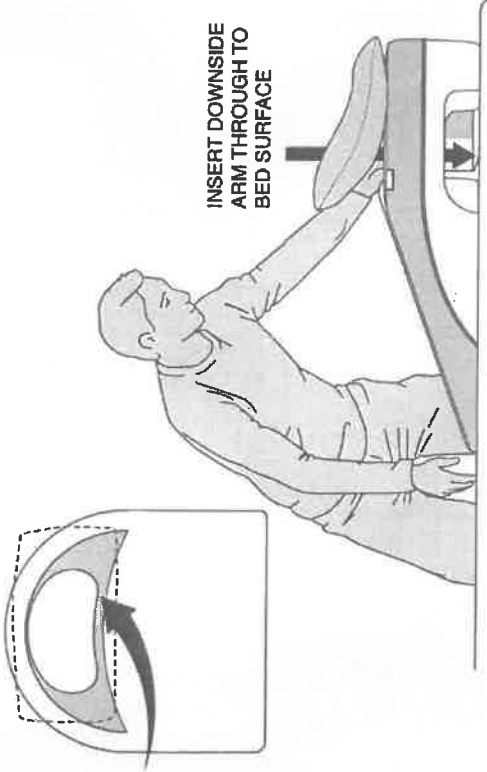
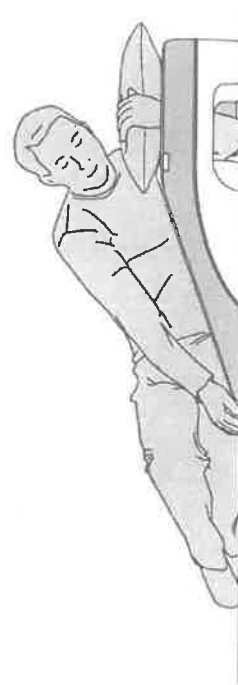


Proper Positioning

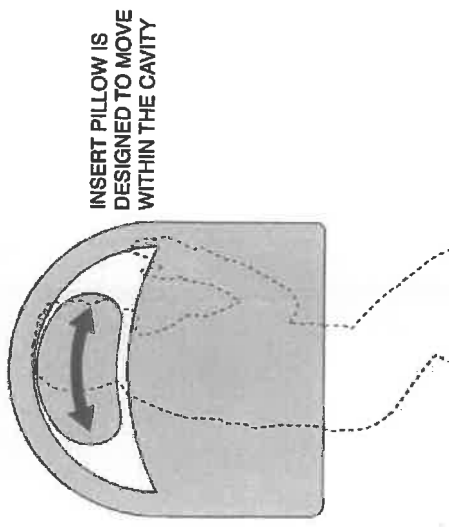
- 1** Insert your downside arm into the space between the Insert Pillow and the Incline Wedge.



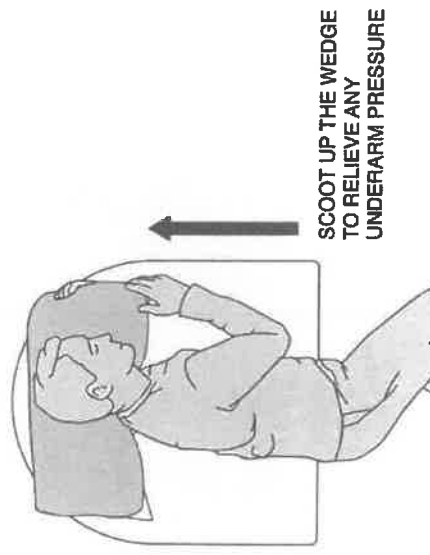
- 2** Lie down while allowing your elbow to descend and ultimately rest on the bed surface. Once your body has settled, your downside arm and shoulder should no longer be supporting your weight.



- 3** The Insert Pillow is designed to move within the cavity of the Incline Wedge. Move to add support where you need it.



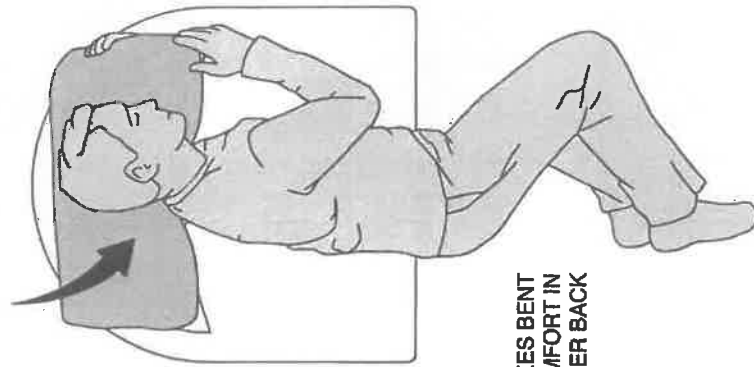
- 4** Ensure that your arm is straight down inside the pocket so there is no pressure on your armpit or underside of your downside arm. You may need to scoot up the incline to accomplish this.



5

Like any new sleeping arrangement, some time may be required to get used to MedCline. Try various positions until you are comfortable and able to relax.

MOVE PILLOW TO FAMILIAR
OR PREFERRED LOCATION TO PROPERLY
SUPPORT HEAD AND NECK.



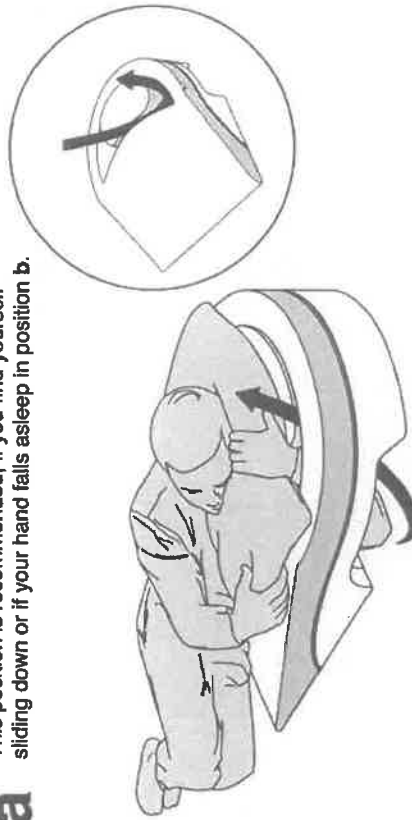
KEEP HIPS AND KNEES BENT
TO AVOID DISCOMFORT IN
THE LOWER BACK

6

Find a comfortable position for your hands and arms using either position a or b shown below:

a

This position is recommended, if you find yourself sliding down or if your hand falls asleep in position b.



b

This position is recommended, if you have longer arms or otherwise feel restricted in position a.

