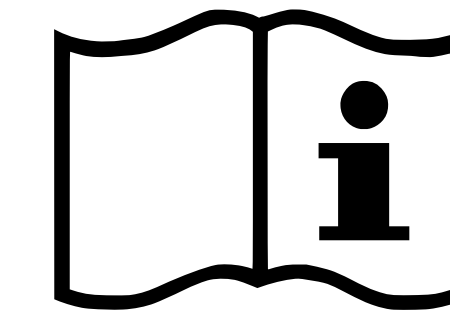


## Directions of use



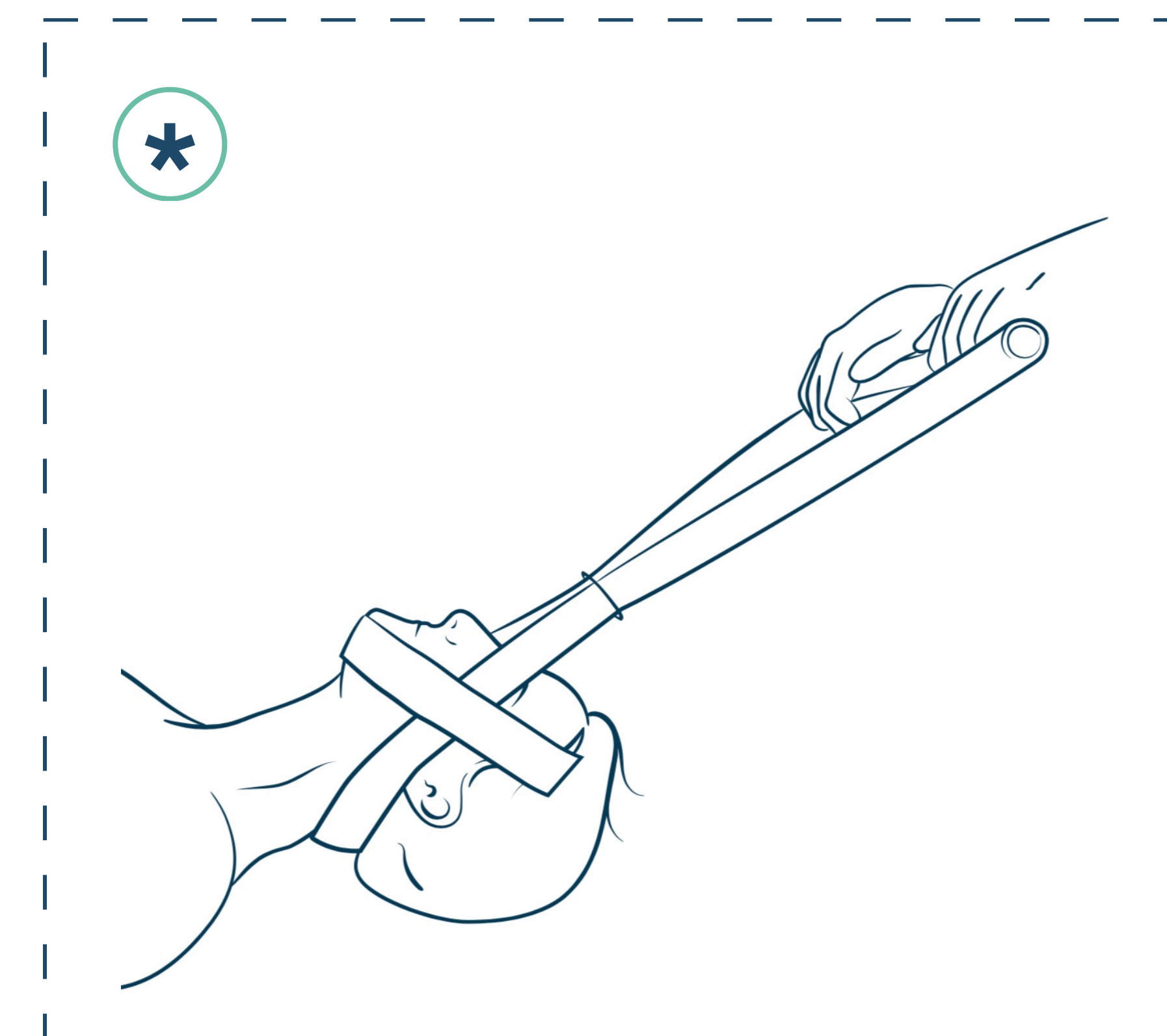
