

User manual




morfit[®]

Important information

The use of any lumbar support device involves a potential risk to the user if the device is not used properly. We therefore strongly advise you take the following steps when using Morfit back support:

Ensure that you have read and understood the advice and instructions in this owner's manual before using Morfit.

If, having read this manual, you have any further queries concerning the correct use of Morfit you should view our website www.morfit.com.au or contact our team for advice (by **phone +64 4 389 0707** or email info@morfit.com.au) before using Morfit.

If you have any doubt regarding your individual needs relating to Morfit or any pre-existing condition from which you are suffering, you should contact our team for advice or consult your own doctor or a suitably qualified medical practitioner prior to using or continuing to use Morfit.

Quick set up

DRIVE WITH IT VACUUM-PACKED, NOT INFLATED

1. Connect tube to pump nozzle 1.
2. Open tap (90° to tube).
3. Pump 10 times.
4. Switch tube to pump nozzle 2.
5. Hold good posture (see over for tips), lean back fully into the seat and wriggle into Morfit to mould it to your shape.
6. Pump 10 times.
7. Lock tap (line up with tube), remove pump.

See over for more detailed set-up instructions.

Health and safety

- Never set up Morfit when driving.
- If using Morfit, or following any of the advice in this user manual makes your pain worse, stop immediately and contact us or consult your healthcare practitioner.

Getting the most out of Morfit

THE LEARNING PHASE – FIRST 10 TRIPS

To learn how to mould Morfit into the best size and shape for you, you need a little practice. So for the first 10 trips, re-set Morfit each time you use it. Don't attach it to the seat during this learning phase.

ATTACHING THE PUMP TO THE TAP

When attaching and detaching the pump nozzles from the tap, use a gentle $\frac{1}{4}$ turn twisting action.

POSITIONING EVERY TRIP

The bungee cord allows Morfit to 'float' on the seat to help cushion you from road vibration. Because it floats on the seat, you need to take a second to position Morfit precisely into the small of your back each trip.

IF MORFIT FEELS TOO THICK

When moulding Morfit make sure that you lean back into the seat and wriggle firmly into Morfit, forcing the beads inside to move. If it still feels too fat, try pushing the beads out to the sides of Morfit with your hands before you start.

USING IN CHAIRS

While Morfit is designed for vehicle seats, it can be used in any type of seat you like. Reset it when you move it from one seat to another.

RECLINING THE VEHICLE SEAT

Because Morfit will change your posture, it often helps to recline your seat-back a notch or two.

IF YOU CAN FEEL A LUMP AT TOP

If you end up with a lump at the top of Morfit, use your hands to push the beads down from the top and out to the sides before moulding. Also when you are leaning back and wriggling in, keep firm shoulder pressure on the seat above Morfit.

WASHING THE COVER

Remove the inner from the cover through the pocket on the back. Wash the cover on a normal machine cycle, max 30°C. When replacing the inner inside, make sure it goes in front of the plastic sheet inside the cover.

TRANSFERRING BETWEEN VEHICLES

Reset Morfit when you move it between vehicles, as the shape of the seat will be different and Morfit moulds to fit both the seat and the user.

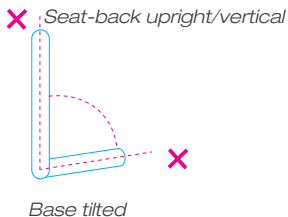
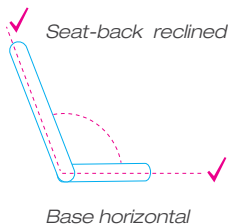
WHEN TO RESET MORFIT

Morfit will need resetting every few weeks. When it's set, the beads that make up the filling interlock, and you can't move the beads with your hands. If you can feel or hear the filling moving when you squeeze Morfit, it needs resetting.

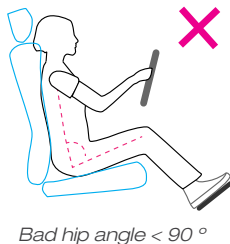
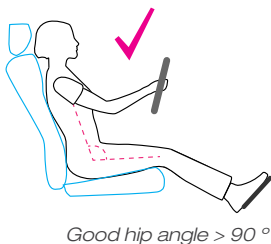
Recommended car seat set-up

It is a myth that it will help your back if you set your seat as upright as possible.

1. Recline your seat-back by about 20° from vertical. This lets the seat take some of your weight, rather than placing it all through your spine.
2. Adjust the seat forwards or backwards so that there is a slight bend in your knee when the pedals are fully depressed. Too much knee-bend will cause you to slump.



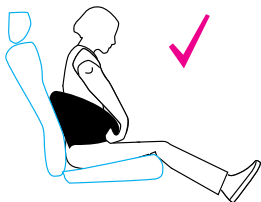
3. If possible, adjust the seat base so that your hip angle is greater than 90° . The bigger the hip angle, the better.



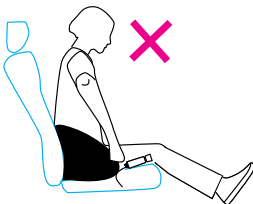
Set up: to vacuum-pack Morfit

IMPORTANT: Always sit with a neutral spine and your seat slightly reclined when moulding Morfit. If you sit in bad posture during setup, Morfit will hold you in bad posture!

1. Place Morfit in the small of your back. The lower edge of Morfit should be around your belt line.



Correct position



Morfit too low

2. Open the tap: turn the blue handle so that it is at a right-angle to the tube.

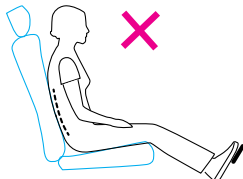
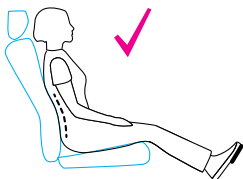


3. Connect the tap to pump nozzle no.1.



4. Pump 10-15 times.

1. Lean forward, away from Morfit, and give it a bit of a shake to distribute the filling evenly.
2. Lean back and sit in good posture.



3. Detach the pump (some air will escape - that's OK).
4. Maintaining good posture, lean back and wriggle firmly into Morfit to mould it to your shape, removing any lumps and bumps .

If you can feel any lumps, go back to step 3.

5. Attach the tap to pump nozzle no.2.
6. Pump about 10 times.



You have now vacuum-packed Morfit to your shape.

7. Lock the tap by turning the handle to line up with the tube.
8. Detach the pump and store until you want to reset Morfit.



Customer support

We are very happy to answer your questions about using Morfit and to work with you to resolve any problems that arise.

Please contact us with any questions or feedback about using Morfit.

Warranty of condition

Morfit back support is covered by a one year warranty against defective parts and workmanship.

This warranty is subject to our Terms and Conditions which can be viewed on our website www.morfit.com.au.

Warranty of satisfaction

If, in your opinion, Morfit back support does not reduce your driving-related back pain we will reimburse the purchase price provided you contact us within 30 days of receipt.

This warranty is subject to our Terms and Conditions which can be viewed on our website www.morfit.com.au.

Contact

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email: info@morfit.com.au

SHIPS FROM / RETURNS TO

67 Rintoul St
Newtown
Wellington
New Zealand

PATENTS & DESIGN REGISTRATION

NZ Pat. No. 590245

Aus Pat. No. 2011101735

EC Des. Reg. 001296586-0001 & 001296586-000



Class 1 Medical Device

www.morfit.co.nz