



NEUROTECHNOLOGY. LLC

SACRUS

healing your spine



SACRUS is a patented device designed to eliminate microdislocation of the sacrum and the base of skull, which are the underlying causes of spinal and body dysfunction.

Application

The Sacrus Unit (hereinafter referred to as “the unit”) is a device designed to eliminate microdislocation of the sacrum and the base of skull, which are the underlying causes of spinal and body dysfunction. The unit works to provide deep and soft osteopathic relief of the sacral area, the diaphragm, and the skull, relaxing ligaments and muscles, and restoring the desired balance.

The unit heals and corrects the functional status of the spine and joints, and can be used at healthcare institutions and athletic facilities, as well as at home.



The gravity body correction technique implemented by the Sacrus unit eliminates many strained areas, blocked vertebrae, pelvic bones, including the coccyx and the sacrum, and relaxes the back of the neck. The Unit makes the spine healthy again, activates self-regulatory mechanisms, and increases the amounts of body energy. The unit enhances mobility of the spinal column and of any joints.

The unit was designed to fit anatomical shapes of the coccyx, the sacrum, the thoracic region of the spine, and the skull. The unit can be used to improve overall health, to enhance performance of functional systems, and to strengthen the supportive-locomotive apparatus in both children and grownups above 140 cm tall.

The gravity body correction technique is the application of the patient's own body weight to relax muscular-ligamentous apparatus of the pelvis, the spine, and the base of skull, while the patient is in a physiologically comfortable position. The technique is applied in a physiologically natural way and is safe to the spine and joints.

The unit was designed to operate under normal climatic conditions:

- the ambient air temperature range from +10 to +35 °C;
- the relative air humidity up to 90% at the air temperature ranging from +20 to +28 °C
- the atmospheric pressure between 86.6 to 106.7 kPa (650 to 800 mm Hg).

The unit comes in either of the two designs

1. Sacrus Mag is a basic therapeutic device for the spine and joints, which relaxes and corrects the muscular-ligamentous apparatus along the spine from the coccyx up to the base of skull, improving circulation in the lesser pelvis organs and the spine. There are two neodymium magnets installed inside the unit.



Unit weight 0.2 kg

There are two neodymium magnets installed inside the unit

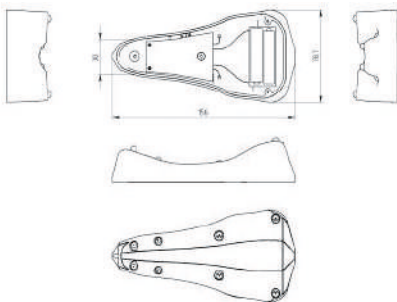
Two-year guarantee.

Delivery package includes:

- a SACRUS unit;
- a user guide and a user manual;
- consumer package;

Dimensions, mm 155x78x45 mm

2. Sacrus Phisio is a versatile device that works on the spine, joints, and the nervous system. Slow-frequency vibrations facilitate relaxation of strained muscles and ligaments, while alpha-wave microcurrents of 8 to 16 Hz normalize the nervous system function.



Consult the doctor before you commence therapeutic sessions to make sure you can use the unit to relieve the spine and to assist your exercise or yoga practice. Wrong or excessively long exercise can harm your health.

Unit weight 0.2 kg

Correction mode vibrations frequency 8 to 28 Hz

Relaxation mode vibration frequency 12 to 28 Hz

One-year guarantee.

Power supply two 1.5 V LR6/AAA batteries

Current parameters: 3 V, electric current up to 0.1 mA

Delivery package includes

- a SACRUS unit;
- a user guide and a user manual;
- consumer package;
- battery charger adapter (mini or micro usb)

Dimensions, mm 155x78x45 mm

Indications

- ✓ 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.
- ✓ Intercostal neuralgia, diaphragmatic breathing disorder, and vertebrogenic gastrointestinal disorders.

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.
- ✓ 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.

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 occlusions or thrombosis etc.
- ✓ 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 spondylolysthesis.
- ✓ Acute or grave organic diseases.
- ✓ Pregnancy (2nd and 3rd trimesters)
- ✓ Arterial hypertension with pressure surges above 150 mmHg A.

