

SWEDISH BALANCE CUSHION by Freemee

Read this before using the Swedish Balance Cushion.

Consult your physician before using the Swedish Balance Cushion.

SET-UP

1. Remove the Swedish Balance Cushion from the box and check for any damage from shipping.
If damaged, don't use the Swedish Balance Cushion.
2. Place the Swedish Balance Cushion on an office chair, regular chair or stool with a smooth surface. Make sure that the Swedish Balance Cushion is placed in the middle of the chair.
3. Your Swedish Balance Cushion can now be used. Get familiar with the Swedish Balance Cushion and sit down carefully to decrease risk of injury. You sit on the chair with your back in a 90 degree angled position with your feet 5 inches apart placed on the floor.
4. Keep the Swedish Balance Cushion away from children and others that may not understand the importance of how it is being used.

CARE

1. When washing the Swedish Balance Cushion, carefully unzip the cover and remove the foam and the rubber bubble.
2. Hand wash the Swedish Balance Cushion with warm soapy water. Do not use any cleaning tools or chemicals that may damage the Swedish Balance Cushion.
3. Do not deflate the Swedish Balance Cushion.
4. Always check the Swedish Balance Cushion for any damage before each use. Do not use the Swedish Balance Cushion if damaged in any way.

SAFETY

1. The Swedish Balance Cushion is not suitable for everyone. Consult your physician before using the Swedish Balance Cushion and/or any other Freemee products.
2. Only use the Swedish Balance Cushion as instructed from your physician.
3. Use the Swedish Balance Cushion on a smooth surface.
4. Stop using the Swedish Balance Cushion immediately if you feel any pain or discomfort in any parts of your body.
5. The Swedish Balance Cushion and/or any other product from Freemee are sold with no guarantees or warranties of any kind.
6. Do not let anybody else use the Swedish Balance Cushion.
7. Use the Swedish Balance Cushion for a short time in the beginning to get used to the feel and to train your muscles.

Stop using the Swedish Balance Cushion if feeling any pain or discomfort in any part of your body. Using this product may cause injury to any part of your body. Use this product with caution and at your own risk.

The manufacturer, distributor and retailer for the Swedish Balance Cushion and/or any other product from Freemee disclaim all and any loss, damage and liability caused by its use.

Please visit Freemee at www.backhomestore.com for questions and more information about the Swedish Balance Cushion by Freemee.

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