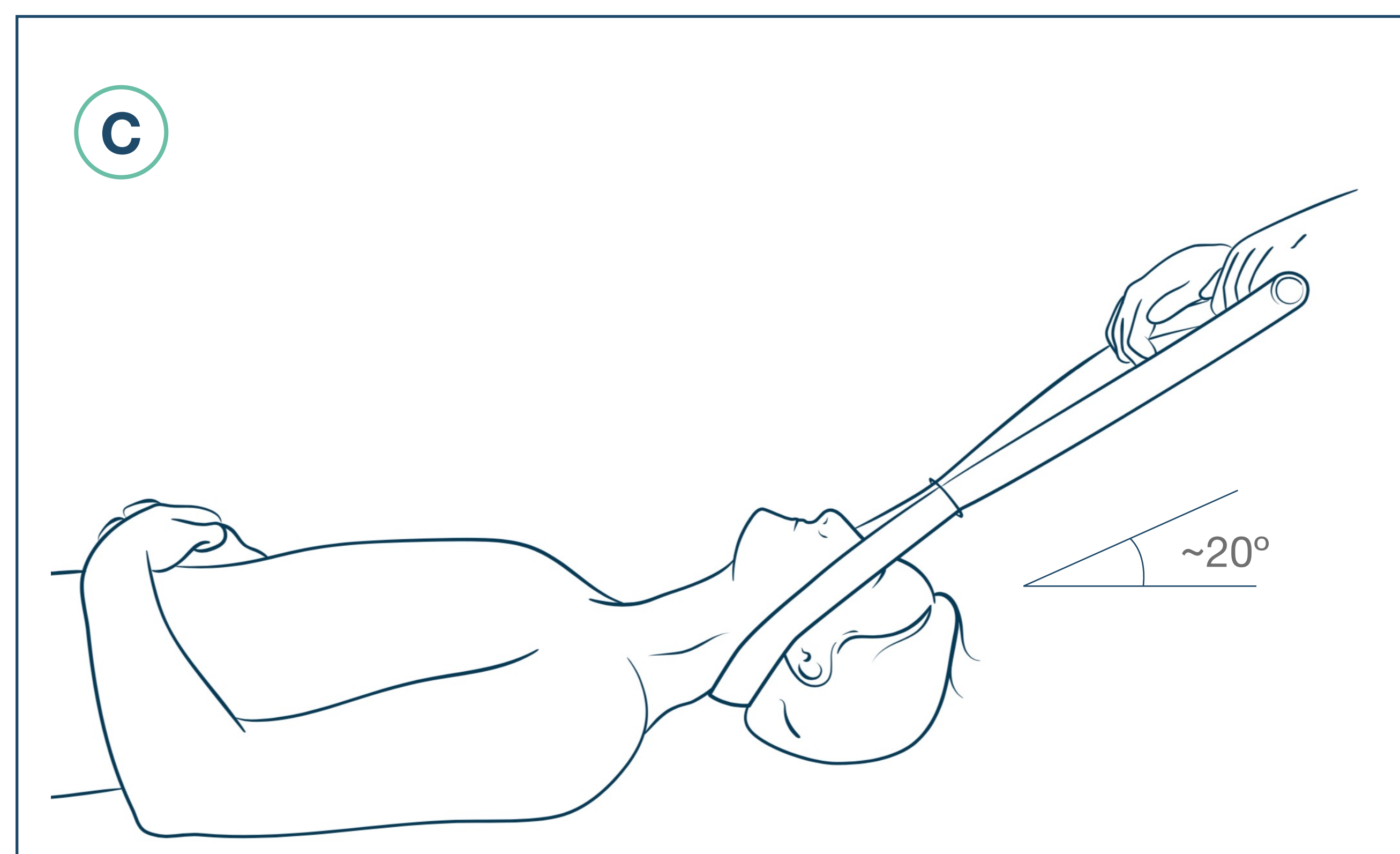
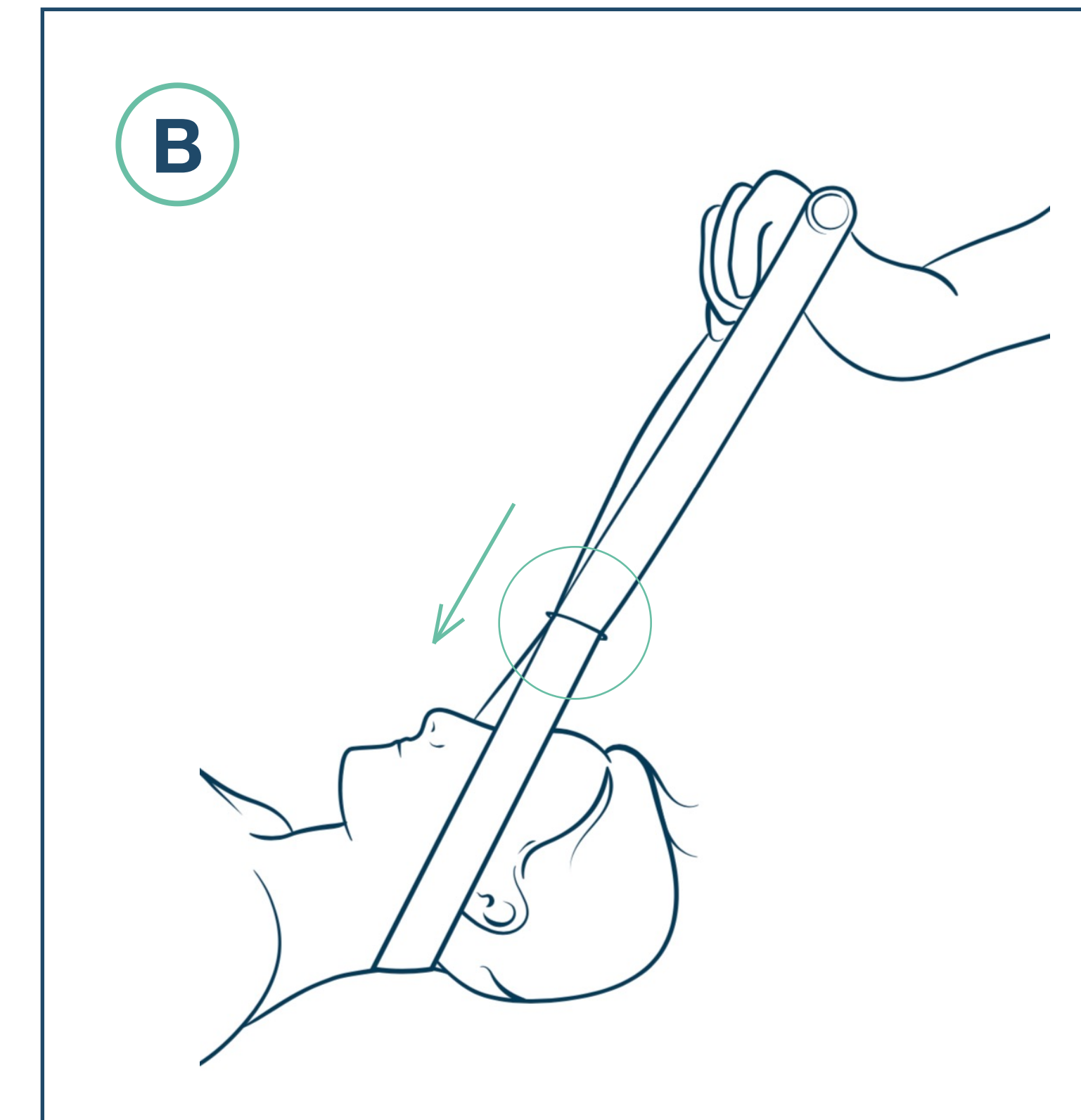
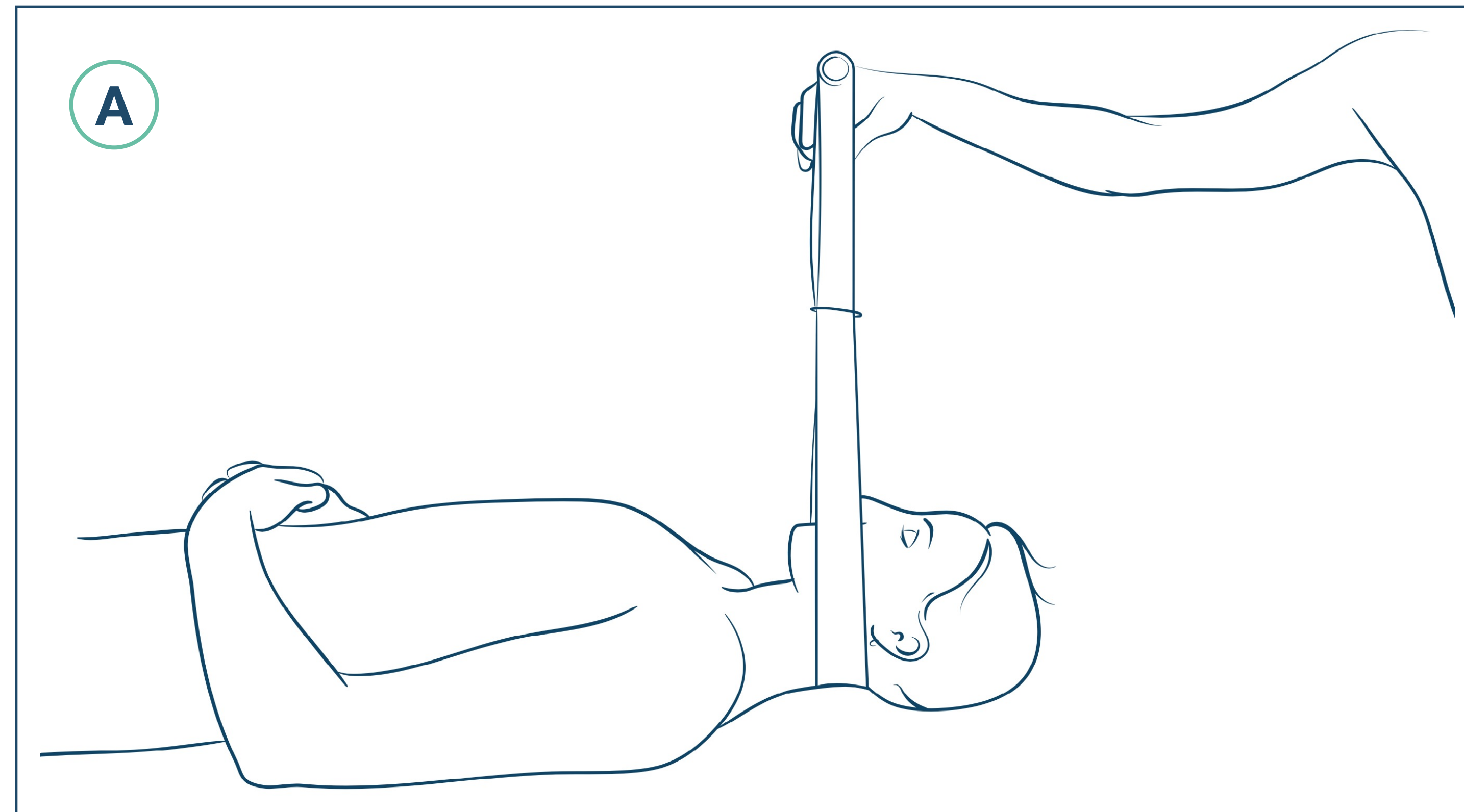
1. Ask the person to be stretched to lie down facing up on a firm, stable and comfortable surface.
2. Place the Y-Strap: Open the Y-Strap by pulling the adjuster towards the grip, to open the loop with the padded surface as much as possible.