Contraindications for those using electronic Sacrus unit :

- Electromagnetic hypersensitivity;
 - A heart pacemaker implanted;
 - Status epilepticus.
-
- ✓ Sacrus can eliminate serious locomotor disorders. Efficient and easy to use, the unit will improve your health in just 3 to 5 sessions and make you feel fit again!

Please read this Manual carefully before using Sacrus unit.

Working principle and design

Most spinal and joint disorders are of biomechanical nature, the fact physicians tend to ignore by administering injections for inflammations, reducing herniated discs, or giving body massage etc, thus ignoring the underlying causes of locomotor disorders that include dysfunctions of pelvic bones, the sacrum, and the skull (including their strain and wrong positions).

As the Sacrus unit works on the ligament level rather than on the muscle level, it is biomechanically important to relieve strains where their concentrations are highest – that is, in the sacrum, at the base of skull, and the thoracic diaphragm. We recommend that you start any session with the sacrum and then go over to relieving the base of skull (among other things, to improve the innervation through nerve fibers running from the brain to body organs) and then move on to the diaphragm and other areas.

The gravity body correction technique implemented by the Sacrus unit eliminates many strained areas, blocked vertebrae, pelvic bones, including the coccyx and the sacrum, and relaxes the back of the neck. The unit makes the spine healthy again, activates self-regulatory mechanisms, and increases the amounts of body energy. Disorder chains gradually fall apart, improving living standards and health potential.

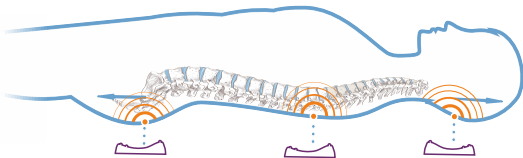
Working principle

The unit was designed to fit to the anatomy of deep-seated muscles and ligaments of a selected spinal region (including the pelvis, the knees, the diaphragm, and the base of skull) to treat them in an efficient way. The design allows the Sacrus unit work efficiently in several ways, namely.

1) **Sacrus unit isolates and elevates the sacrum**, while also relieving the coccyx area, and relaxes pelvic ligaments. Pairs of round-tipped acupuncture spikes installed at various sections of the **Sacrus** unit act on trigger zones of the sacrum and the coccyx, relieving muscle-ligamentous and bone structures.

2) Relieving the diaphragm on the spinal side and the top of the abdomen, Sacrus Unit improves respiratory function, organic functions, and reduces muscle tension in the neck.

3) The Unit relaxes and corrects the base of skull, eliminates neck pains, improves brain circulation and vision.



Using the patient's own body weight (e.g., the weight of the pelvis), Sacrus acts in a safe and physiologically natural way, relaxes the muscle-ligamentous apparatus of the pelvis and the spine, and evens out and restores muscular balance from the sacrum to the thighs and up along the spine.



Thus, one can fully restore flexibility of the entire spine (including restoration of elasticity and toughness of spinal discs) and improve circulation in the tissues located below therapeutic application areas by relaxing and correcting key areas of the spinal column.

Shape. The unit is shaped as shown on **Fig.1** and is made of ABS 1030 hypoallergenic medical plastic or any other safe hard material used to manufacture gym equipment and medical equipment.

Additional: Sacrus unit is fitted with neodymium magnets that generate a magnetic field to enhance nervous conductivity and capillary circulation.

Electronic Sacrus model additionally provides better relaxation of muscle-ligamentous apparatus by means of slow-frequency vibration, and normalizes functional state of the nervous system by activating regulatory processes by means of electrical microcurrents of up to 0.1 mA.



