

Eleno Spine Rest Bolster - Rm 98/unit

1. Size 9.5 cm (H) – soft / Hard (magnet / Herb)
2. Size 10.5 cm (H) – soft / Hard (magnet / Herb)

Photos :



整脊颈腰枕垫有助于

- 纠正脊柱弧度
- 减轻脊柱压迫
- 放松脊柱周围肌肉
- 磁粒-穴位解压功能

整脊颈腰枕垫可以有效的预防及舒缓以下症状

- 头痛 • 颈痛 • 背痛 • 盘骨痛 • 膝痛
- 肩膀痛 • 手痹 • 坐骨神经痛

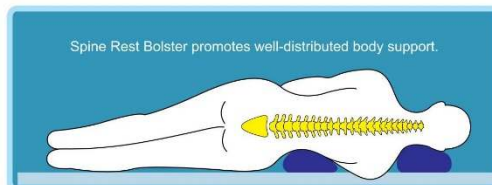
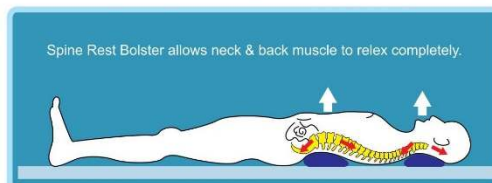
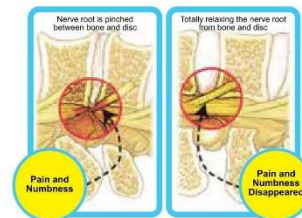
Advantages of Spine Rest Bolster

- Reinstates spine curvature
- Relieve spine pressure
- Relax back muscle
- Magnet strategically placed to optimize benefit of the pillow

Spine Rest Bolster

Can effectively prevent and relax the following symptoms

- Headache • Stiff Neck • Back Pain
- Painful Hip Joints • Aching Knees • Fibrositis
- Arm Pains • Sciatica



NECK PAIN / BACK PAIN

Spine Rest Bolster can effectively prevent and relax the following symptoms:

颈痛 / 背痛

整脊颈腰枕垫可以有效的预防及舒缓以上症状

Diagram labels:

- 头颈僵硬 H/ADACHF / STIFF NECK
- 肩膊痛 FIBROSITS
- 手肘 ARM PAINS
- 背痛 BACK PAIN
- 坐骨痛 PAINFUL HIP/JHNTIS
- 坐骨神经炎 SCAIICA
- 膝盖 ACHING KNEES

PAIN

With time, low back pain and less often shoulder and neck pain develop. This initially presents as tiredness and ache but generally becomes more chronic and painful.

Pain is a warning sign that something has gone wrong with your body. Do not neglect it nor try to fool your body by taking pain killers.

ADVICE

- The more you know about incorrect postures and their consequences, the less injury prone you are.
- An injury which is sustained at work is likely to recur unless treated and the conditions that caused it are corrected. So learn to care for yourself to prevent aches and pains.
- The sooner you start practising good posture, the easier it becomes. This will reduce the chances of injury in the future. (Prevention is better than cure)

KESAKITAN

Gaya tubuh (Postur) yang tidak betul berkekalan dalam jangka masa yang panjang akan mengakibatkan kesakitan pinggang belakang dan kekejangan leher. Pada peringkat permulaan, anda akan merasa keletihan, tetapi lama kelamaan kesakitan akan menjadi semakin serius. Kesakitan adalah amaran dari tubuh badan. Jangan mengabaikan atau menaruh sakit secara mengambil ubat sakit.

NASIHAT

- Memahami punca kesakitan pinggang belakang dan kekejangan leher boleh mengurangkan kecederaan.
- Kecederaan semasa kerja harus mendapat rawatan yang betul. Dengan ini, kecederaan bukanlah dapat disumbuhkan. Mengelakkan gaya tubuh (Postur) yang betul boleh mengelakkan kecederaan.
- Mengamalkan gaya tubuh (Postur) yang betul boleh mengelak atau mengurangkan kecederaan dan kesakitan. (Mengelak lebih baik daripada mengubat)

疼痛

长时间处于不正确的姿势时，颈和腰痛会逐渐出现。开始时患者只有疲乏和酸痛的感觉，但随着时间的推移，疼痛会逐渐增加，毛病变为慢性。痛是身体的一个警告讯号，不要忽略它或以止痛药来骗自己的身体。

忠告

- 越了解疼痛的原因，受伤的机会越少
- 因工作而引起的创伤较易复发，除非毛病得到适当的疗程，以预防再发。
- 越早开始使用正确姿势，则越容易防止，且可减低将来疼痛的机会 (预防胜于治疗)

THE NERVE NETWORK

The spinal cord is the main nerve 'cable', connecting the nerves of the limbs and torso to the brain. The bony vertebral column surrounds and protects the spinal cord.

