

Oov™ Get Started Guide

OOV™ BASICS

- » The Oov is a device used for rehabilitation, exercise, decompression of the spine and muscle activation.
- » The Oov should be used on a flat surface. Initial exercises are practiced lying on the OOV on the floor.
- » The Oov can also be positioned into your lower back and used while pushing up against a wall.

- » The Oov is available in three sizes: Small, Medium and Large. Please make sure you are using the correct size Oov for your height and weight.

Size	Height	Weight
Small	Up to 5'6" (1.7m)	Up to 121 lb (55kg)
Medium	5'6" to 5'11" (1.7-1.8m)	121-165 lbs (55-77kg)
Large	Over 5'11" (1.8m+)	Over 165 lbs (75kg+)

GETTING ON AND OFF YOUR OOV

1. The large curve of the Oov sits in your lower back, and the small part supports your neck. Place the Oov on the floor, with a wall, chair, sofa or bed nearby.
2. Sit with your tail bone, on the large pointed end of the Oov.
3. While holding the Oov with your hands to stabilize it, lie back down, and move upwards onto the Oov. Adjust yourself into a comfortable position, with your knees bent, and feet firmly placed on the floor.

4. From this position raise your legs into a ninety degree angle resting against a wall, or rest your heels onto a chair, sofa or bed.
5. Place a folded towel under your head for comfort when using the Oov. This is recommended to support your neck and stop your head from rolling around or tilting too far backwards. As you advance, you may reduce the size of the towel or remove it altogether. A towel helps to keep your head in a neutral position, your chin should not be pointing up above your chest. However, the Oov can also be used without a head support, if you are careful to maintain this neutral head position.

It is normal to initially feel unbalanced in this position. Your balance will improve rapidly as your deep core muscles innately activate to stabilize you. Use your arms to keep you balanced in these initial stages.

6. To get off your Oov, place your feet on the floor with your knees bent, and simply roll your whole body to one side, while supporting your body weight with your arms. This is the safest way to get off your Oov.



CONTRAINDICATIONS

- » Pregnancy (especially late stages)
- » Torn Muscles, Ligaments or Tendons, Fractured Vertebra, Broken or Fractured Bone
- » Trauma

OOV EXERCISES

Please visit www.ooveducation.com.au for more guidance on how to use your Oov at home. As you progress, you will be guided through the different levels of exercise. These free apps are available:

Apple App

<https://itunes.apple.com/au/app/the-movement-programme/id787153399?mt=8>

Android App

<https://play.google.com/store/apps/details?id=au.com.oov>

Also visit www.ooveducation.com to find an Oov course or workshop in your area.

TAKING CARE OF YOUR OOV

Although born in sunny Australia, the Oov does not like to lie in the sun. Please ensure you keep your Oov out of direct sunlight, including sunlight shining through windows. If left in the sun your Oov will eventually discolor and the skin will become brittle and may crack, tear or disintegrate.

The Oov likes a regular pat down, using a damp cloth, dipped in lukewarm water and mild soap.

Another unusual trait for an Aussie, your Oov does not like to swim, so please do not immerse in water, or use a dripping wet cloth when wiping it down.

Be gentle with your Oov. Any excessive rough handling may cause splitting or tearing in the skin. Please do not twist or bend your Oov backwards into unnatural positions. Oov abuse will not be refunded.

Please be aware that sharp objects will pierce the protective layer of the Oov, leading to damage and perhaps tearing of your Oov.

OOV SAFETY

The Oov is designed to be unstable. This is the defining principle that activates the stabilization of your core muscles.

A degree of balance is required to gain benefit from using your Oov. Never attempt exercises that are too advanced for your level of balance or stability. Incorrect use may result in injury.

For this reason standing on your Oov is not recommended and could be dangerous. Although it looks groovy, the Oov is not a toy. Pillow fights with your Oov are also not recommended.

The Oov is best used on carpeted floors, or on yoga or rubber mats. It can be used on hard floor surfaces, but be sure to place a towel under your head to prevent head knocks on hard surfaces.

It is important that your Oov is positioned correctly into your back when you lie on it. Any pain or discomfort could mean that it may be positioned either too high or too low for your spine. Or your Oov could be the wrong size for you.

Immediately stop using the Oov if you experience any pain. Again please consult our Website or Phone App for guidance.

Due to manufacturing processes, your Oov may have small wrinkles or voids in the surface plus natural color variations. These are normal and do not prevent proper use of the Oov.



DISCLAIMER

Please be advised that the OOV is an unstable device, and there are inherent personal safety risks associated with using the OOV. Extreme caution should be exercised at all times. We can accept no responsibility under any circumstances for any accident or injury in any way connected with the use of our product. This is intended to be a legally binding disclaimer and a condition of the contract for the sale of your OOV.