

Correct Method to Use Your theratherm

Neck & Shoulder
Cuello y hombro
Cou et épaule

Arm
Brazo
Bras

Back
Espalda
Dos

Waist
Cintura
Taille

Knee
Rodilla
Genou

Abdomen

Please keep a distance

The top section of the page shows five illustrations of a person sitting at a desk, demonstrating correct posture for different body parts. From left to right: 1. Neck and shoulder: The person is sitting upright with their head and shoulders aligned. 2. Arm: The person's arm is resting on the desk at a 90-degree angle. 3. Back: The person is sitting upright with their back straight. A red circle is drawn around this illustration. 4. Waist: The person is sitting upright with their feet flat on the floor. 5. Knee: The person's knees are bent at a 90-degree angle. Below these illustrations are the corresponding labels in English, Spanish, and French. At the bottom of this section, there is a red text box that says 'Please keep a distance'.

HEALTH CARE HEALTH CARE HEALTH CARE HEALTH CARE HEALTH CARE

The bottom section of the page shows five illustrations of a person sitting at a desk, demonstrating incorrect posture for different body parts. Each illustration is marked with a large red 'X'. From left to right: 1. Neck and shoulder: The person is slumped forward with their head tilted down. 2. Arm: The person's arm is resting on the desk at an angle that is not 90 degrees. 3. Back: The person is slumped forward with their back curved. 4. Waist: The person is slumped forward with their feet flat on the floor. 5. Knee: The person's knees are bent at an angle that is not 90 degrees. Below these illustrations are the corresponding labels in English, Spanish, and French. The background of this section features the words 'HEALTH CARE' repeated in a light green font.