Fig.1

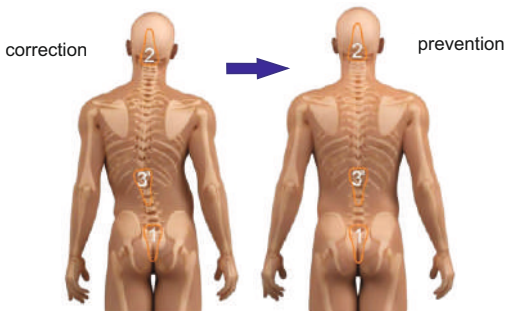
Position the unit for correction of a joint or a selected spinal region

The key areas of spinal and body correction are the sacrum (1), the base of skull (2) and the diaphragm relief area (3 and 3a). You need to relieve them during first ten sessions. Later on, you may perform spinal correction sessions only for a the sacrum and the base of skull areas.

Sacrus will help you after your jogging (place it on the knee area) or you may want to use it if you feel any discomfort (or strain) in segment of your body.

One spine segment relief session duration is 3 to 5 minutes, one joint relief session is 2 to 3 minutes.

Main zone location of Sacrus



Correction and prevention



Location zones of Sacrus that are possible

1. Base of the skull. Position the Sacrus unit under the **base of skull** (the back of your neck), its wide side fitting where your neck meets the back of your head, and its narrow side facing the crown of your head.



2. Neck and shoulders (just above your shoulder blades). Position the Sacrus unit, its wide side fitting 2 to 3 cm above your shoulder blades and its narrow side fitting along your neck.



3. Thoracic diaphragm and solar plexus. Position the Sacrus unit on your abdomen, its wide side facing your navel and its narrow end fitting to the xiphoid process (the area where your diaphragm meets your sternum).



4. Lower thoracic region (the projection of the solar plexus on the spine). Position the Sacrus unit, its wide side 5 cm below your shoulder blades, and its narrow side perpendicular to your waist.



5. Sacrum. Position the Sacrus unit under your **sacrum**, the narrow side of the unit fitting under your coccyx and its wide side touching the lower waist.



6. Hip joints. Position the Sacrus unit perpendicular to the spinal axis to fit under your right or left **hip joint**, the narrow side of the unit facing forward and its wide side facing backwards.



7. Knees. Position the narrow side of the Sacrus unit under the **patellar ligament**, the wide side of the unit fitting under your shin.



8. Feet. Position the Sacrus unit under your right or left **foot**, its wide side fitting under your heel, and its narrow side under the metatarsal bone.



Sacrus unit can be used whenever necessary to relieve a problem in a specific spinal region or in therapeutic sessions to correct the entire supportive-locomotive apparatus. We recommend that you start with eight to ten sessions to relieve the spine and the entire supportive-locomotive, and those sessions are to be done every other day. **Allow longer spans between sessions, of up to three days, if you have any muscle pains** (e.g., due to lasting muscle spasms).

Further on, to relieve and relax the muscle fascia system and to provide general health improvement, do sessions to relax and to correct the spine and joints once a week on a regular basis, especially when your pelvis, waist, and neck are prone to fatigue. **It takes 3 to 5 minutes relax a spinal segment, depending on the rate at which your muscles and ligaments of a specific spinal region relax.** This gravity-based technique for deep spinal correction and joint relaxation can be used by both unfit individuals and athletes at home, provided that the user has read and understood this Manual. Sessions can be also held in groups of three to twelve at regular or therapeutic fitness gyms and health clubs. Fitness instructors, yoga instructors, and athletic coaches can combine the technique with spinal muscle relief and relaxation exercise.

We have developed a set of exercise to correct the supportive-locomotive apparatus, to restore the muscle balance, and to make you enjoy perfect health. Sacrum unit acts on deep-seated muscles and the ligamentous apparatus in a painless and safe way to eliminate muscle strains caused by overloads, corrects and restores natural positions and mobility of pelvic bones, spinal bones, and the skull. It takes 3 to 5 sessions to eliminate strain, misbalance and feelings of discomfort, and, consequently, underlying disorders that torment you.

The unit works in a mild and comfortable way to restore the natural state of your spine by “unlocking” spasmodic vertebral segments in just a few sessions, reducing spasmodic muscle strain, decreasing pain impulse flows, and improving blood supply to muscles of the back and to the lesser pelvis organs, as well as by restoring mobility of joints, and flexibility of the spine.

