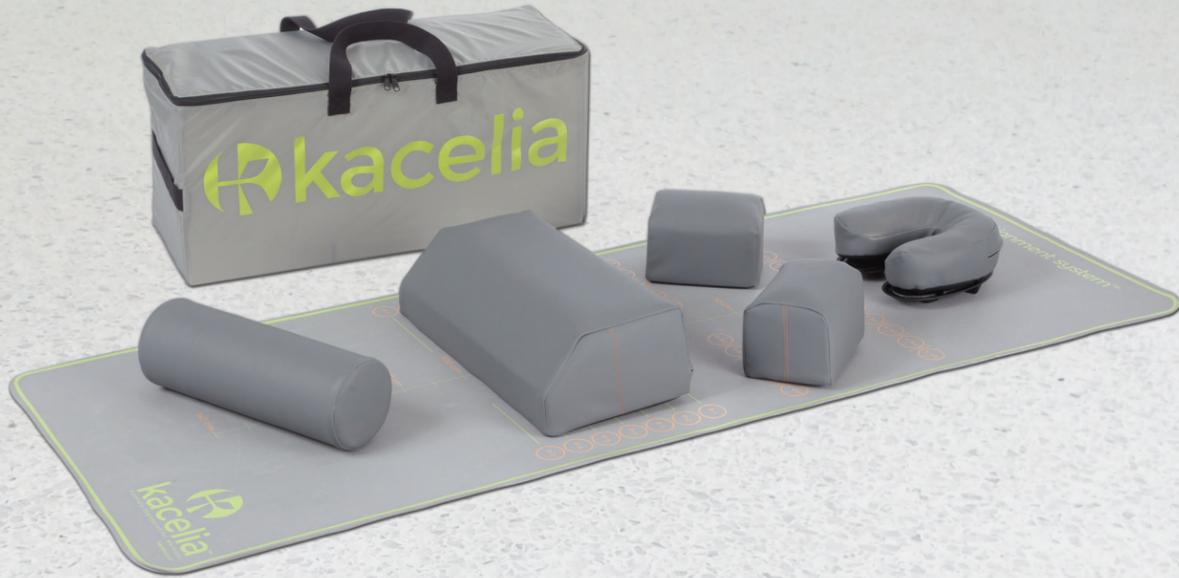


Tru-Align Body SystemTM Instruction for Use



To watch the video tutorial online go to:
www.kacelia.com/kacelia-tru-align-tutorial

! People who are sensitive to **"that new car smell"** will want to remove the mat, unroll it, and air it out before use.

01 Place the mat on the floor or therapy table



02 Place the headrest centered near the top



03 The headrest comes preset to medium, but can be adjusted wider or tighter by lifting the "arms" up and securing them back down evenly.



04 Position both shoulder supports with the top edges close to the bottom edges of the headrest and angle the bottoms outward.



05 Locate your ASISs (Anterior Superior Iliac Spines) these can be found by putting your hands on your hips like "Simon Says". The bony bumps that you feel under the middle finger tips are the ASISs.



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06 You can measure from the base of the throat to an ASIS, or guess that length.



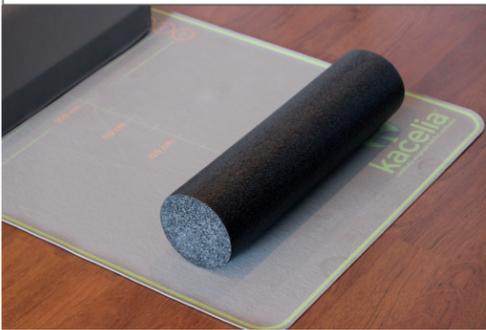
07 Place the pelvic support centered that length from the bottom edge of the headrest. Make sure that the front flat edge of the pelvic support faces the headrest.



08 A medium sized person would place one riser under the pelvic support, and a large person would use two risers.



09 Place the ankle roll, centered, near the bottom of the mat.



10 Kneel centered, close to the front of the pelvic support.



11 Lower yourself down and forward, aiming to land the ASISs at the front edge of the pelvic support.

"Note: there should be no pressure on your abdomen. If you feel pressure, please move your body forward."



12 Shift both shoulder supports, evenly, so that a small corner of each piece peaks out above the shoulder.



13 Move the headrest forward or back, so that the eyes are located at the indentations.

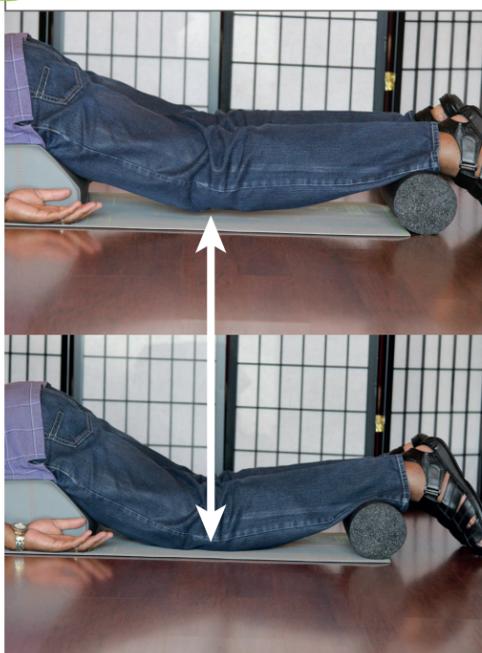


14 The forehead should be supported at the top, and both cheeks in from of the jaw joints are resting points. It's normal to feel like it makes the mouth want to relax open a little.

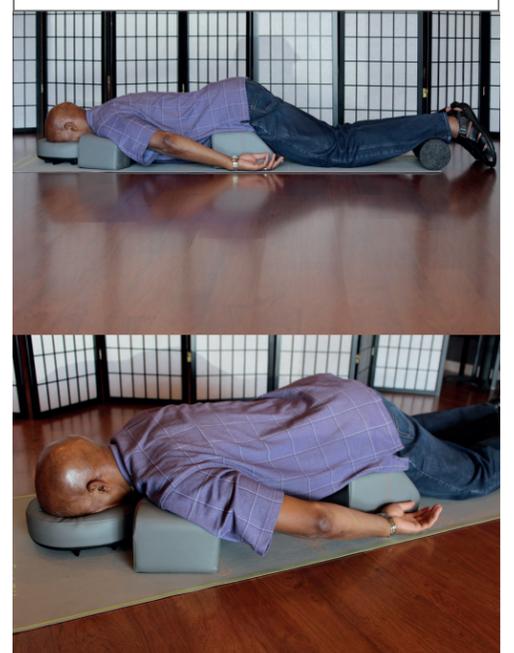
"Note: the neck should feel elongated (extended) and the head support should lay flat on the mat."



16 Stretch your legs out straight and then bring the knees down.



17 Make any needed "fine tuning" to the pieces, and bring the hands down to the sides evenly and relax. Some people prefer to have the hands up near the headrest when they first start their treatments. Feel free to make adjustments at any time during the therapy.



15 Make any adjustments of the ankle roll with your shins.



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