

Sit on a chair then lean into the adjustable chest pad and rest your head into the adjustable face cradle. Placing your arms around and onto the padded base is a comfortable position and also helps to hold the unit in position. An adjustable height stool or chair is helpful or pillow to lift you high enough so that your head is a relaxed down looking position. See photos directly below



The aluminium face cradle has a simple quick adjustment to any desired angle; it can also be adjusted vertically, by using the Single cam lock handle. It is a lock and unlock move, do not unscrew handle. If the handle is loosened the mechanism will not lock properly and the mechanism may also be damaged. If it is too loose retighten the handle to make sure the tension is correct. Chest pad is adjusted the same way. See photos below



*Face cradle adjusted vertically



*Locking cam for face cradle

*Locking cam for chest pad

The unit can be placed at the end of the bed, for reading or relaxing and placed on the bed for sleeping. A pillow under the chest can help with comfort. See photos below.



Extras, like the front arm support can be ordered to help support the arms. Front Arm support special price with this unit \$15.00

We also make a face cushion which could be helpful, or face cradle cover made from polar fleece. See our accessory page. The front arm support straps slip over the prongs of the face cradle before the prongs are put into the tubing.



The face cradle cushion is attached with Velcro; you can **peel** this back to readjust. Repositioning can help in finding the most comfortable position.

