

Relax...
Tense, tired muscles.

Place the CranioCradle with the Top Areas under your occipital base with the Front Point pointing to the top of your head. Lower your head onto the Valley and snuggle in comfortably.

You'll help to re-establish the natural C-curve of your cervical spine as you feel a gentle release of the stress and tension carried in the muscles attached to your face, jaw, neck and shoulders.

This position helps ease the pain associated with grinding or gritting your teeth, TMJ Syndrome and whiplash.



Relax in the Base Position for 2-5 minutes.

Base Position



Relax...tense, tired muscles
Relieve...nagging aches, pains and fatigue
Restore...your body to a deep state of comfort
— naturally

The CranioCradle is an **easy to use**, effective home therapy system that helps relieve your stress, tension and pain so you can thoroughly relax.

Based on osteopathy, craniosacral and massage therapy techniques, the CranioCradle **home therapy system** was tested and fine-tuned with the collaboration of a team of experienced hands-on therapists.

Which means you experience the benefits of an actual therapy session in the comfort of your own home.

Relieve...
Anxiety, tension & stress.

Place the CranioCradle with the Top Areas supporting your head just above the occipital base with the Front Point pointing to your feet.

As you rest, the CranioCradle has deeply calming effects on the central nervous system - relaxing and easing stress, tension and anxiety.

This position is helpful for easing the kinetic energy associated with ADD and ADHD. The deeply calming effects of the Stillness Position are beneficial for those troubled with insomnia.



Relax in the Stillness Position for 2-5 minutes.

Stillness Position

Cleaning: The CranioCradle is easy to clean and disinfect. Simply use warm water with liquid soap or any sanitizer commonly used in the home or healthcare setting.

Do not heat. Do not freeze.

Disclaimer: The CranioCradle is neither a medical device nor intended as treatment for medical conditions. This product does not cure medical ailments or illnesses.

No information provided by the CranioCradle manufacturer or its distributors, whether written or verbal, or provided in these instructions, in brochures, in websites or otherwise, is intended to be a substitute for professional medical advice, diagnosis or treatment. Consult a healthcare professional for advice regarding medical conditions.

Guarantee: If you are not completely satisfied, we will cheerfully refund your money within 30 days of purchase.

Patent Pending. Made in USA. Fully Recyclable.

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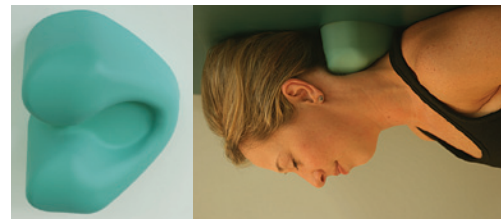
Rest Away...
Your aches and pains.

Restore...
Your body.

Place the CranioCradle with the Finger Arches underneath the occipital base of your head and the Front Point pointing to your feet.

You may rock slowly across the Finger Arches for additional release. Use in the Decompression Position should be limited to no more than a minute.

This position helps relax the thick musculature at the base of the head and neck promoting increased range of motion.



Relax in the Decompression Position for 30 seconds - 1 minute.

Decompression Position

How does it help?

The CranioCradle encourages joints to decompress and cramped tense muscles to gently release. It creates a positive effect on the central nervous system allowing your body to discover its natural healing potential.

Within minutes, as your relaxation deepens, you experience profound renewal of mind and body.

How do you use it?

The easy-to-use CranioCradle home therapy system is designed to be placed under the back of your head, neck and body at specific locations in a specialized way.

Use the CranioCradle while lying on a soft surface such as a sofa, bed or massage table. Place a pillow or bolster under your knees for proper body alignment.

Ease...
Nagging aches, pains & fatigue.

Retreat...
Because life doesn't have to be a pain anymore.

Place the CranioCradle under your head with the Back underneath and fully supporting your occipital base. The Flat Bottom will be facing your body with the Front Point sitting on the resting surface.

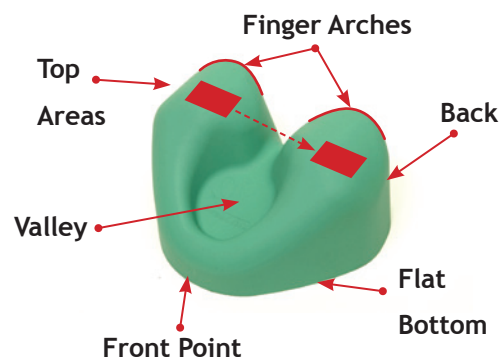
This elevation provides traction from your neck to your mid-back. Allow your neck to slowly rock side to side. This position provides a gentle stretch and release of the muscles attached to the base of your head and neck while encouraging increased range of movement.



Relax in the Rock & Traction Position for 2-5 minutes.

Rock & Traction Position

Diagram for easy use



We've named all the areas of the CranioCradle to make it quick and easy for you to place correctly.

Experience...
The therapeutic power of the CranioCradle.

Thoracic Opening

Relax in the Thoracic Opening Position for 2-5 minutes.



Place the CranioCradle in the center of your mid-back with the Top Areas on either side of your spine. There are two ways to turn the CC: with the Front Point pointing to your head or with the Front Point pointing to your feet.

