



NEUROTECHNOLOGY. LLC

## USER MANUAL

# CORDUS

## SPINE CORRECTOR

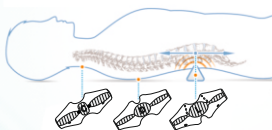
- NEUTRAL SPINE
- SPINAL MUSCLE RELAXATION
- RESTORATION OF INTERVERTEBRAL DISCS
- DEGENERATIVE DISK DISEASE PREVENTION AND TREATMENT



**Cordus is an orthopedic device for spine relaxation.**

### How It Works

Cordus is designed to act directly on deep paravertebral muscles to relieve their hypertension and to restore the functions of the spinal segment



## **CORDUS: an innovative device to relax your deep spine muscles!**

Cordus (“the Device”) is designed to treat the spine, to relieve the spine muscle tension, to relax the deep paravertebral muscles, to recover and correct the functional condition of the spine; it can be used at sports and health facilities, or at home.

The device selectively affects each spinal segment, relaxes the paravertebral muscles, and reverts the segments back to their normal condition. It restores the motility of all vertebral-column joints. It is shaped to suit the anatomy of each spine. The device improves the body’s condition in general and enhances the functional systems while also strengthening the musculoskeletal system in adults or children provided they are 150 cm (5 ft.) or taller.

The paravertebral muscle relaxation method behind the device is safe and physiological, as its effect is due to the body’s own weight.

Use the device in normal climate:

- air temperatures: +10 to +35 °C;
- relative humidity: up to 80% at 20-28°C
- atmospheric pressure: 86.6 to 106.7 kPa (650 to 800 mmHg)

**Cordus spine and paravertebral muscle corrector has neodymium cores (magnets) inside.**

Before use, consult a professional to make sure you can safely use the device to relax your spine or to exercise, e.g. at yoga sessions. Incorrect use or exercising as well as excessively long sessions can jeopardize your health.

## Indications for Use

- Myofascial pain syndromes and limited mobility in the cervical, thoracic or lumbar regions of the spine, including spinal disc pains, lower back pains, sciatic nerve pain, thoracic back pains, and neck pains.
- Piriformis syndrome, pains in the buttocks and the sacrum, compressed sciatic nerve, tunnel syndromes, knee aches, lesser pelvis organic disorders, sex organ disorders, and sacroiliitis.
- Relieving muscle spasm and rigidity in cerebral palsy sufferers.
- Pain syndrome caused by protrusion of fibrous rings of spinal discs, tunnel syndromes, radicular pains in upper limbs, numbness in hands, scapulohumeral periarthritis, and humeral epicondylitis.
- Osteochondrosis regardless of location, scoliosis (mild or advanced), kyphoscoliosis (mild or advanced), Scheuermann's disease, postural disorders, and stunted growth in children and teenagers.
- Intercostal neuralgia, diaphragmatic breathing disorder, and vertebrogenic gastrointestinal disorders.

## Contraindications

- Specific and nonspecific infectious diseases of the spine and joints, including vertebral osteomyelitis, Pott disease, and ankylosing spondylitis.
- Spine and spinal cord tumors, malignant tumors regardless of localization.
- Fresh spinal traumatic lesions and acute head injuries.
- Acute cerebral and cerebrospinal circulatory disorders, including spinal cord infarctions, spinal artery occlusion or thrombosis etc.
- Arterial hypertension with pressure surges above 150 mmHg A.
- Grave scoliosis.
- Ankylosis(stiffness of a joint).
- The unit cannot be used on the instability area if you have pronounced or advanced instability in spinal segments, accompanied with spondylolisthesis. Acute or grave organic diseases.
- Pregnancy (2nd and 3rd trimesters)
- As you can see, Cordus can help you with serious disorders of the musculoskeletal system. Thanks to the efficiency and ease of use, you feel better after 3-5 procedures or exercises. Feel healthy again!

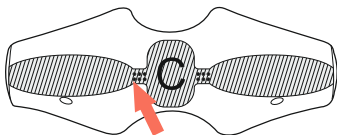
**Remember to read the instructions completely.**



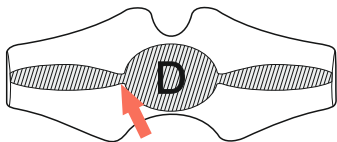
## Sessions with CORDUS can help:

- Correction of the base of skull can eliminate both cranial and extracranial disorders including headaches, migraines, near-sightedness, far-sightedness, neck pains, cervical osteochondrosis instable cervical region of the spine, cervical disc protrusions, nose breathing problems, anterior spinal artery syndrome, occipital neuralgia, and insomnia.
- Vegeto-visceral syndromes caused by biomechanical disorders in spinal motor segments, including heartaches, hypertensive or hypotensive vegetative vascular dystonia, vision and hearing functional disorders (in particular, cochleo- vestibular ones), biliary dyskinesia, bronchial, pulmonary, gastric, intestinal, hepatic, renal, pancreatic, urogenital etc dysfunctions with no actual organic diseases present in respective organs.
- Chronic muscle tension and biomechanical disorders in the locomotor system, caused by athletic overloads.
- Backaches and neck pains caused by occupational muscle tension (e.g., sedentary jobs or jobs that involve handling heavy loads).
- Overall health improvement, improvement in functional systems, and prevention of locomotor system disorders in children and grownups.

