

### Application

Keep a "good" upright position throughout the training. In the event of headache, dizziness or other complaints, stop the training immediately and contact your doctor or therapist!



### Dosage

#### Use the PhysioCap®

- according to your personal well being. A feeling on tension in the neck or back area after training is normal.
- at least three training-units per week are required to produce the desired positive effect.

Increase the number of trainings-units in regular intervals. Use the PhysioCap® training calendar for monitoring purposes. The use of the PhysioCap® is most effective in combination with dynamic motion sequences like jogging or walking. We recommend 3 minute breaks in between training stages for static training units.

per day	sitting / standing (static)	jogging / walking (dynamic)
↓ untrained	3 x 10 min. 3 x 20 min.	20 min. 50 min.
↓ trained	3 x 30 min.	120 min.

### Maintenance

Your PhysioCap® can be hand-washed at 30 °C. Open the zip on the inside before washing and remove the silicon padding. After washing place the silicon cushion back in the PhysioCap® and close the zip.

John Ludescher wishes you lots of fun with the PhysioCap®



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# PhysioCap® Instruction Manual



[www.physiocap.com](http://www.physiocap.com)

## PhysioCap®: The therapy and training tool

The PhysioCap® is a therapy and training tool which strengthens the functionality of the neck and back muscles and, as a result, leads to an upright and correct body posture.

In the process the PhysioCap®, through its 600 gram silicon cushion, exerts constant stimulation on the neck and head areas.

This creates the effect of balancing a book or a jug of water on one's head, just like it is known by a number of African peoples.

The backbone is brought into a better position and the vertebral discs are relieved.

In the case of shoulder and breathing problems this can also lead to a reduction in pain.

The PhysioCap® is a therapy and training tool which

- replaces the book on the head
- promotes awareness of the body and leads to a correct posturing of the body
- provides orientation and support in special movement
- positively influences self confidence and charisma
- for the prevention and easing of complaints due to physical movement
- trains the functionality of the neck and vertebral muscles
- can be used in everyday life without taking additional time
- can be used whilst Nordic Walking, when doing the housework, on the computer, etc.
- can reduce headache and tension in the neck
- for the stimulation of the bone and cartilage structures; good for arthritis and osteoporosis
- increases the oxygen intake and concentration



## Who trains with the PhysioCap®?



### Safety tips

The PhysioCap® is a training tool for everyone, which can be used for specific therapy as well as for preventative training.

#### The PhysioCap® is not suitable:

- for people with severe injuries of the vertebrae or head injuries
- for children under 8 years of age

#### Take advice from your therapist regarding use and duration of training:

- after orthopaedic disability
- during pregnancy

#### Your therapist advises you when buying regarding possible side effects when training with PhysioCap®

- Read the instruction manual before using the PhysioCap®.
- Contact your therapist or doctor if you experience complaints during after use.
- The PhysioCap® is a therapy and training tool for the effective training of the vertebrae and is not for lasting everyday use.
- The PhysioCap® is a training tool which due to its weight requires a certain inertia and depends upon been worn correctly on the head.

#### Do not wear your PhysioCap® when:

- steering moving vehicles
- cooking
- operating dangerous machines
- performing any kind of dangerous activity

## Application

- avoid wearing the Cap
  - during sporting activities which involve abrupt movements (football, tennis, ...). A straining of vertebrae can occur as a result.
  - on hot days. The wearing of caps in general can lead to overheating of the head.
- Fix the cap with the Velcro zip only as tightly as necessary to prevent the cap from slipping. If the cap is too tight it can cause headache!

#### Your therapist can advise you with regard to possible application and the operation of the PhysioCap®

Before use, make sure that the silicon cushion is in the right position. Turn the PhysioCap® on the head, open the zip and position the cushion with the front and back flaps exactly in the midway along the length of the seam of the Cap.



Put the PhysioCap® in straight horizontal position. Straighten also the chest bone forward. Fix the Cap with the Velcro zip on the reverse side if necessary.

Pay attention during the duration of training that you have a "good" straight position and move in a dynamic and relaxed way.

**John Ludescher**, physiotherapist and inventor of the PhysioCaps®

