

HOW TO ADJUST YOUR THERAPOD™

STEP 1 Unzip the back cover to adjust the elastic straps.

STEP 2 Your Therapod™ product is fitted with four adjustable straps, each one fitted to the flexible Therapod 'shell'. These straps relate to three specific areas of your back:

STRAP A - THORASIC
UPPER BACK / SHOULDERS



STRAPS B & C - LUMBAR
MID BACK



STRAP D - SACRUM
LOWER BACK

STEP 3 To correctly reposition each of the four straps, pull each strap straight-out from the Therapod™, and then pull to the left across the shell.

STEP 4 The further you pull the strap across the shell, the greater the tension and support you are applying. Tighten the straps to obtain precise spinal support where you need it.

ADJUSTING YOUR RATCHET BACK REST

STEP 1 To correctly position the back height (lumbar support) place both hands on either side of the back rest and lift up until you hear an audible 'click'. Use your foot to hold the chair down.



STEP 2 The back rest will continue to 'click' up through different height intervals as you lift it.

STEP 3 Once you reach the top height, the ratchet mechanism will disengage and the back rest will become loose.

STEP 4 To re-engage the back rest, place both hands on either side of the back rest and push down until you hear an audible 'click'. You can now re-adjust the back rest up and down as required.

Please note: there is no right or wrong position. It is a personal matter as to where the lumbar support is required for your back.

HOW TO ADJUST CONTROL FUNCTIONS

LEVER A operates seat height. Lift this when body weight is removed from the chair to raise seat height, or when body weight is placed on seat to lower height.

LEVER B adjusts the angle of the seat. Lift this lever and shift your body weight backwards and forwards to adjust. Release lever when desired angle is achieved.

LEVER C adjusts the angle of the back. Lift this lever to adjust by leaning backwards on the backrest. Release lever when desired angle is achieved.