Relaxation has a pivotal role in Sacrus relief of the spine. Relaxation is best achieved when your breath is gentle and steady. Just listen to your body. Normally, it takes your body tissues two minutes to relax and a feeling of muscles and joints becoming softer and “melting down” to set in; further on, your body corrects natural positions of your problem muscles and joints in a natural way, restoring their function, thus achieving a perfect therapeutic result.

Body tissues (including muscles and ligaments) can only remain tense for approximately two minutes when they are through the resistance phase, which is followed by the tissue relaxation phase, which restores the balance in a spinal segment or a joint – the fact that accounts for fast onset of relaxation when Sacrum unit is applied.

IMPORTANT!

Whenever inner tension persists in a specific area despite Sacrum applications (which indicates that the area may have a lingering disorder), you should address that problem area additionally by prolonging correction time up to five minutes, doing more sessions, and doing exercise described below.

Place cushions or a rolled towel under body parts (the waist, the neck, and the shoulders etc) that are being given therapy to make a session more comfortable. Avoid making sudden jerky movements while doing sessions. Move in a slow and relaxed way, like sloths do.



Let us reiterate that Sacrus unit was designed to prevent and to eliminate dysfunctions (including strain and displacements) of pelvic bones, sacral bones, and the skull, which are the underlying causes of locomotor disorders.

The unit works in a mild and powerful way along the skull-spine-pelvis axis – the main axis of the human body – to decompress and to relax the dura mater and to improve cerebrospinal fluid circulation.

Strains that form at the base of skull cause impaired mobility of cervical vertebrae and narrowed blood vessels that supply blood to the brain, which, in turn, triggers cervical osteochondrosis and herniated disc protrusions; moreover, it impairs CSF circulation than runs under the dura mater.

It is worth noting that SI joint disorders and skull bone tension are interrelated. Relieving the sacrum and restoring physiologically natural motion restores mobility of skull bones, eliminates pathological pain and circulatory manifestations.

Pelvic disorders are related to spinal problems (and to organs innervated by nerves that run through the spine) in many ways, so it is of utmost importance to restore the body balance! Deep correction of the SI joint, or, simply put, the sacrum (at both muscle-ligamentous level and at bone level) seem the only remedy for pains in the waist, the buttocks, the hip joints, and the lower limbs.

The following should be taken into account to do correction sessions with greater pleasure and to achieve the best result with Sacrus unit.

■ **Sacrus unit sessions do not normally leave any painful sensations!**

Harsh pains are indicative of a heavy spasm in a respective muscle or a badly inflamed joint. Whenever strong pain appears in the sacral area, place a tightly rolled towel under your waist to cushion sacrum correction session. If harsh pain persists, consult a doctor for diagnostics of causes that underlie a pronounced inflammation in that area, and, probably, for subsequent anti-inflammatory therapy as well.

Do as above whenever you have strong pains when doing sessions to correct the midriff area, and place a rolled towel under your waist and another – under your neck.

If you have difficulty getting up from the unit after a session (which typically occurs during first sessions for the thoracic region), then you should roll over to one side slowly and then remove or shift the unit.

Following the first two or three sessions, you may have slight painful sensations in the spine (where the unit was applied), slight itchy sensations in the back, or feel slight

sickness. All of the above is normally caused by improved circulation, restored mobility of vertebral joints and activation of vegetative regulation in body organs.

Hypotension sufferers may have slight dizziness, because sessions reduce blood pressure.

Done before sleep, a Sacrus session gives better night sleep!

You would be well-advised to abstain from any physical load within two hours after a spine correction session.

Preparation for a session

Starting position

Choose a most comfortable place for exercise. Fold a blanket in two and lay it in on the floor, or alternatively use an exercise mat. Take the starting position and lie flat on your back, your body fully relaxed.

**You can do the first few sessions while lying on an elastic mattress.*



Regardless of the problem location, go through the whole Sacrus set of exercise when doing the first spinal and pelvic correction session.

Sacrus set of exercise

The sacrum is normally the key source of spinal and locomotor disorders, as the sacrum is the fulcrum of the body, on which the maximum biomechanical body load falls. This is why we recommend that you start spinal correction with the pelvic region.

