

PRODUCT CARE



Hand wash with mild detergent and water below 30°C without wringing.



Dry in shade on a flat surface.



Do not dry-clean.



Do not Iron.



Do not bleach.

EC REP

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Symbol Explanation :



Batch code



Manufacturing date



Manufacturer



Catalogue number

tynor

Tynor Orthotics Pvt. Ltd.

169-170, Sec 82, Ind. Area, JLPL, Mohali-160 055, (Pb) India
e-mail: marketing@tynorindia.com • www.tynorindia.com
Customer Care : 0091-172-5288111

ISO 9001 | CRSL | W.H.O. G.M.P. | ISO 13485 | CE | US FDA registered

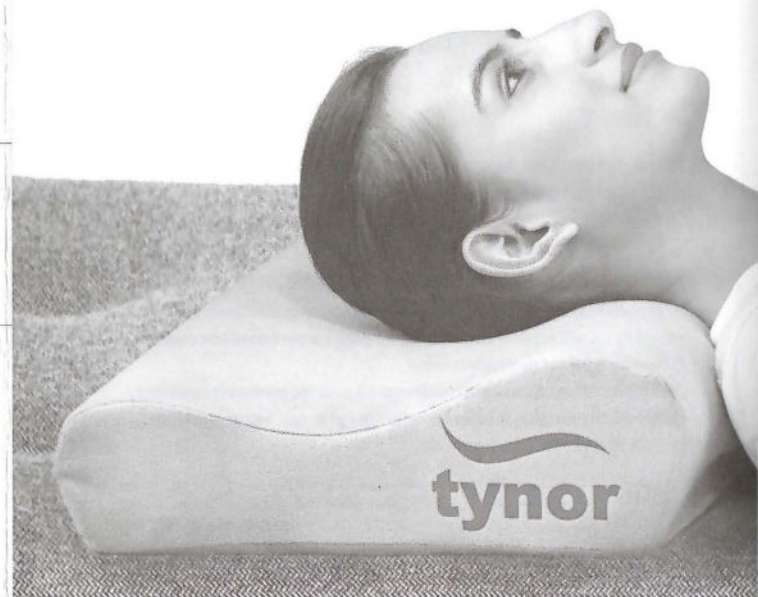
www.tynorindia.com

tynor

Contoured Cervical Pillow

कंटूर्ड सर्विक्ल पिलो
Almohada Cervical Contorneada
Oreiller Cervical Contouré
الوسادة العنقية المنحنية كونتورد

REF B 19



UM-B19-18-1

USER MANUAL

How To Use
Cómo Utilizar



कैसे उपयोग करें
Comment utiliser
كيفية الاستخدام



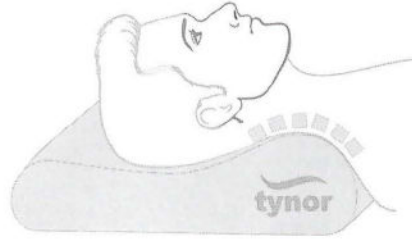
- The low height profile is recommended for small necked persons and the bigger height profile is recommended for large necked persons. Choose the right profile.
- छोटे गर्दन वाले व्यक्तियों को कम ऊँचाई वाले प्रोफाइल और बड़े गर्दन वाले व्यक्तियों को ज्यादा उँचाई वाले प्रोफाइल के उपयोग का सुझाव दिया जाता है। सही प्रोफाइल चुनें।
- Se recomienda el perfil de baja altura para personas con cuellos cortos y se recomienda el perfil de mayor altura para las personas con cuellos más largos. Elija el perfil adecuado.
- Le profil de faible hauteur est recommandé pour les personnes à petit col et le profil de plus grande taille est recommandé pour les personnes au cou grand. Choisissez le bon profil.

• ينصح باستخدام الوسادة ذات المقطع الجانبي منخفض الارتفاع للأشخاص ذوي العنق الصغير، وينصح باستخدام الوسادة ذات المقطع الجانبي الأكبر في الارتفاع للأشخاص ذوي العنق الكبير، اختر المقطع الجانبي الصحيح.

How To Use
Cómo Utilizar



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- Lying in the supine position adjust the pillow so that the round profile goes deep under the neck and head is placed in the middle of the concavity of the crescent shape of the pillow.
- गलत स्थिति में होने पर तक्रिए को इस प्रकार समायोजित करें कि राउंड प्रोफाइल गर्दन की गहराई में चला जाए और सिर तक्रिए के ऊपरी गोलाकार आकृति के अवतलता के बीच में रखा जाए।
- Colocarse en la posición supina ajusta la almohada de forma que el perfil redondo se coloca muy debajo de su cuello y la cabeza se coloca en medio de la concavidad de la forma creciente de la almohada.
- Allongé en décubitus dorsal, ajustez l'oreiller de manière à ce que le profil rond passe profondément sous le cou et que la tête soit placée au milieu de la concavité de la forme en croissant de l'oreiller.

• اضبط في وضع الاستلقاء واضبط الوسادة بحيث يصبح المقطع الجانبي المستدير ثابت تحت الرقبة وتوضع الرأس في منتصف ثغر الشكل الهلال للوسادة.

Contoured Cervical Pillow

English

INTENDED USE :

Contoured Cervical pillow is anatomically shaped and designed to support the cervical spine in neutral position during sleep. Contoured Cervical Pillow keeps the neck in slightly hyper extension position while sleeping. This counters the stress and strain of the day by relaxing the muscles, where we tend to keep the neck in the opposite "Flexion" position. It cures the cervical problems while we sleep. Corrects the sleeping posture and straightens the spine.

CONSTRUCTION:

Molded out of high quality PU foam to an optimized density to provide firm but comfortable support to the neck and head. The anatomical design with two contours two different degrees of hyper extension to the neck. Choosing the right option of the two improves the comfort.

APPLICATIONS:

- Cervical spondylosis
- Back pain
- To correct snoring induced apnea.
- Waking headache
- Scapular or arm pain.
- Mild Sprain or Stiff neck.
- As a prophylactic aid for cervical problems.
- Can be used on surgical tables, recovery rooms and treatment tables.

RECOMMENDATION :

- Do not sleep on stomach if you have neck pain or cervical problems
- The use of additional removable cover is recommend to keep the pillow neat & clean.

INSTRUCTIONS:

- Use this product under strict guidance of a qualified doctor.
- Keep it under neck while asleep
- Adjust and position the pillow so as to give the neck slight hyper extension position and comfort.
- Discontinue use and seek guidance of a qualified doctor, in case of
 - Impaired sensation
 - Pain increases or persists
- Consult your doctor in case of concurrent use with any other medical device.
- Misuse or improper use of the device can lead to adverse effects and decreased effectiveness.
- Follow instructions mentioned on the box carefully.