



## **User Guide for Lumbar Support Cushion by ZIVIGA**

### **\* How to use the lumbar support pillow**

Locate the lumbar support pillow in the middle of a seat or chair like in the picture below.

The top and bottom of the lumbar support pillow are identical. Therefore, you can twist the lumbar support pillow 180° and locate it in any position comfortable to you. To keep proper posture, it is best to place the lumbar support pillow at the level of your waist. However, if you prefer it to be higher up, just put the back pillow in a position middle or high in relation to your back by moving the lumbar support pillow up against the back of the chair.



**\* Adjustable straps**

The lumbar support pillow is equipped with adjustable elastic straps. You can find these on the back of the lumbar support pillow. The straps are very easily adjusted and are helpful when trying to fasten the lumbar support pillow in a position most convenient to you. So just locate the lumbar support pillow at the right spot, wrap the straps around the chair or seat, and clasp them together.



**\* Additional adjustable straps**

To effectively use the lumbar support pillow on large seats (for example, in a car, truck or tractors), use additional adjustable straps to join them to the lumbar support pillow straps.



**\* Cleaning and washing the lumbar support pillow**

- Locate the zipper on the back of the lumbar support pillow. Unzip the covering and carefully remove the outer upholstery. It is recommended to wash the upholstery in cold water of up to 86°F (30°C).
- Once clean, dry the upholstery and place it back over the memory foam.
- Do not wash the memory foam in a washing machine! To clean the memory foam, dampen a sponge and carefully remove the dirt. Also, we do not recommend drying the memory foam in a dryer!

**\* Customer Support**

- If you have any questions, please contact us prior to contacting Amazon.
- We provide a 1-year warranty on our products. If any of our products that you are faulty or turn out not to serve your needs well, please email us. We will provide a suitable replacement or refund! You will not even have to send the products back!

Email: [support@ziviga.com](mailto:support@ziviga.com)

Best regards,

Customer support team.

Disclaimer

The information provided by ZIVIGA is not intended as medical advice its intention is solely informational and educational. You should consult a healthcare professional should the need for one be indicated. If you have any concern regarding your health, consult your doctor before use. Use of the lumbar support pillow or the information provided by ZIVIGA should not be a substitute for professional advice, and / or consultation with a licensed health care professional. Do not use the lumbar support pillow to attempt treatment of serious ailments, health conditions, or injuries without the advice of your doctor. No medical claims are warranted or implied by the use of our products. ZIVIGA will not be held liable for misuse of the lumbar support pillow in attempted treatment of unknown origins, or undetermined pain. Consult your doctor for treatment of any health condition before beginning any exercise program or initiating the use of any physical support product.