The large triangular bone at the base of the spine is deservedly called the sacrum, which is the Latin for “a sacred bone,” because it is the fundament and the basis on which the spine and the whole human skeleton rests. Old teachings referred to the sacrum as the center of body energy and the source of Kundalini.

1. Sacral and pelvic correction

A correction session is very easy and comfortable. Position the Sacrus unit under your sacrum so that its narrow side fits under your coccyx and its wide side fits under your lower waist, your knees bent.

Sacrus relief and relaxation are crucial to restoration of muscle and ligament balance. It is important that you stabilize your neck by placing a cushion or a rolled towel under it.

Exercise 1. Place Sacrus unit under your sacrum to isolate the latter, to provide relief to pelvic joints, and to restore balance in the two muscles that are crucial to maintaining good health – the iliolumbar muscle and the piriformis muscle, and to eliminate the pinched (compressed) sciatic nerve.



You may have trouble positioning the Sacrus unit in the first few sessions, and finding your sacrum may be the first problem you face. Your sacrum is located just below your waist, is triangular in shape, its narrow end tapering into your coccyx. The shape of Sacrus unit is anatomically similar to that of the sacrum, so it normally takes one or two sessions to fit the unit perfectly to your sacrum by moving the unit manually up and down by 1 or 2 cm. As soon as you succeed, the end pair of acupuncture spikes will fit along your coccyx, **providing better relaxation to the coccyx ligaments and relieving your sacrum, thus restoring the natural position and mobility of your coccyx.**

Relaxation time on the sacrum may be a little longer - from 4 to 6 minutes.



Your back may arch slightly during sessions, so you should place a cushion or a rolled towel under your waist to make your sacrum relief session more comfortable.

As soon as you position the Sacrus unit so it fits your sacrum perfectly, stretch your legs out and relax, while keeping your breath gentle and steady!



It is important to take into account that some people can find achieving a relaxation problematic, especially at the initial stage of relaxation sessions. If you have any lingering spinal disorder, e.g., spinal stenosis, you may add to your

relaxation by placing a cushion under the back of your knees.



Exercise 2. For further relaxation of pelvic muscles and deep relief of the ligamentous apparatus, remain in the same position, the Sacrus unit under your sacrum, bend your knees, and then spread your legs wide. This exercise improves the state the hip joints.



Exercise 3. Pelvic pains may indicate that either of your ileolumbar muscles is loose. Do this isometric exercise to strengthen the muscle. The Sacrus unit under your sacrum, bend the knee of the leg with the loose muscle, and then the place the palm of the hand on that knee. Then, push the bent knee against the palm of the hand for 5 to 7 sec, while avoiding bending the elbow. Then, relax straight away. Make sure that you remember to breathe out in those 5 to 7 sec-long tension.



Exercise 4. While working on either side of the sacrum, you can rest the foot of the respective leg on the floor. Correction time is 1-2 minutes.



Exercise 5. If you have piriformis syndrome and compressed sciatic nerve, do this additional exercise to relax the piriformis muscle.

Remove the Sacrus unit; sit up, place the shank of your left leg on your right hip, or above the knee of your right leg, with your right knee bent. Then, clasp your both hands under your right knee and pull it slowly for 5 sec while breathing out. Do three exercises per either leg to relax the piriformis muscle.

This method of relaxing deep-seated muscles and ligaments restores elasticity of the piriformis muscle as well.



Forcible stretching of the piriformis muscle after Sacrus unit relief of the sacrococcygeal symphysis.

A simplified version of piriformis stretching exercise is shown on Fig



A simplified version of the piriformis muscle after Sacrus unit relief of the sacrococcygeal symphysis.

Mobilization of the lumbar region

Exercise 6. Relieving the sacral muscles relaxes lumbar muscles as well. Unless you feel any pain when turning your legs to the right or to the left with the knees bent, you can do this mild exercise to mobilize the spinal lumbar region. Remove the Sacrus unit, lie down, and make one or two slow and gentle turns with the knees bent and almost touching the floor.