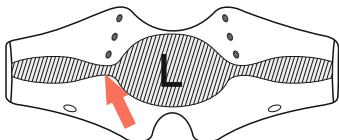
## Protrusions on CORDUS



**Side C protrusions**  
correct and mobilize motor  
vertebral segments (vertebrae)  
of the cervical section of the spine.



**Side D protrusions**  
correct and mobilize motor  
vertebral segments (vertebrae)  
of the thoracic section of the spine.



**Side L protrusions**  
correct and mobilize motor  
vertebral segments (vertebrae)  
of the thoracic section of the spine.

**WARNING!** Feelings of discomfort or even pain when you place the unit under certain sections of the spine may be indicative of muscle spasms and energy stagnation in that area, and suggest that you go through the painful area of the spine with Cordus device.

Detection and restoration of painful problem areas of the spine is one of the principal ends to which Cordus device has been designed. A feeling of discomfort means that there is tension in a muscle. Painful areas are the most problematic, as pain is indicative of muscle spasms; this is why those painful segments need addressing when you relieve your spine. If pains are tolerable when the unit is working on the spine, then you should relax completely and breathe with your stomach slowly.

Concentrate on your breath and on your ache, send your smile and all your love to that area, and the ache will wear off or even disappear in 1 ½ or 2 minutes. The reason is that a tense muscle resists action no longer than 2 minutes. Next, muscle relaxation phase sets in. This is why pain wears off considerably after 2 minutes of relaxation and slow breath.

Those are the criteria for muscle spasms and muscle relaxation. If you feel an unbearable pain, then your muscle spasm is very strong and you should place Cordus device above or below the painful segment of the spine.

To alleviate pain, put a one-fold or doubled towel between the unit and your body. It will make spine correction procedures easier and prepare you for advanced Cordus therapy just in 3 or 4 sessions. If you find getting up difficult when a session is over, which is normally a case when you have your first thoracic correction sessions, then you can roll over to your side slowly and then remove the unit.

The first two or three session may leave you with slight pains in the spine, itch in the back, or sickness, which are normally caused by improved circulation in the spinal tissues, restored mobility of vertebral joints, and activated energy along spinal meridians.

Hypotension sufferers may also feel slight dizziness, seeing as a session reduces blood pressure slightly.

Administered in evenings, Cordus sessions improve the quality of sleep!

**Avoid any physical work within the 2 hours upon completion of a spinal correction session!**

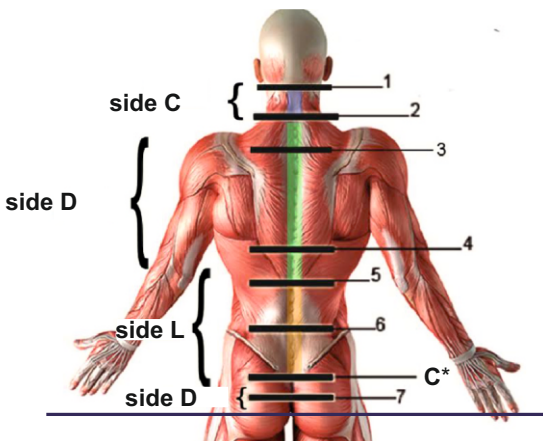
## Initial position

Select the most convenient section of a room for sessions. Put an athletic mat or a doubled blanket on the floor. Initial position: lie down on your back and relax your body.



❗ *Regardless of where problem areas are located, you should apply a session to your whole spine.*

Cordus application areas on spinal projections are as follows:



## Cervical Spine

1. Place the device under the top of the cervical spine, the protrusions of the face C to the left and to the right of the spine where muscles attach to the occipital bone. Cervical vertebrae should be between the protrusions of the face C, see Figure 1. If necessary, hold the device with both hands. Elbows should be pulled apart. Breath calmly and slowly relax the neck and shoulder girdle muscles while pressing your head and neck against the protrusions until the pain it causes is relieved. Do the exercise for about 2 to 3 minutes.



2. Now slowly turn the head to the left until the pressure causes pain by a maximum of  $45^{\circ}$  from the initial position. Keep the muscle stretched for 10 to 20 seconds, then relax and return the head to its original position. Repeat the same for the right side. Repeat 2 or 3 times in each direction, relaxing the muscles further every time.

