Ways to Care for Your Back When Sitting.

- *Always avoid slouching.*
- *Use a lumbar backrest for postural support when needed.*
- *Only use a backrest that is comfortable, and / or recommended by your health care provider.*
- *Take periodic breaks from sitting. Stand, and take a short walk whenever possible.*
- *Stretch, and exercise as recommended by your health care provider.*
- *Feet should contact the floor completely when sitting.*
- *Use an adjustable footrest if feet dangle.*
- *You should have 2-3 inches of clearance between the back of your knees, and the front edge of the seat. A chair that is too deep reduces lumbar support, can contribute to slouching, and could lead to pain.*

Make the AirFit BackRest™ (AFBR™) Part of Your Spinal Care Program. Recommended Because the AFBR™

- *uses specialized technology that provides automatic self-inflation, and full adjustability for individualized comfort - and support. The AFBR™ can be repositioned, and readjusted for firmness, to levels that are right for you.*
- *weighs less then 6 ounces, and works as a portable ergonomic seating system, wherever, and whenever needed. The AFBR™ can be used in the car, on a plane, at home, in the office, at the theater, and in most seating situations.*
- *supports posture, and the natural curve of the low back. By improving alignment, the AFBR™ can help reduce stress, strain, injury, stiffness, soreness, and pressure in sensitive spinal joints, discs, ligaments, muscles, and nerves.*
- *can improve seating comfort, provide relief, help prevent future back pain, and complement your back care program. Using an AFBR™ can help you feel better, be less fatigued, and be more relaxed throughout the day, at home, work, and at play.*

Fits Just Right. Here's How.

1. *Scoot all the way back in the chair.*
2. *Lean forward, bending at the hips, not from the waist.*
3. *Place the AFBR™ horizontally at the level of the waistline (beltline).*
5. *Sit upright slowly as tolerated so that the lower back is completely supported.*
6. *Adjust firmness of the AFBR™ as desired.*
7. *Reposition the AFBR™ up or down an inch or so for maximum comfort.*
8. *Readjust firmness, and position of the AFBR™ from time to time.*
9. *Discontinue use, and consult your health care provider if pain persists.*
10. *For best results refer to the AFBR™ User Guide for detailed instructions, and always follow the recommendations of your health care provider.*

Please Print

Order Form

AirFit™ BackRest

Bill to / Ship to / Cardholder

Name _____

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Product	*Qty*	*Price Each*	*Total*
AirFit™ BackRest		*$39.95*	
AirFit™ Cover with Straps		*$20.95*	
AirFit™ Complete System		*$52.95*	
Accessory Strap		*$3.95*	
FREE Shipping & Handling		*Michigan orders add 6% sales tax*	
		Total	

Prices include FREE Shipping to most locations within the continental US. Please contact us for rush orders. Prices subject to change without notice.

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FitCare Products

6689 Orchard Lake Rd., Unit 356
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