- A** Place the Y-Strap under the neck, below the occiput. Be careful to keep hair away from the velcro, to avoid hair-pulling.
- B** Adjust the Y-Strap to the head by displacing the adjuster towards the padded surface.

3. Stretch: Position yourself above the head, straightening the Y-Strap in a small angle, until the straps are approximately in a 20 degree angle with the spine.

- C** Stretch by pulling on the grip with slow and constant force in the longitudinal axis of the body

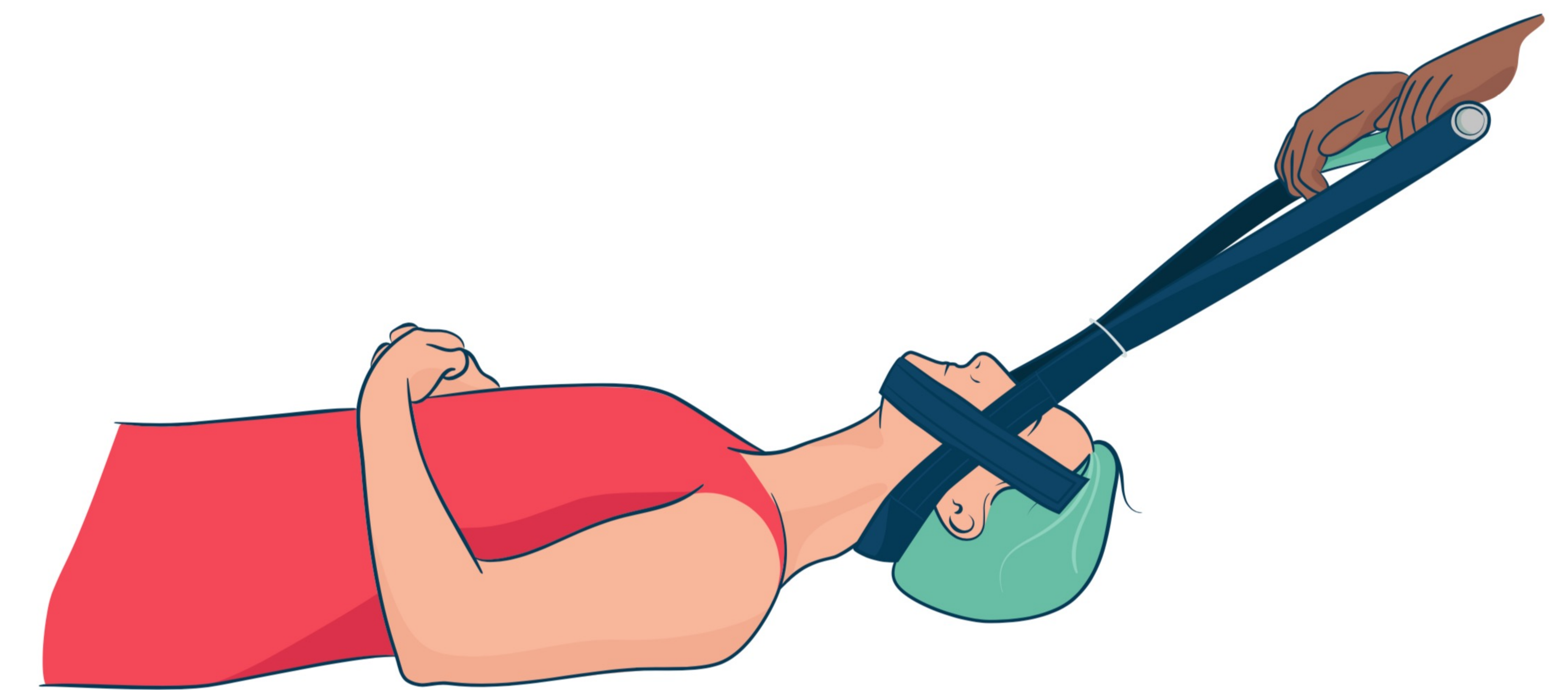
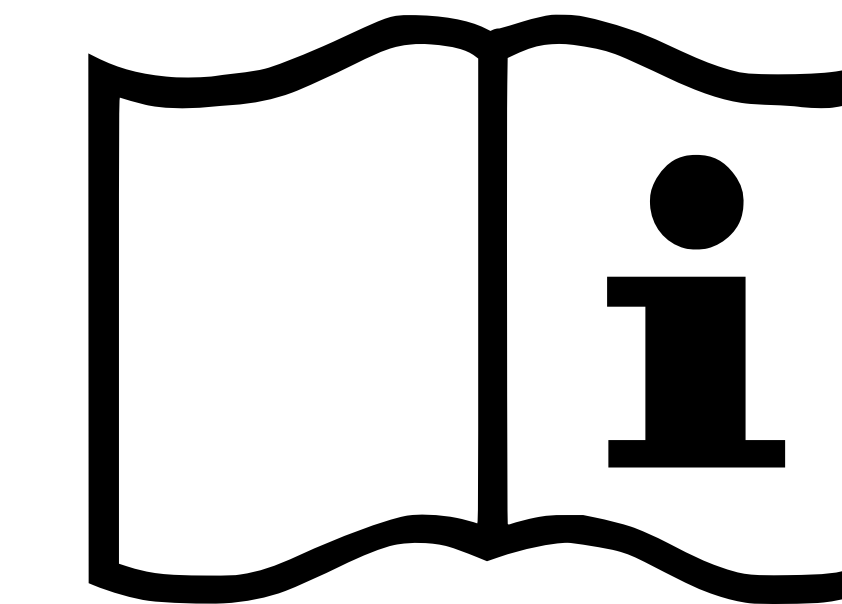
4. Remove: Open the Y-Strap adjuster, lift the head and remove carefully, avoiding hair-pulling.



