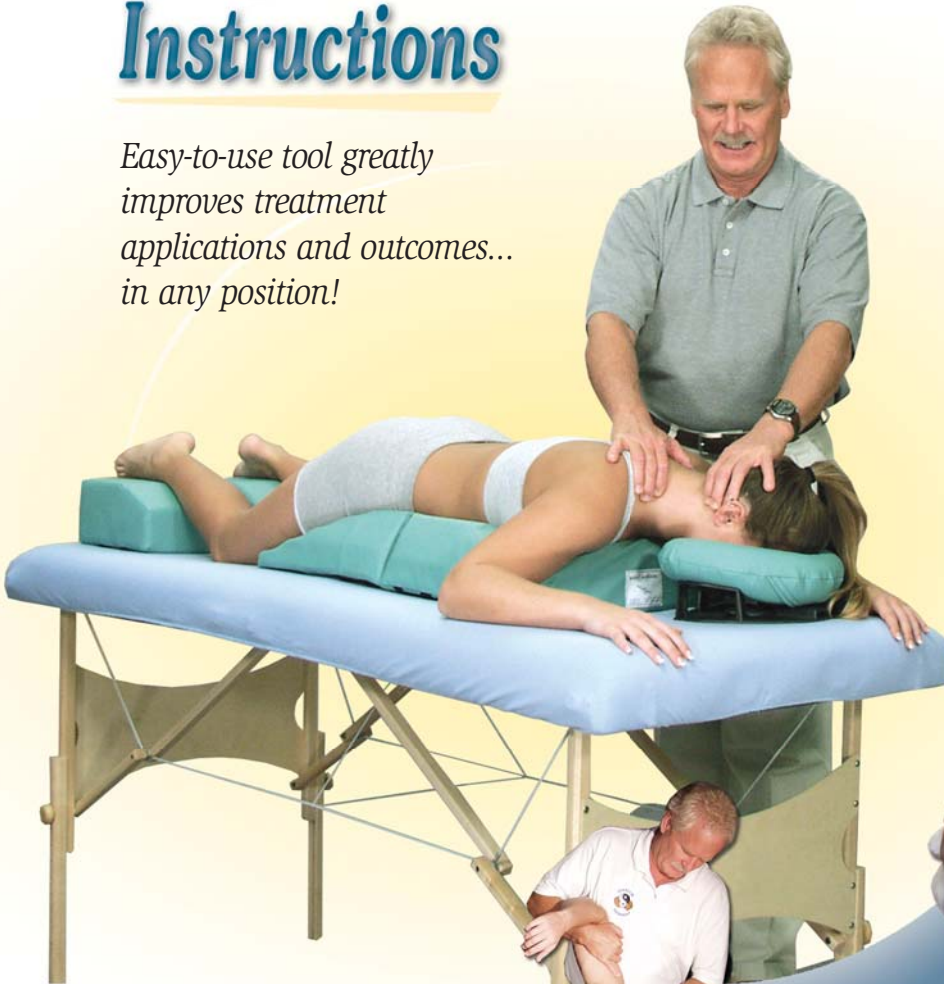


bodyCushion

Since 1986

Instructions

Easy-to-use tool greatly improves treatment applications and outcomes... in any position!



Made in the USA
US Pat. No. 5,054,142
Japan Pat. No. 3159458

*Simply applied...
Easy to use*

The **bodyCushion** is a tool that supports your clients in natural, relaxing positions. Clients experience greater comfort, thereby making them more receptive to treatment and allowing you to get better results with less effort.

The **bodyCushion** is adaptable to all kinds of therapies and treatments and can be used for everyone: men, women, pregnant women, children... even infants.

Whether you choose to use the **bodyCushion** face down only or choose to use all the positioning possibilities, the **bodyCushion** will prove to be a great asset in your practice.

For those who enjoy "live instruction," the following DVD's are available:

- **Basic Applications**
- **Positioning for Pregnancy**
- **Positioning for Soft Tissue Work**
- **Applying a Massage with the *bodyCushion***
- **New Approaches to Muscle Therapy**

Getting to know your bodyCushion...



"Fresh Air" base provides abundant airflow..



Place "Fresh Air" base flat on table



Face Crescent attaches with velcro

Face Support quickly adjusts for any face...



Adjust inward for a narrow face



or outward for a wider face

You'll love the versatility of the Split Leg Support...



Use under thigh to stabilize and support



Support knee(s) at a 90° angle



Remove one side to work leg flat



Support ankles when face down



Use under top leg when side lying



or between the legs

armRests support in any position...



Slides securely under **bodyCushion**



Stabilize arm for precise work



Use on both sides for additional comfort

Easily replace Chest Support with breastProtector...



Detach Chest Support



Attach **breastProtector** velcro to the Pelvic and Face Supports



Simply a must for face-down positioning...