3. Now place the device at the lower cervical spine closer to C7, see Figure 2. Palms under the head. Elbows pulled apart. Press your cervical muscles against the face C protrusions for about 1 to 1.5 minutes until the affected zone feels relaxed. Turn the head 2 to 3 times in each direction; keep turned for 10 to 15 seconds in the more tense zone as you did for the upper neck.

In case of pronounced cervical lordosis (concavity), clasp your hands behind the occiput, or place a book of ~2 cm in thickness under the occiput. This will reduce cervical lordosis and amplify the effect on paravertebral cervical muscles, see Figure 2.



4. Stretch your cervical muscles longitudinally. Remove the device from under your neck and place it next to yourself. Flex your knee joints. Clasp your hands behind the occiput to support it. Relax your neck, elbows pointing up, and lift your head with hands **WITHOUT** engaging the cervical muscles. Keep the neck relaxed and pull your head forward to touch the chest with your chin.

5. At this point, you should feel how your muscles in the neck and upper back have stretched, although the lower back is stretching as well. Keep this position for about 3 to 5 seconds while breathing calmly and at ease. Then slowly return to the original position.

6. Repeat the same steps, now with legs extended, see Figure 3. Finally, release your hands and relax.



## Thoracic Spine

Now is time to work your thoracic spine.

1. Place the device under your shoulder blades, protrusions of the face D facing the spine, see Figure 1.

To do this, put the device on a mat and lie on it; or lift your shoulder girdle and set the device appropriately with your hands. Extend your hands behind the head or put them under the occiput.



2. First, relax as much as you can and breath calmly; as soon as the spasmed muscles are relaxed, pain and discomfort will be gone. Similarly, keep the device under each segment for 2 to 3 minutes.

Trouble placing the device appropriately? Ask your partner for help.

The easiest way to place the device: put it on a mat in the required position, rest firmly on the feet of flexed lower limbs and on the elbows of flexed upper limbs; then lower your back slowly until resting on the protrusions.



3. Place a bolster under the lumbar spine and a rolled-up towel (or a small cushion at home) under the collar and the head to reduce the impact of the device on your thoracic spine, see Figure 2.



To enhance the effect, flex the upper limbs in front of you and move them along the body rightwards and leftwards, see Figure 3.



The goal here is to find such position that will cause pain and discomfort, a sign of muscular spasm; fix yourself in that position and wait until relaxed. You can also rest on your feet to lift the pelvis, which will increase the pressure against the shoulder girdle.

4. Now place the device under the shoulder blades, arms extended along the body, see Figure 4.

4



5. Do the same exercises: relax fully when exhaling, and monitor your breath: it should be calm and uniform. As soon as the muscles are relaxed, pain and discomfort will be gone; repeat the exercises described above.

6. You can also twist your body and keep it in extreme positions until you are comfortable with it, see Figure 5. Do twists towards both sides.

5



7. After 3 or 4 sessions, feel free to place the device between the shoulder blades; rest on your elbows and slowly lower your body against the device. Keep the position until it is comfortable and painless for you.

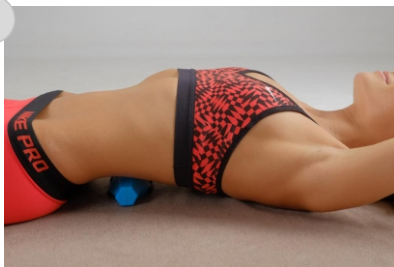


# Lumbar Spine

Next is your lumbar spine.

1. To relax your lumbar spine, place the face L of the device against your lumbar spine. To that end, hold its ends in your hands, lift the pelvis, and place the device at upper lumbar vertebrae. Rest on the device and relax, see Figure 1.

1



2. To compensate lumbar bend and enhance the effect on the muscles, flex your knee joints or put an additional support under them, see Figure 2.

2



**! The device must be at L4-L5!**

When trained enough, try to perform twists while keeping your feet on a ball or a chair.

## Coccyx Relaxation

After 5 or 6 spine relaxation sessions, you can try relaxing the coccyx ligaments. This is important for clerks, drivers, or other people spending their day in a chair. Exercising the coccyx will improve of the lesser-pelvis organs, normalize the gluteal muscle tone, and enhance your libido.

1. To relax the coccyx, place the device under it, the face D upward. To that end, hold its ends in your hands, lift the pelvis, and place the device at the coccyx level. Rest on the device and relax, see Figure 1. Put a 4-5 cm thick bolster under the waist



## Stabilize Your Muscles

Now that your muscles are relaxed, it's time to stabilize them.