Select position by your comfort level. Once in place, open your arms out to your sides.

This provides an opening and release of tight, tense muscles in the thoracic area allowing you to sit straighter and taller while relieving your chronic pain.

Trigger Point

Relax in the Trigger Point Position for 2-5 minutes.



A Trigger Point is a painful, tender spot in your muscles. Place the CranioCradle (CC) under your body with the Front Point pointing to your feet - or in the opposite direction - with the Finger Arches positioned at the Trigger Point.

The gentle pressure to the Trigger Point softens and melts the muscular tension, easing away your aches and pains.

Body Bridge

Relax in the Body Bridge Position for 2-5 minutes.



Utilizing two CranioCradles (CC's), place them back to back, one inch apart. The CC's form a bridge which you can move up or down underneath your back and shoulder area.

Gently stretch, extending your hands above your head while extending your feet.

The Body Bridge position supports the natural curvature of the spine, lengthening and relaxing compression, easing tension and pain.

Shoulder Bridge

Relax in the Shoulder Bridge Position for 2-5 minutes.



Utilizing two CranioCradles (CC's), place the first CC with the Finger Arches underneath one shoulder blade with the Front Point pointing outward. Place the second CC with the Finger Arches underneath your other shoulder blade with the Front Point pointing outward.

Your spine rests in the open space between the two CranioCradles.

This relieves pain associated with tense shoulder and upper-back muscles.

Head & Shoulders

Relax in the Head & Shoulders Position for 2-5 minutes.



Utilizing two CranioCradles (CC's), place the first underneath the top of your shoulders with the Front Point pointing to your feet. Place the second CC in the Base Position, then slide it out 1 to 2 inches.

For an enhanced shoulder stretch, rotate your arms in a back stroke swimming motion.

This position releases the tension and compression carried in the neck and shoulders, allowing your body to naturally return to a normal posture.

Head & Back

Relax in the Head & Back Position for 2-5 minutes.



Utilizing two CranioCradles (CC's), place one under your head or neck, choosing either Base, Stillness or Rock & Traction Position. Next place the second CC underneath your low back in any one of the 3 Low Back Positions. This quickly and effectively allows your body to relax and relieve from your head to your back.

Low-Back Position 1

Relax in the Low-Back Position 1 for 2-5 minutes.



Place the CranioCradle with the Flat Bottom under your low-back and the Front Point pointing to your feet. This is a neutral way to fully support and lift the sacrum to ease low back tension.

Low-Back Position 2

Relax in the Low-Back Position 2 for 2-5 minutes.



Place the CranioCradle with the Top Areas supporting your low-back, the Front Point pointing to your feet. The Finger Arches gently press into the top of your sacral area in-between the SI Joints.

Low-Back Position 3

Relax in the Low-Back Position 3 for 2-5 minutes.



Place the CranioCradle (CC) with the Top Areas underneath the lowest portion of your low-back with the Front Point pointing toward your head. Your coccyx will rest in the Valley of the CC. This provides gentle, direct pressure to the trigger points at the lower portion of your sacral area.

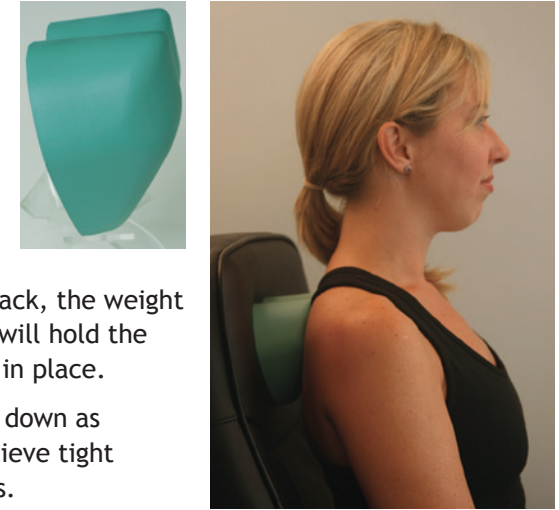
Try each of these positions to determine which fits your body best. Adjust the CranioCradle to your low-back by moving it up or down slightly.

Once you find a comfortable position, relax into the release. These positions gently stretch the muscles and relieve low-back pressure.

NOTE: Photos illustrate position. During actual use, completely relax your body onto the CranioCradle. Place a pillow or bolster under your knees and your head/neck for proper alignment.

Sitting Positions

Relax in position for 2- 5 minutes.




As you lean back, the weight of your body will hold the CranioCradle in place.

Move it up or down as needed to relieve tight tense muscles.



Use it at your desk, in the car or on an airplane.

 Please note when the CranioCradle should be used with caution or avoided altogether.

Restrictions include, but are not limited to: cranium, face or spine trauma, brain stem tumor, acute stroke, intracranial bleeding, inflammatory conditions, blood clots, cardiac conditions, pregnancy, carotid stenosis, thrombosis, venous obstructions and serious circulatory problems.

If you've been diagnosed with or are concerned about any of these issues, consult your healthcare professional before using the CranioCradle.

For more information, visit www.craniocradle.com

See How to Use Videos at

www.CranioCradle.com