As soon as you have completed a sacral relief, you should do some stabilizing exercise.

Stabilization

Exercise 7. Now that you have achieved relaxation of the pelvic and lumbar muscles and ligaments, you need to stabilize them.

1. Do this simple exercise. Clasp your hands behind your head, draw up your knees to your elbows, and remain in that position for 10 to 15 sec.



II. Correcting the base of skull

It is the goal of this correction session to relax the base of the skull and to restore balance in the neck muscles.

Correction time skull base area for 2-3 minutes.

The correction mechanism is as follows: the Sacrus unit curve fits into the external occipital protuberances, making you feel how strained your head and the back of your head are. The unit treats the periosteum and acts like a milder version of gravity traction on your neck.

Gradually, the unit creates a gentle state of relaxation, adding to your own relaxation and the overall correction effect.

Sacrus skull correction



Relaxation of the base of skull restores micromobility of the skull and normalizes muscle tone, improving venous outflow and eliminating underlying cause of headaches. Moreover, mild neck traction prevents and cures slipped discs.

Exercise 8. Starting position – lie flat on your back, legs outstretched, a cushion or a rolled towel tucked under your waist.

Position the Sacrus unit under the base of your skull (the back of your neck) so that the wide side of the unit fits under the upper portion of your neck and the narrow side fits under the crown of your head. The back of your head fits perfectly into the curve of the Sacrus unit, and its acupuncture spikes act on trigger points and active points on your skull.

As soon as the Sacrus unit fits under your head, breathe slowly and gently, relaxing as much as you can.



The shape of the Sacrus unit fits into the base of skull, providing slow and mild neck traction. Relaxation of the first cervical vertebra (C1 vertebra) triggers its gradual correction.

It will take you three to five minutes into a Sacrus osteopathic relaxation and skull correction session to feel a rhythm inside your head and feel it spread along your spine. This is how the cerebrospinal fluid circulation activates the osteopathic process of normalization of the energy flow in your body.

A Sacrum session changes physiological parameters of your body – slow changes occur in the tissues, restoring their structural position – sometimes, after decades of strain. However, the changes are gradual, so as the sessions themselves, which are to be done at a relaxed pace, up to three times a week.

Changes continue in your body one to three days following a session, and those changes become irreversible due to slow and gradual Sacrus correction technique that prevents any considerable recurrences.

Exercise 9. Cervical region stabilization. A base of skull correction exercise should be followed by cervical region stabilization. Remove the unit from under your head. While remaining lying flat in your back, bend your knees. Clasp

your fingers behind your head. Relax your neck, lift up your elbows so that they face upwards, and lift your head with your fingers clasped behind it, with the neck's muscles relaxed and inactive. While keeping your neck fully relaxed, push your head forward until your chin touches your chest.

You will feel your neck & upper back muscles, as well as your waist muscles, stretch. Maintain this position for three to five sec while breathing freely and easily. Then, regain the starting position slowly.

Do the same as above, with your legs stretched out. In the end, unclasp your fingers and relax.



Exercise 10. Do this exercise to make neck muscle stronger

Starting position – sit up on a mat or on the bed. While taking a breath out, push your head with the palm of your hand, using 10 to 15% strength, your head resisting the pressure of the hand, for 5 to 6 sec, as shown on Figure below.



III. Relieving the diaphragm; correcting neck & shoulders

When you relieve and relax your diaphragm, you need to work on the very area where the diaphragm is attached to the sternum (the solar plexus or immediately under the xiphoid process), which corresponds to the projection area of the solar plexus on the spine, located 5 cm below the shoulder blades.

Exercise 11. Starting position – lie FACE DOWN, a thin cushion under your neck, see Fig. Lift your belly slightly and position the Sacrus unit so that its narrow side (the acupuncture spikes) fits under your solar plexus region and the wide side faces your navel.

Bend one arm to support your weight while adjusting the position of the unit with your other hand. As soon as you have adjusted the position of the unit, lower your body onto it slowly, so that its narrow side fits under your solar plexus area (where your diaphragm is attached to your sternum).



