stay positioned around your waist.

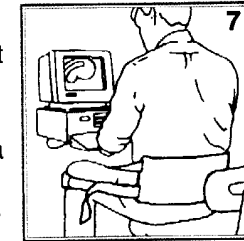


**WARNING: DO NOT USE FOR DRIVING!**  
For driving, inquire about our LumbarJack

7. To take the *Slouch!Buster* off, first disengage the knee buckle (**Figure 2**) by pushing the button and pulling it apart, then take the straps off your knees.



8. To re-pack your *Slouch!Buster*, first zip two sides to make a pouch. Reattach the belt/carry handles on the hook & loop tabs. Finally, stuff the straps and buckles together into the pouch and zip up the last side. (**Figure 6**).

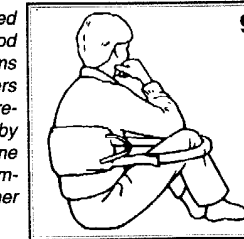


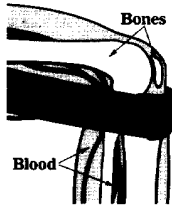
9. You can use your *Slouch!Buster* in a combination of different sitting positions: On any chair, stool, bench, stadium or airline seat (**Figure 7**); crosslegged on the ground (**Figure 8**); or with your legs uncrossed and knees up (**Figure 9**). Note: You don't need to clip the knees together when sitting crosslegged.



**Care Instructions:** Hand-wash warm and line dry. Heat may damage foam.

**One Year Limited Warranty:** These products are guaranteed to be free of defects in material and workmanship for a period of one year of normal use. If you experience any problems during this period, please contact Nada-Chair at the numbers below and we will replace or repair the product at our discretion. Warranty does not cover misuse or damage done by intentional or accidental means. Nada-Chair cannot assume any responsibility, special, indirect, or consequential damages, or contingent liability for use of this product in a manner not expressly intended by the manufacturer.





**Q: Will the Slouch!Buster cut off circulation to my legs?**

**A:** No, the circulation for your legs passes behind the knee. The pressure for the straps is placed on the shin bone that can take pressure without cutting off circulation.

**Q: How long is it recommended to wear the sling?**

**A:** With sensible breaks, the sling can safely be worn all day. While most report immediate and complete relief from back pain due to slouching, support benefits continue as long as the sling is worn. As with any new product, you will need to experiment making optimal adjustments to allow the longest sitting period.

**Q: Will use of this product weaken my back muscles?**

No. Doctors internationally use Nada-Chair products to teach their patients to sit properly. They stress the importance of protecting your intervertebral discs by maintaining good posture while sitting. Without the Slouch!Buster, back muscles will fatigue over time causing you to slouch. This can cause serious disc deformation. Once discs degenerate, the loss is permanent. The Slouch!Buster acts like an extra muscle that never tires, keeping your discs healthy and secure.

**NADACHAIR**

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Patents: US #4773106, #5001791, #5083554, #5235714, UK #2233211, NZ #232126,

AUS #632084, ROC #54187, PRC #8920904.3x, EP #0421045B1, DE #69013111T2,

MEX #165130, KOR #96761, other patents pending.

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