- \*** **Chin strap use:** The chin strap can be used to give extra support to the chin, keeping the head aligned with the body.

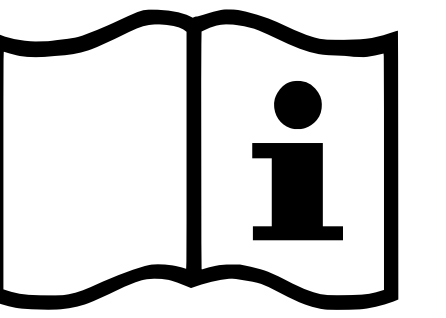
# YStrap

## Instructions for use

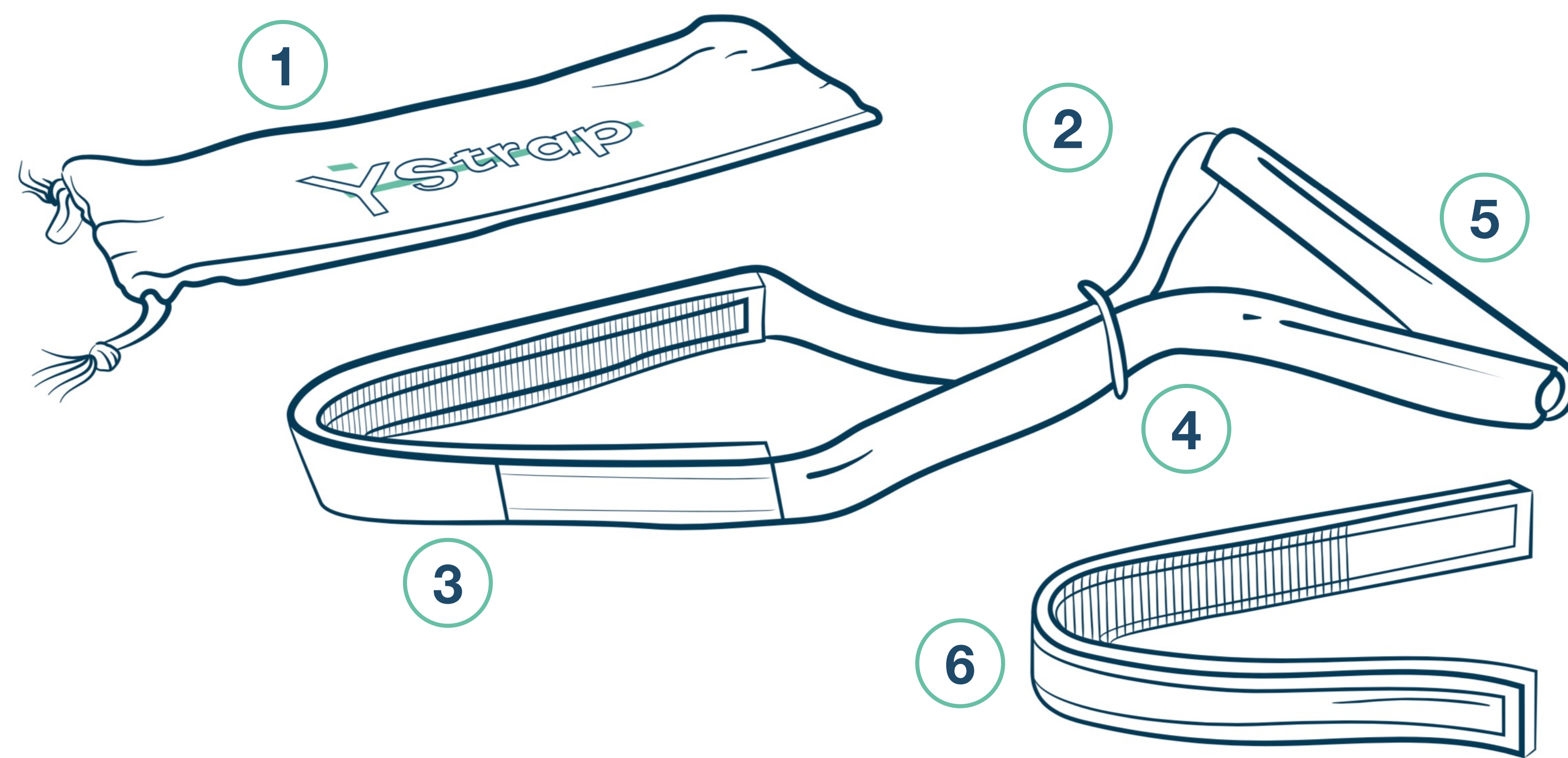




# Y-Strap Instructions for use



## Elements



- 1 Storage Bag
- 2 Y-Strap
- 3 Padded Surface
- 4 Adjuster
- 5 Grip
- 6 Chin Strap

## Product description

The Y-Strap is a Class 1 Medical Device intended to help to stretch the back in the long axis of the body to relax the muscles and decompress the spine. The Y-Strap helps stretching the spine in a easy, controlled and comfortable way.

## Intended use

The Y-Strap is intended to stretch the back in the long axis of the body to relax the muscles and decompress the spine. The Y-Strap helps stretching the spine in a easy, controlled and comfortable way.

## Intended users

The intended users are health professionals performing this type of treatment, patients undergoing stretching and non-professional users who wish to perform cervical stretching in massage or sport environments.

## Storage and care

Return and store your Y-Strap folded inside its bag after use. Clean your Y-Strap with a skin friendly disinfectant wipe after use as required and allow it to dry before using it again.

## Date and revision

This user guide was produced in September 2021. Rev 1.

## Clinical benefit

The long axis stretch helps to stretch the soft tissue, relieving pressure from joints and nerves. It also improves blood flow to muscles and enhances the alignment of the spine.

