

WONDER-ROLL®

by

SELF-INFLATING BACK SUPPORT™



Order Online at: www.Wonder-Roll.com

Phone: 800.523.0912
Fax: 800.523.0914
www.Wonder-Roll.com
Email: sales@gnr-inc.com
2341 NE 29th Avenue
Ocala, FL 34470

This state-of-the-art product converts any chair into an ergonomically correct and impressively comfortable seat.

The Wonder-Roll helps to counteract poor posture and maintain a proper lumbar curve while seated, thereby decreasing strain and relieving discomfort.



**GREAT
FOR THE
OFFICE!**

This unique, self-adjusting, self-inflating lumber roll can be automatically adjusted to fit your individual shape, size and weight. Simply lean against the device, opening the valve to set the correct density, and closing the valve to maintain the pressure.



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WONDER-ROLL® Offers Multiple Uses: In addition to use as a lumbar support, Wonder-Roll can be used for cervical (neck) support. This is the beauty of our product, you can adapt it to almost any situation with just a "twist" of the valve.

DIRECTIONS FOR USE

To Inflate: When you first open your Wonder-Roll, it should be in the inflated state. If not, to inflate your roll: open the valve by turning counterclockwise. Air will be "sucked" into the roll inflating it automatically.

To Position: Using the attached belt position the roll on the seat of your choice with the belt in the back and the roll facing you. Sit down on the seat until your back is all the way against the roll and the back of the chair. Now lean forward to adjust the position of the roll at the belt line level. Sit upright and you should feel the pressure from the roll in the small of your back.

To Adjust: Reach back with your right hand (or turn around and use both hands) and release the valve by twisting it counterclockwise. Lean backwards against the roll forcing the air out. When the roll pressure feels comfortable to you, close the valve by turning it clockwise. The Wonder-Roll is now adjusted to your shape and the specific chair you are using. To readjust the firmness or for use in another chair, repeat the process.

To Deflate: Open the valve and compress the roll. When fully compressed, close the valve and the roll will remain deflated. At this point you can roll it up or flatten it to take the Wonder-Roll with you wherever you go.

GENERAL INFORMATION

Initial Use: Upon initial use of the Wonder-Roll you may experience increased discomfort in the lower back. This discomfort is temporary and subsequent to assuming a new position and should subside in a day or two. If back discomfort persists, we suggest you discontinue using the roll and contact a health care provider.

Cleaning: The belt can be machine washed in cold water and air dried. The roll can be hand washed with mild soap and water.

Storage: To prolong the life of your Wonder-Roll, particularly when not in use, keep the roll in its inflated state with the valve open.

Air Travel: As cabin pressure decreases, the Wonder-Roll will continue to inflate. You should, therefore, relieve the pressure by periodically opening the valve. We suggest that for proper use the Wonder-Roll be deflated or have the valve open during flight.

PRODUCT SPECIFICATIONS

Valve: Self adjusting plastic.

Belt: 40" long x 1" wide black woven elastic with black plastic buckle.

Total Shipping Weight: 1 lb.



Slouched
Spinal Posture



Correct
Spinal Posture
with
Wonder-Roll

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