

# PERFECT POSTURE CORRECTOR

## WHY A POSTURE CORRECTOR?

Provides supportive and corrective structure to your posture in order to align your spine and, ideally, build mind-muscle pathways that help you maintain healthy posture.

## HELPFUL TIP

Although the material of the posture corrector is breathable and skin-friendly, to ensure your comfort we recommend wearing an undershirt.



Available From:



## INSTRUCTIONS FOR USE

**Step 1:** Put posture corrector on like a backpack with label facing inward.

**Step 2:** Secure waist belt by using hook and loop closure, securing right panel over left. Support should fit snugly, yet comfortably.

**Step 3:** Pull tensioning straps outward and forward to tighten shoulder straps.

**Step 4:** Attach tensioning straps to loop on waist belt. Adjust as needed for comfort.

**Note:** If you feel the shoulder straps are too loose or too tight, adjust the sliding buckles on the tensioning straps as needed.

Begin wearing it for 20-30 minutes a day then gradually increase to 1-2 hours daily, which will help to develop muscle memory and improve your posture.

