

KiddyUp®

Instruction Manual for Sitting and Stretching



1. Place the KiddyUp around the lower back (figure 1). Orient the product so the buckles are on the upper strap.

2. Then place the straps over the knees making sure the straps are untwisted.

3. Center the knee pads just below the knee. Engage the slideable buckles between the knees. (figure 2).

4. Tighten the straps by leaning forward and pulling at the same time. (figure 3).

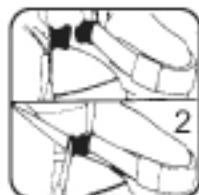
5. Too tight? Simply loosen by lifting the front edge of each adjustment buckle. (figure 4).



6. To use the handle loops on each side as a belt, unfastening them at the bottom and fit them around the waist (figure 5). Now the KiddyUp will stay positioned around your waist when up.

7. Remove the KiddyUp by pushing the button to release the leg-stabilizing buckle. Then lift the straps off each knee.

8. Pack the KiddyUp by zipping two sides and stuffing the straps into the pouch (figure 6). The waist-bands reattach as carry-handles.



The KiddyUp can correct posture in any sitting position.

crosslegged



on a chair



with knees up



The KiddyUp can also be used safely stretching hamstrings.



Depending on body size, long-sitting can be done with or without the stretch strap accessories. To attach stretch straps, simply pair each buckle with its mate on the sitting support loops. (figure 7)

Classic Hamstring Stretch

Begin by engaging the feet with the loops of strap. Keeping the knees bent slightly, tighten the straps so they apply sufficient pressure to keep the back supported. Then straighten the legs gradually until a pull can be felt on the hamstring muscle. Calves can be included in the stretch by raising the foot loops to the ball of the foot. **Important Note:** Always, seek professional advice for correctly using this device for stretching disabled children.

A. Keep legs bent and tighten loops until back is supported.

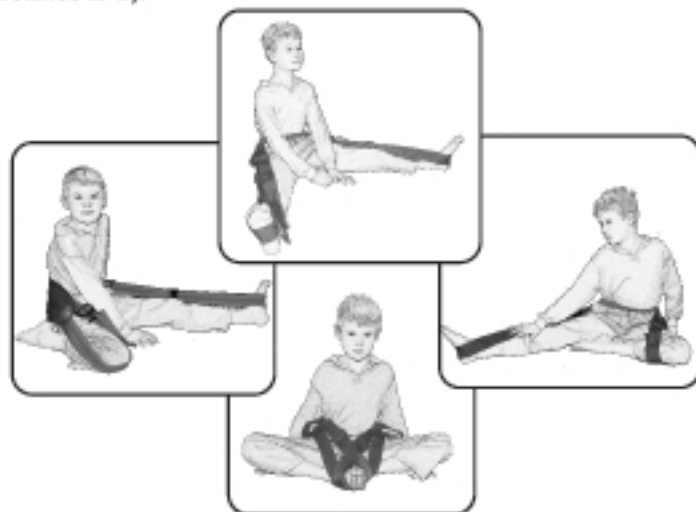


B. Straighten legs slowly and gradually.



Other Stretches with the KiddyUp

There are any number of stretches that can be done by creatively linking the back to your extremities--both legs and arms. When using the legs it is safest to position the back cushion on the low back to stabilize the lumbar spine while stretching. Here are some other stretches to try.



The KiddyUp will fit children up to approximately 12 years. For those who have outgrown this model, it is recommended to purchase the SportBacker version with Stretch Strap accessories.

Wash and Care Instructions

The KiddyUp can be included with your normal wash. But line-dry. Avoid excessive heat.

Other questions?

Please visit us at www.nadachair.com.

We put the "com" in comfortable.

Nada-Chair, Sport-Backer & KiddyUp are trademarks of Nada-Concepts, Inc.
US & Int'l Patents: US#4773106-5001791-5033554-5235714-5375279-5643184-5645080-5607202,
CAN#2010143, MEX#165130, EU#0311004, UK#233211, ROC#575205940, JAP#2985095, SA#97-
5314, NZ#232120, AU#9852084-720896-818432, KOP#698781, PRC#38478, INDIA#175925-80.
Other patents pending. © Nada-Concepts, Inc. 1995-2011. All rights reserved.