1. That takes one simple exercise. Clasp your hands behind the head, bring elbows and knees together, and keep that position for 10 to 15 seconds, see Figure 1.

1



2. Exercise to stretch and strengthen your spinal ligaments. To that end, lie on your back, extend your lower limbs and try to reach as far as you can with your heels; extend your upper limbs and try to reach as far as you can with your hands as well; keep the position for 3 to 5 seconds, see Figure 2. Have fun!

2



Now get up and enjoy your renewed back!

**Basic treatment course is 10 sessions  
spaced by 1 or 2 days.**

## General Guidelines

To start your spine correction and relaxation treatment, perform 8 to 10 sessions on about every other day. Extend your pause between exercises to three days if your muscles ache too much. To further relax your muscles and fasciae as well as to recover the body in general, exercise once or twice a week, especially when your spine and neck feel tired. The method can be used by any person or athlete at home after reading the Use Manual carefully. It is also suitable for use in gyms and fitness clubs in groups of 3 to 12. Fitness and yoga trainers can combine the method with other spine relaxation exercises.

The device effectively relaxes and corrects the cervical spine, the thoracic spine, and the lumbar spine one by one, which reduces and eliminates back and spine muscles, improve the spinal motility, relaxes the paravertebral muscles, and improves the spine and back-muscle circulation. It can selectively affect any segment of the vertebral column: both the vertebrae and the muscles. The mechanism reverts a disbalanced spine to its natural posture and 'unlocks' the vertebral motor segments in just a few sessions. Use the device to reduce muscular spasms, curb your pain impulses, and improve the blood flow to the back muscles. It also improves the spine flexibility and motility.

Relaxation is the essence of this device. It is best achieved when exhaling calmly and evenly. Monitor your sensations. If your muscles are ok, there will be no pain or discomfort. Conversely, pain is a sign that this specific spine segment requires extra attention.

Whatever exercise you do with the device, do it smoothly and slowly without jerking.

## General operating rules

- Follow this User Manual strictly!
- Study the User Manual carefully. In case of any contraindications for cervical or spinal massage or for any spine stretching exercise, consult a specialist (a qualified trainer, a rehabilitation professional, etc.).
- Check the device surface for mechanical integrity before each use.
- **DO NOT** open or repair the device on your own.
- The device can be damaged by impact against hard surfaces or prolonged exposure to temperatures above 35°C; avoid that.
- **DO NOT** use the device if damaged. In case of damage, contact the Manufacturer or buy a new unit.
- If transported or stored at negative temperature, keep the device in the transportation package at room temperature for at least 2 hours before use.
- **Disinfection** is not mandatory for the device; however, you can wipe the surfaces with a napkin soaked in 3% hydrogen peroxide solution or a similar antiseptic.
- **Disposal.** The device contains no materials hazardous for the environment or human health, thus requires no special disposal.
- **No maintenance** required.



## Transportation and storage

Packed units can be transported by plane, by railroad, by ship, or by truck in covered vehicles, subject to applicable shipping regulations.

### **Cordus device storage conditions are as follows:**

- the ambient air temperature range + 5°C to + 30°C;
- relative air humidity up to 80% at the air temperature +16°C to +25°C;
- no acidic or alkaline vapors, or other aggressive agents in the ambient air.

### **Cordus device can be transported at**

- the ambient air temperature range from - 35°C to + 50°C;
- the relative air humidity up to 95% at the ambient air temperature + 25°C;

## **Acceptance certificate**

Cordus, the spine correction and relaxation device of the paravertebral muscles has been manufactured in compliance with TU 9619-002-14518961-2016 Russian technological conditions and acknowledged operable.

## **Manufacturer guarantee**

The manufacturer hereby guarantees that the device is compliant with the technological conditions, provided that the user complies with conditions for operation, storage, and transportation of the device.

The guarantee service life of the unit is 24 months from the date of sale; should there be no note of sale made, the guarantee service life shall begin on the manufacture date.

The user shall be entitled to free repair and replacement of the device, occurring through defects in materials or workmanship.

The average service life of the device is at least 3 years.

Any issues related to the sale of the device and the performance of the manufacturer/the seller under their guarantee obligations shall be governed by the Russian Federation Consumer Protection Law and Consumer Commission in the Republic of Bulgaria.

Guarantee repair shall be done by the manufacturer company:

**NEUROTECHNOLOGY, LLC**

*Mail address:*

*office 7, 64-B, Molodogvardeitsev Str.,  
Chelyabinsk, 454136, Russia*

Show your Cordus device and this User Manual to your doctor next time you meet them.

**Find video guides and specialists' advice at:**

[www.sacrus.eu](http://www.sacrus.eu), [www.cordus.ru](http://www.cordus.ru)

**The device has contraindications;  
consult a professional.**



**The product is certified.**



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