

# User's Quick Guide

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Dear User,

Our mission is to provide patients suffering from different types and degree of degenerative spinal disease (most commonly spinal hernia) with a tool and method that not only significantly decreases the core symptoms and therefore the burden of illness, but also helps eliminating the causing and maintaining factors of spinal disease. Thus a real and long-term improvement becomes possible for an illness that has been causing significant disability and poor quality of life in the population.

## Preparation

Please put a fleece blanket on the Bat Bench, to assure your body can easily slide during the process and that you avoid sticking to the Bench's surface. We recommend you our Bat Bench fleece blanket, specifically designed for our product. The Bat Bench fleece blanket is warm, soft and comfortable, [click here](#) to find out more.

Please secure the ankle holders onto your ankles – or have it secured by your therapist or assistant in case of any difficulties – and secure the hooks to the hanging rod. Make sure that all the velcro items are fully and securely fixed. The ankle holders do not have to be tight; it is enough if they fit you comfortably. Please always keep the velcro clean to *preserve* their *adherence*. It is best to store the holders in closed position, like you put them onto your ankles, so they will keep their original form and strength.

The position of the hooks is depending on the position of the patient – laying on the back, on the side or prone. Set the hanging rod according to your height. The center of gravity should fall to the tilting point of the Bat Bench, otherwise malfunction can occur.

## Operation Mode of use

Lie onto the Bat Bench and *secure* the hooks to the hanging rod. Please only start the engine if you are sure that both hooks are secured. Relax all your muscles, release stress and if possible, listen to some relaxing music. For a more relaxing stretching please find a relax mix [here](#).

Start tilting with a maximum of 5-10° and wait until your body gets used to this position. Remember to listen to your body's feedbacks. After a few minutes your body will compensate the increased blood supply in your head (you can support the compensation by putting your hands under your head instead of leaving them beside your body). If you feel comfortable proceed by 5-10° more. Always wait until your body can compensate the increased blood supply. If you experience any discomfort or pain please immediately stop the treatment and go back to that particular angle where you felt most comfortable. According to our experiences, you do not have to go over 30-40° in tilting. The best is when you feel relaxed and the stretching is comfortable. On those particular points of the spine where the disease occurred you can feel a bit more intense stretching but it must not be painful. The spine can be stretched only to a certain point each day, therefore we should not go to any extremes with it. If we find the perfect angle, we should lie there for about 5-15 minutes, as long as it is comfortable for us. Your body will give you the feedback about how much stretching is optimal for that day. Follow the gradual

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way of going back to the starting position and always wait until the body can get used to the blood supply change.

When you reached the starting position, rest a bit on the Bat Bench. Sit up slowly on the bench and remain seated for a few minutes. It allows time for the body's compensation process. After using the Bat Bench please turn off the power switch. You can repeat the stretching twice or more within the same day if you feel comfortable with it. In case of slight over-stretching you may feel low degree muscle soreness the next day, but it will fade away quickly in a few days.

Please always mind the above mentioned guidelines to avoid any injuries. Always operate the Bat Bench gradually and adjust it to your body's feedbacks. Never force any uncomfortable laying position. A pillow may be needed when lying on the back to ease the pain in the lower lumbar section of the spine, or in prone position underneath your hips. We recommend you our special Bat Bench branded round pillow, for more information, please [click here](#).

All the above mentioned is for your kindly information. If you have any questions please turn to us directly to avoid any injury. We will help you use the Bat Bench safely and effectively. Contact us by [clicking here](#).

Have a great stretch!

Attila Bujdák and the Bat Bench Team