- Supports without pressure
- Decompresses the spine
- Allows deep abdominal breathing



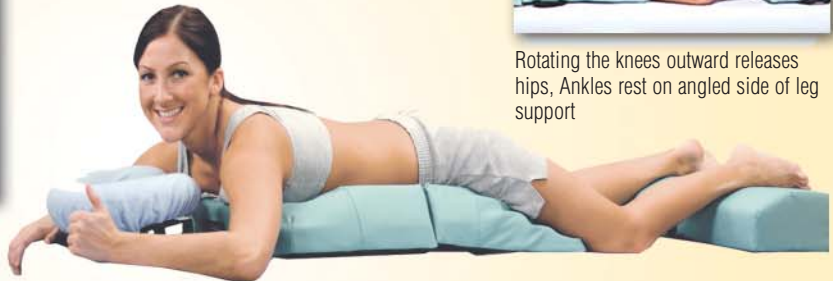
Getting on the **bodyCushion**



Rotating the knees outward releases hips, Ankles rest on angled side of leg support



Freely moveable **Face Support** allows lateral flexion of the neck



Position clavicles at highest point of **Chest Support** and ASIS at the highest point of the **Pelvic Support**



Arm placed at side allows scapulae to move laterally



Cover **bodyCushion** with sheet and place **Face Crescent** on top

Side lying:

- Suspends shoulder, alleviating pressure
- Aligns the spine



Separate **Chest & Pelvic Supports** to create space for the shoulder and arm



Place **Leg Support** between legs or under top leg (shown above)



Draping for side lying

Face up:

- Abdominal recess becomes spinal access, allowing you to work both sides of the spine without levering against the table
- Positioning allows for extended range of motion for the neck and arms



Access to the spine



Thighs rest on angled side of leg support, Drop down for hips alleviates pressure



Position head at end of **Chest Support** and sacrum on medial ramp of **Pelvic Support**



Breast recesses stabilize head during lateral flexion



Face Crescent Base under chest can correct for cervical extension

Seated:

- Lightweight & Portable
- Use in any chair
- Great for wheelchairs



Fold the Chest and Pelvic Supports together, then place on lap with Chest Support facing client's body



Adjuster Caddy Set:

- Create a dimensionally larger **bodyCushion** for larger bodies
- Position pregnant clients face down
- Increase decompression for the lumbar spine, relieving lower back pain
- Adjust the flexion and/or rotation of neck
- Fine tune comfort for all positioning challenges



2 Large Wedges (A): Elevate the pelvis to decompress the spine, allow more elevation for larger frames, adjust for frame variations, support the arms in a variety of positions, increase abdominal space for pregnancy (see back) and more...



2 Rectangular Adjusters (B): Made of softer density foam. Use on top of Large Wedges to increase lumbar and cervical flexion, allowing even more decompression for the spine and more abdominal space for pregnancy, or adjust for lateral flexion and extension when side-lying, fill in abdominal recess for narrow shoulders when face up and more...



1 Small Wedge (C): Used under the **Face Support** to adjust the flexion, extension and rotation of the neck, under the **Chest Support** when face up to elevate the chest and more...



4 Extenders (D): Used in between the **Chest** and **Pelvic Supports** to extend for longer torsos, add support in the side-lying position.



Changing positions:

Face Up to Face Down:



Client turns over as normal



With client on elbows and knees slide **bodyCushion** under torso



Replace **Face Support** and **Leg Support**

Face Down to Face Up:



Client on elbows and knees



Pull **Chest Support** to head end of table.



Head at or near top of **Chest Support**

Even easier method:



A table extender (or foot rest) can make turning over easier



Client turns without moving the **bodyCushion**



Table extender is removed with the **Face Support**.

To Side Lying:



Face down or face up, detach velcro



Separate **Chest** and **Pelvic Supports**



Client turns to side lying.

Pregnancy:

Although the **bodyCushion** affords a variety of positioning possibilities, we recommend using the position(s) appropriate to your own education and training. And, as always, communicate with your clients about their comfort throughout treatment.

The **bodyCushion** can be used face down until the abdomen reaches the table (usually part way through the second trimester). After this point, simply:

1. Move your client into the side-lying position (see side-lying instructions) or
2. Use **Adjusters** under the **bodyCushion** to continue face down (see below)

1st trimester:



Face down without **Adjusters**

2nd trimester:



Add 1 **Large Wedge** under each side of the **bodyCushion**

3rd trimester:



Separate the **Chest** and **Pelvic Supports** a few inches and add 1 **Rectangular Adjuster** on top of each **Large Wedge**



Care & Cleaning



Day-to-Day:

Cover the **bodyCushion** with a sheet, towel, or **bodyCushion Covers** to prevent contact with oil or lotion. Accumulations of oil or lotion will cause the vinyl to harden and crack over time. To remove oil or lotion, clean after use with a solution of mild soap and water, then dry with a soft, lint-free cloth or towel. For stubborn dirt or stains, use Formula 409™ or Fantastik™ and wipe with a wet cloth.



Sanitizing:

To sanitize your **bodyCushion** vinyl and Face Support Base, use a germicidal solution approved for use on vinyl and plastic. Do not use Armor All™, baby wipes, alcohol, or bleach on your **bodyCushion**.

Temperature:

Avoid subjecting your **bodyCushion** to extreme temperatures (above 95°F / below 32°F). When exposed to extremely cold temperatures, vinyl may become brittle. Always allow your **bodyCushion** time to warm up to room temperature before using.



Replacement Vinyl:

With proper care and cleaning, vinyl should remain in good condition for many years. However, if vinyl is punctured or otherwise damaged, replacement vinyl covers are available for purchase.



Warranty

*All warranties are limited to manufacturing defects. If product fails under conditions of reasonable care and appropriate use, replacement components will be sent to owner. Upon receipt of replacement part, owner may be asked to return the "failed" part to **Body Support Systems, Inc.** for inspection.*

Foam: Lifetime limited - Guaranteed never to go flat!

Vinyl: 2-year limited

Face Support Base: 2-year limited

Contact: Body Support Systems, Inc.
(800) 448-2400 or (541) 488-1172