As soon as the spikes of the unit fully fit under your solar plexus, draw your arms sideways and move toward complete relaxation while doing a slow **diaphragmatic breathing**. If the exercise gives you any pain, give approx five gentle coughs to speed up relaxation of the diaphragm!



Exercise 12. Do this exercise to relieve your diaphragm on the spinal side while lying on your back, with your knees bent. Lift up your pelvis and position the Sacrus unit along

your spine so that its wide side is 5 cm below the shoulder blades and its narrow side faces your waist, and let your spinous processes fit into the curve of the Sacrus unit, arms along your body or folded. As soon as the unit fits to your vertebrae, breathe slowly and gently, relaxing as much as you can.



Additionally, you can place your arms over your head.



Exercise 13. Neck & shoulder relief is optional to the overall correction of spine and pelvis, so you can do this exercise whenever necessary. Starting position – lie flat on your back, legs outstretched. Lift your head slightly, place the Sacrus unit between your shoulder blades, the wide side of the unit just above your shoulder blades and its narrow side facing your neck. Then, slowly and gently, lower your body onto the unit. You can place a cushion under the back of your neck to make the session more comfortable. Then stretch your arms along the body.



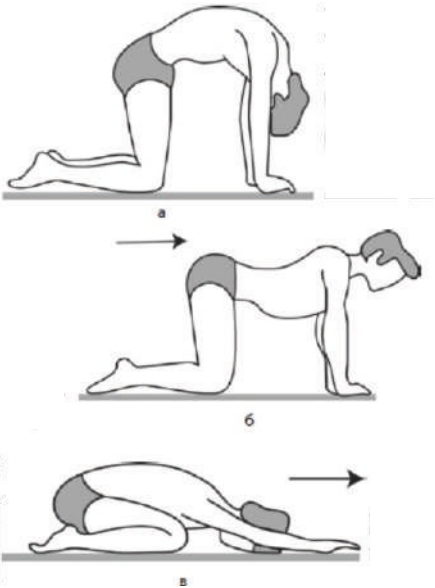
IV. Joint traction and mild mobilization

Exercise 14. To accomplish your spinal correction, remove the Sacrus unit and do a thoracic region traction while taking a breath out, keeping a stretched position for 5 to 8 sec.



Exercise 15. Do this exercise that includes downward-facing dog pose asana, cat pose asana, and snake pose asana to stretch and to straighten out your thoracic region. Do the exercise while you take a breath out and keep the position for 5 to 8 sec.





Exercise 16. To finish the mild vertebral mobilization, you can also do the **fetal pose asana** either after the whole session or after a pelvic and lumbar relief. Kneel down, and then lower your chest slowly onto your lap and lower your head gently onto the floor.



V. Additional application areas and trigger point therapy

Exercise 17. Relieving hip joints to prevent and to treat their complex disorders

Starting position – lie down on your either side. Position the Sacrus unit so that your hip joint fits into the curve of the unit, the unit itself positioned perpendicular to the spinal axis. Then do the same exercise as above on your other hip joint.



Exercise 18. Knee joint therapy. A must for those suffering knee aches or after a heavy load on the knees (e.g., after jogging, swimming, riding a bicycle, playing a team sport etc)

Starting position – kneel down. Place the Sacrus unit under either of your knees so that your shank fits into the wide side of the unit and the acupuncture spikes on its narrow side fit into the patellar ligament area.

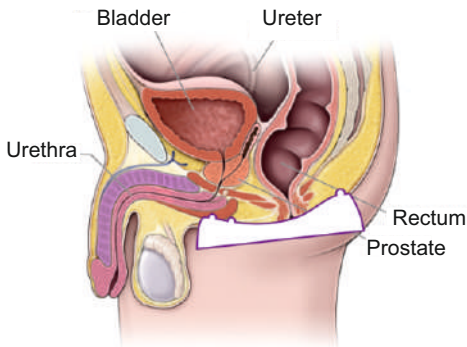


Exercise 19. Working on bioactive points on feet and strengthening arches of feet

While sitting on the floor or on a chair, position the Sacrus unit under the arch of either of your foot so that the wide side of the unit fits under your heel. Then adjust slightly the narrow side of the unit, where the spikes are, to fit under your metatarsus (the wide portion of your foot behind your toes) and keep pressing on the unit gently with your foot for 5 to 10 sec for a comfortable and relaxing foot ligament therapy. Make two to seven pressures on the unit. After the exercise, you will feel lightness and pleasant sensations in both your feet and your legs.



