
“It has genuinely changed my life. I no longer turn to painkillers when my back, neck and shoulders flare up – instead I get on the Wedge. If I use it regularly, I tend not to have the flare-ups at all”

Patents and Trademarks

The OptiNeck Balance Wedge is a patented device in the United Kingdom (GB2600151B) and is patent pending in the EU (EP21199139.3) and Australia (2021254664).

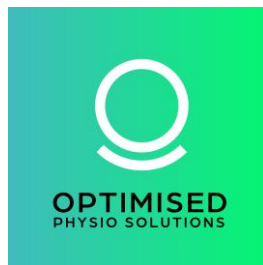
OptiNeck and OptiNeck Balance Wedge are UK and WIPO registered trademarks (European Union, Australia, Canada, New Zealand and South Africa).

“I have suffered neck pain for many years and can wholeheartedly say this has been one of the only pieces of equipment that has actually made a difference.”

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OBW Info booklet v7 ©Optimised Physio Solutions 2023

OptiNeck Balance Wedge® User Information



Provided by:  **PhysioELITE**
For lifelong active wellbeing



Please read before first use

Congratulations on buying your OptiNeck Balance Wedge®. We are convinced that when used correctly, the Balance Wedge will help you move better for longer.

The Balance Wedge is the result of more than 20 years assessing, diagnosing and treating neck, shoulder and upper back pain. It is designed to address the underlying causes of these conditions and aims to help you develop the habit of restoring biomechanical balance to your body.

Scan the QR codes to:

- Access the Foundational Exercise Videos
- Subscribe to the Exercise & Posture Programme



Exercise Videos
<https://bit.ly/obwexercises>



Programme Sign-up
<https://bit.ly/obwprogramme>

Precautions

If you are experiencing (or have) any of the conditions or symptoms listed below, contact your local Chartered Physiotherapist, Osteopath, Chiropractor, GP or other relevant health care professional before using the OptiNeck Balance Wedge®:

- Previous shoulder dislocation or instability or you are prone to other joint dislocations or have general hypermobility.
- Previous spinal or shoulder surgery, trauma (such as a fracture) that could affect the strength and stability of your spine or shoulders.
- Any condition affecting your bone density or bone strength such as osteoporosis / osteopenia or bone cancer.
- If you are currently experiencing pain, pins & needles, weakness or numbness in your arms, hands, legs or feet.
- You have any circulatory condition affecting the blood vessels of your neck.
- You are unable to lie flat on your back without your head being supported by a pillow / cushion.
- Recent acute back pain such as a slipped disc.
- Recent abdominal surgery.

Ensure that you have read and heeded the above and watched the Introduction and Precautions video (accessed via the link or QR code above).

Tips for getting the most out of your OptiNeck Balance Wedge®

- Follow the direction and instructions of your rehab professional (Physio, Pilates teacher, Chiropractor, Osteopath etc) if relevant.
- If you have not been directed to use the Balance Wedge by a rehab professional, a **set of foundational exercises** are available here: <https://bit.ly/obwexercises> or by scanning the QR code opposite. (Please note that these are general exercises and cannot be taken as prescriptive for your particular condition or situation.)
- If you have not already done so, **subscribe to the Exercise & Posture Programme** – code opposite (its free and no spam / 3rd parties).
- Start the exercises slowly and progressively. For the first week, aim to spend 5 to 10 minutes a day on your Balance Wedge and add the exercises as you feel able.
- You do not need to be moving and doing the exercises for all the time you are on the Balance Wedge. Simply lying on it with your arms out sideways is helpful (and relaxing!). Focus on **long, slow out breaths** giving your muscles time to release, soft tissues to stretch out and joints to loosen.
- If you cannot comfortably lie with your head flat on the Balance Wedge, use the Overball (if you purchased one) or a small rolled up towel or cushion to support your head. It usually only takes a couple of weeks for you to be able to lie flat without support.
- Some people can find it uncomfortable in the middle of the back to start with. This is generally because of spinal stiffness related to poor posture and is one of the important areas to mobilise. This also typically improves within a few sessions. If however it feels very firm and uncomfortable, fold a small blanket or towel and place it along the length of the Balance Wedge.
- Focus on achieving the stretch / release. **What you should experience** is a gentle muscular stretch (mostly across the front of your chest and shoulders). **What you should not experience** is sharp stabbing type pains or pins & needles / numbness. If you experience any of these symptoms, back off the stretch, check your positioning and start again. If any of these symptoms persist, contact your local rehab professional (Physio, Osteopath, Chiropractor etc) or GP.
- **Make it a habit.** Try to use the 'Wedge 3-5 times a week. If your job involves working with screens, ideally you should be on it once for every working day.