神经网络

脊髓是主要的神经“电缆”，将肢体、躯干的神经与大脑连接起来。骨性的脊柱包围并保护着脊髓。

Diagram labels:

- 大脑 BRAIN
- 脑神经 CEREBRAL NERVE
- 脊髓神经 SPINAL NERVE
- 交感神经 SYMPATHETIC NERVE
- 副交感神经 VEGETATIVE NERVE
- 脊髓 SPINAL CORD
- 骨盆 PELVIS
- 臂神经 BRACHIAL NERVE
- 股神经 FEMORAL NERVE
- 腓神经 TIBIAL NERVE
- 交感神经 SYMPATHETIC NERVE
- 副交感神经 VEGETATIVE NERVE

How Wear and Tear Affects The Spine

Wear and tear in the lower part of the back (known as lumbar spondylosis) is extremely common. This part of the spine bears the weight of the whole body, as well as doing most of the bending and twisting, and is therefore easily damaged.

Diagram labels:

- 正常的椎间盘 Normal Intervertebral disc
- 椎间盘退化 Intervertebral disc
- 正常的椎小关节 Normal facet joint
- 椎小关节退化 Facet joint
- 椎间盘退化的椎间盘 Intervertebral disc
- 椎小关节退化的椎小关节 Facet joint
- 椎间盘退化的椎间盘 Intervertebral disc
- 椎小关节退化的椎小关节 Facet joint

脊柱是怎样受到磨损的

位于腰部的磨损 (称为腰椎关节退变) 是极为常见的。脊柱的这一部分承担了身体的全部重量，并进行大多数的弯曲和旋转，所以容易受到损伤。

Spine Rest Bolster allows neck & back muscle to relax completely.

Spine Rest Bolster provides well distributed back support.

ADVANTAGES OF SPINE SUPPORT PILLOW

- Reinstate spine curvature
- Relieve spine pressure
- Relax back muscle
- Magnet strategically placed to optimize benefit of the pillow

RECOMMENDATION FOR USE:

At the initial stage of usage, the advisable duration of use is 30 minutes. For best result, the duration can be increased gradually.

NOTE:

Always turn side way before getting up. Soreness, aching and numbness are normal at the initial stage of usage. NOT suitable for pregnant women.

SPINE REST BOLSTER can effectively prevent & relax the following symptoms

Headache / Stiff Neck / Back Pain / Throat Pain / Hip Joint / Aching Knees / Fibrositis / Arm Pains / Sciatica

SPINE REST BOLSTER DAPAT MEMBANTU

- Mengembalikan bentuk lekukannya tulang belakang
- Meringankan tekanan tulang belakang
- Membaham otot di belakang dan leher
- Magnet di letak untuk meningkatkan kegunaan spine rest bolster

CADANGAN CARA MENGGUNAKAN

Pada peringkat permulaan, masa disyorkan supaya bermula dengan rawatan 30 minit. Untuk mendapat kesan yang baik, masa penggunaan boleh ditambah secara beransur-ansur.

NOTA:

Mesti berbaring sebelah sebelum bangun. Perasaan sengal, sakit dan rasa kebas adalah normal pada peringkat awal penggunaan. TIDAK sesuai untuk wanita hamil.

SPINE REST BOLSTER DAPAT MENEGALAKKAN DAN MERELAKSAKAN KESEKITAN DAN GEJALAN SEBAGAI BERIKUT

Sakit kepala / Kekejangan leher / Sakit pinggang belakang / Sakit sendi lutut / Kekejangan pada bahagian leher, tangan dan kaki / Kekejangan/kekejangan pengaliran darah

整脊颈腰枕垫有助于

- 恢复脊柱曲线
- 减轻脊柱压力
- 放松背部肌肉
- 磁性定位优化枕头功能

整脊颈腰枕垫可以帮助

预防及舒缓以下症状

- 头痛
- 颈僵
- 腰痛
- 坐骨痛
- 脚痛
- 膝盖痛
- 手肘痛
- 坐骨神经炎

Eleno Spine Rest Bolster

PRESSURE RELIEVING PRODUCTS

- Reinstate spine curvature
- Relieve spine pressure
- Relax back muscle
- Magnet strategically placed to optimize benefit of the pillow

Care & Supports

San-Tronic medical devices
San-Tronic Medical Devices Sdn Bhd
Careline: 1 300 88 8810
email: san-tronic@hotmail.com

Specifications :

Eleno spine rest bolster

Pressure relieving products

The eleno spine rest bolster is an improved

Eleno spine rest bolster

Pressure relieving products

The eleno spine rest bolster is an improved design, designed specifically for people with back and spinal pain. It supports the neck and the lower back. By placing the eleno spine rest bolster behind the neck, the lower back or even under the knees or as a foot rest, it relieves back pain, pressures and provides comfortable support. And, the magnetic inner cover helps to relieve pain.

Advantage of eleno spine rest bolster

- reinstate spine curvature
- relieve spine pressure
- relax back muscles
- magnet strategically placed to optimize benefit of the bolster