

IMPORTANT NOTICES



Do not use the *FlexxiCore* without first reading these notices and studying the guidelines for use

The FlexxiCore Passive Exerciser comes with the following documents in the product box:

- This "Important Notices" sheet, which includes precautions and contraindications which must be read before you use the FlexxiCore
- Two-page User Guide

We also supply a 2-page Supplement to the User Guide – either in the product box or sent separately by your supplier. If any of these are missing, please call your supplier, or the Help line in UK on 08456 120 129 (internat'l: +44 1275 877497).

Points to note concerning the leg cradle:

- The vertical support for the leg cradle is designed to have some flexibility, so as to accommodate the different sizes, shapes and weights of the human body! The leg cradle is also reversible. Some people may experience that their legs or clothing can brush against the front of the machine casing. If this happens, please reverse the leg cradle in such cases. You can do this quite easily without needing to shift any screws. See also the section "**Reversing the Leg Cradle**" on page 2 of the **Supplement to the User Guide**.
- In a few cases it is possible that the underside of the leg cradle could rub slightly against the casing, depending on the load (the weight bearing on the leg cradles) and angle of the legs. If this happens, we can supply you with an extra pad to go between the leg cradle and the support, to give the leg cradle a little extra height and clearance - please call the Help line in UK on 08456 120 129 for this free service.

Please now carefully read the following cautions:

CONTRAINDICATIONS: The FlexxiCore should NOT be used in the following situations:

- within three months of surgery
- within three months of bone fractures (or before they have fully healed)
- cancer - where there is a possibility of cancer cells having metastasized to the bone
- if you suffer from a damaged or sensitive coccyx (tail bone)
- during the first three months of pregnancy
- when suffering from open wounds or serious infections
- epilepsy (except with doctor's consent)
- **if you have heart disease or any other heart condition, consult your Doctor for advice (we believe gentle exercise is important for you, but please consult a Doctor who understands your individual needs).**

PRECAUTIONS:

- it is best to avoid use for one hour after eating
- some people with a tendency to hyperextension of the knees or other knee problems may experience some discomfort around the knees; if you do, please use a bolster or other support for your legs just above the knees – see "**Support for your Knees**" on page 1 of the User Guide Supplement for more advice
- if you are prone to vertigo, nausea or motion sickness, start with a slow speed and short time; then gradually work up as you feel comfortable to do so.

Please also note that background healthcare information is provided by Energy for Health on its websites and printed materials for information purposes only. This is not meant to substitute for the advice provided by your own physician or other healthcare professional. You should not use the information or products provided for diagnosing or treating a health problem or disease without obtaining proper professional advice. You should read carefully all product user guidelines. If you have or suspect that you have a medical problem, promptly contact your professional health care provider for advice. **Caution:** If you are pregnant or have any health problem, please consult your health care professional before using these products. Use of this product other than in strict accordance with the user guidelines may cause injury. Do not use this product if you are in any doubt.

All liability in respect of loss, damage or injury arising from this product is hereby excluded except to the extent that such exclusion is not permitted by law. In any event any liability in respect of loss, damage or injury to this product or other property shall be limited to the replacement costs of this product except to the extent that such limitation is not permitted by law.

If you have any doubts or questions, please consult your Doctor or Health Practitioner, or call our Helpline for advice: Tel: 08456 120 129 (international: +44 1275 877497) **Email:** info@energyforhealth.co.uk