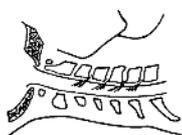


## MEDesign® Orthopaedic Pillow



If a painful neck makes sleeping a problem, or if your arms and neck are stiff and aching in the morning, the time has come for you to think carefully about the pillow you are using. The painful symptoms usually result from sleeping with your neck in either a flexed or extended position.



Sleeping with your neck bent forwards (**flexed**), sideways or twisted can cause the ligaments and nerve roots in your neck to be passively stretched.

On the other hand, when your neck is bent back (**extended**), the nerve roots may be compressed.

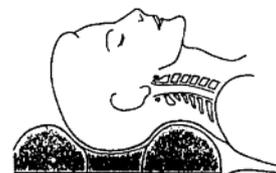


Both situations can be painful for otherwise healthy people but, if your spine is already suffering from wear and tear, due to injury or age, the painful effects can be greatly increased.

Prevention depends on being able to adopt a **neutral** position, which avoids these extremes, so that your spine (from the lower back to the nape of the neck) is relatively straight and unstressed.

The MEDesign Pillow has been designed to do just that.

In addition to the medical expertise, the new MEDesign Pillow incorporates the latest, high resilience, top quality materials.



It has a flat base and an upper sleeping surface which has precisely contoured edges on the long sides and a soft central portion. One of the contoured edges is more firm than the other to accommodate different weights of head, or individual preference. The whole pillow is then encased in a thick, padded cover and fitted with an outer cotton cover.

This unique combination of resilience, firmness, contours and softness produces an interactive system of support which ensures that your neck is properly and adequately supported and not just slung between your head and shoulders. This is crucially important in keeping your neck muscles relaxed and your spine in a neutral position whether you lie on your back or your side.

The results from user evaluation tests were impressive. After the initial acclimatisation period - which varied between 0 and 5 days - users reported more restful sleep with less aches and pains in the morning.

The MEDesign Pillow is supplied complete with a cotton cover and fits standard pillow cases. All synthetic materials are fire resistant to comply with the latest government regulations - Ignition Source 5, British Standard BS 5852.

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

DIMENSIONS: Length: 55cm (21½") Width: 32cm (12½") Thickness: 13cm (5¼") Weight: 700gm (1½lb)

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

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Website: www.medesign.co.uk  
E-Mail: sales@medesign.co.uk**

MEDesign supply more than 100 products to relieve backpain in every area of daily life. A few of these products include:



Leg Rests Wedge Cushion Therapearl Wrap Gel Neck Cushions Raised Toilet Seats

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Full details on all MEDesign products are available at [www.medesign.co.uk](http://www.medesign.co.uk)

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