## Manufacturer & contact info

Superior Balance S.L. - B90454539  
C/ Febo 6-C 41010 - Seville  
Spain - Europe

info@y-strap.com - <https://y-strap.com>

FDA Operator number 10062384

## Cautions and contraindications

No pain (mild discomfort at most) should be felt during the stretch. If pain appears, stop immediately. Do not use with earrings or similar accessories. Moderate pressure at the contact surface of the neck and base of the skull may be felt during the stretch.

This protocol should be adjusted by a qualified professional to maximize the benefits and, if existing, to consider any contraindications that may occur.

**Warning: You should not use the Y-Strap or any form of stretch on the back if any of the following are present:**

- Acute, chronic or traumatic injury
- Spinal instability or fracture
- Rheumatoid arthritis
- Spinal cord compression or damage
- Skin or internal infections
- Inflammatory diseases, cancer, any vascular disease or insufficiency
- Any other condition which could be worsened by movement or particularly distraction of the spine.

## Product end of life

The product must be disposed after 5 years since the product was first used or if the handle or webbing straps show wear or tear. This is a sign of end of life of the product. Do not use the product if any of these signs of wear are present. The user and the person being stretched are in risk of injury.

## Label

The Y-Strap includes a label on its handle that refers to all of the information that is provided to the user about the device. The symbols included in the label have their description in the following guide:

