MEDesign® Ltd

www.medesign.co.uk

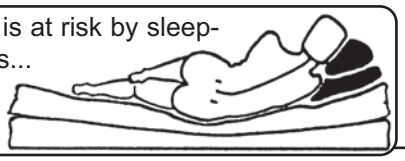
Product Code: BB

MEDesign® Bedboard

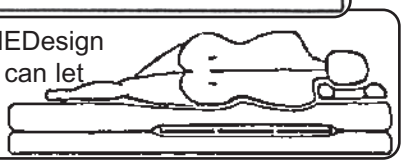
Bedboard Carrycase shown optional accessory

- A folding set of boards for placing under an oversoft or sagging mattress.
- Are you susceptible to backache, lumbago, sciatica? Do you wake up with a stiff and aching back? Is your mattress soft or sagging?

Your back is at risk by sleeping like this...



When a MEDesign Bedboard can let you sleep like this



Panel Size
- Length: 36cm (14")
- Width: 76½cm (30")
- Thickness: 15mm (½")

Size of Expanded Bedboard
- Length: 108cm (42½")
- Width: 76½cm (30")
- Weight: 2.2kg (4¾lb)

- Trying to sleep (or even rest) during an attack of acute lumbago or sciatica is a miserable, painful experience. Doctors often advise sleeping on the floor or putting planks under the mattress to relieve the pain. Sufferers from more chronic types of backache can also benefit from sleeping on a firm, level bed.

- The pain is caused because an oversoft or sagging mattress allows your back to slump into a posture which is liable to place the nerve roots under passive tension where they emerge from the lumbar region of the spine. This can be painful of itself and, if your spine is already suffering from wear and tear because of injury or age, it can make you stiff and aching due to ligamentous stretch.

- At home, you can spend as much money as you like, or can afford, on a so called "orthopaedic" bed and mattress to suit you (provided always that your sleeping partner does not object). But that solution is not ideal for everyone. It is less than popular if your partner prefers a soft mattress. And, it is no solution at all when work or holidays take you away from home.

- Designed to be the complete answer because it is:

1. Light for easy carrying.
2. Rigid and strong to give support.
3. Sized to fit a single bed or one side of a double bed. If needed use two side by side to cover a double bed.
4. Small enough to transport easily.

SPECIFICATION: High density boards in heavy duty, waterproof, wipe clean cover.

ACCESSORIES: Bedboard Carrycase (Product Code: BBC) A custom made case (see image above) for ease of transport and protection is available as an optional accessory.

CLEANING: Wipe over with any good quality detergent or disinfectant solution. Do not clean with any type of synthetic solvent - this will damage the cover.

PLEASE NOTE: It is a good practice to air your bed regularly.

Any defects in materials or workmanship within 6 months of purchase will be repaired, at MEDesign Ltd's option, free of charge for materials or labour.

Available From

MEDesign® Ltd, Clock Tower Works, Railway Street
Southport, Merseyside PR8 5BB, England.
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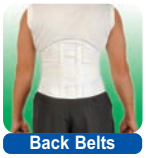
MEDesign supply more than 100+ products to relieve backpain in every area of daily life. A few of these products include:

Backfriend

Prism Glasses


Back Belts

Bed Rope Ladders

Birling Bed Rest

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Full details on all MEDesign products are available at www.medesign.co.uk

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