Exercise 20. Specially for men – prostate area therapy
Straddle the Sacrus unit so that its narrow side fits under the prostate projection zone (approx 2 cm behind your scrotum).



Exercise 21. Strengthening pelvic floor to improve sexual health and prevent lesser pelvis disorders.

To be done after a pelvic correction or relief.

Starting position – lie flat on your back, knees may be bent. Tense your pelvic floor muscles (your crotch), count from one to ten, and then relax them slowly. Exert the pelvic floor muscles when taking a breath in and relax them slowly when taking a breath. Each breath in and out should last for approx 5 to 8 sec.



The continued exercise to strengthen pelvic floor muscles is to lift up the pelvis while taking a breath out so that an almost straight angle forms between the back of your head and the backs of your bent knees, and then to remain in that position for one second. Do 5 to 15 lifts, beginning with 5 and adding one or more each session until you are able to do 15 lifts per session.



As soon as you have completed a correction session, get up gently and enjoy lightness and increased vigor!

A basic course includes ten sessions to be done every other day or every two days.

Additionally if you have limited possibilities for doing sessions

Have your family or friends place the Sacrus unit under your back if you have difficulty doing so.

Important considerations! Sacrus correction sessions relax deep-seated muscles and ligaments; however, considerable muscle strains may prevent you from restoring your normal muscle tone. Whenever you feel any residual muscle tension upon completion of the first session, be prepared for the problem to recur to some extent, but never completely. During the next sessions, do a deeper relaxation of the sacrum and, if necessary, the back of your neck, deepening the degree of relaxation from session to session. It takes five to seven sessions to eliminate pelvic strain even if disorders are considerable.

Sacrum correction results suggest that the results you achieve are stable. If supplemented by supportive therapeutical exercise from this Manual and relief prophylactic sessions for the pelvis and the head, Sacrus sessions make patients feel perfectly fit and invigorated like never before.

Precautions

- Use the unit in accordance with this Manual. Read the Manual carefully. If you have any contraindications to back/neck massage or spinal traction exercise, then use the unit under supervision of an expert (a qualified athletic coach, a physiatrist etc).
- Before each use, make sure the unit is undamaged.
- Please abstain from disassembling or repairing the unit.
- Avoid dropping or hitting the unit on hard surfaces; avoid exposing the unit to temperatures exceeding + 35°C.
- Do not use the unit if it is damaged or out of order. If you discover any damages, feel free to contact the manufacturer or purchase another unit.
- Keep the unit unpacked at room temperature for at least two hours before use after shipping or storage at subzero temperatures.

Disinfection

No disinfection of the unit is required. You can wipe the surface of the unit with a napkin soaked in 3% hydrogen peroxide aqueous solution or with any similar antiseptic.

Disposal

The device contains no materials hazardous for the environment or human health, thus requires no special disposal.

No maintenance required.

Sacrus Phisio has built-in rechargeable batteries included in the standard package along with a micro USB charging cable. The full charge cycle is 3-4 hours. The charge lasts 3 weeks or 10 sessions.

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.

Sacrus unit 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.

Sacrus unit 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

Sacrus, a unit for physiotherapeutic correction of spine and joints (Sacrus Mag and Sacrus Phisio models), 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 unit is compliant with the technological conditions, provided that the user complies with conditions for operation, storage, and transportation of the unit.

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 unit, occurring through defects in materials or workmanship.

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

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

Any issues related to the sale of the unit 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

Find video guides and specialists' advice at:

www.sacrus.eu, www.cordus.ru

The device has contraindications;
consult a professional.

Medical device registration certificate of June 19, 2018
No. P3H 2018/7281

The product is certified.





SACRUS

Your personal osteopath

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