



Your Guide to Back Health

*The Benefits of Jox™ Athletic Shorts for
Daily Physical and Athletic Activities*



*Includes Dr Vijay Vad's 5 minute pre-activity and
post-activity stretching exercises to improve your health
and enhance performance.*

Jox™ Athletic Shorts

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Jox™ Athletic Shorts Performance Technology

Jox™ Athletic Shorts were designed as a therapeutic undergarment for the person who wants back support and comfort. Jox™ Athletic Shorts for daily physical and athletic activities is more than a compression short attached to a back support belt. The Core Support Panel built into the front of the shorts provides a core stabilizer over the midline of the wearer. This core stabilizer assists in the proper aligning of the spine when the belt is securely fastened. The Jox™ belt is made from a unique and patented fabric which wicks moisture away from the body, is breathable, and antibacterial. The antibacterial and antimicrobial properties discourage bacterial growth and odor. The compression shorts are made of high grade spandex. They are breathable, provide enhanced circulation, assist in reducing lactic acid build up, and relax the lower body and upper leg muscles.

Jox™ Athletic Shorts for daily physical and athletic activities is a unique product. The posterior mid transverse section of the belt supports the L4 , L5, and lumbosacral aspects of the spinal column, providing a strong-hinge like effect for the upper torso, reinforcing support at the axis of rotation. This structural support provides extra support for fatigued or weak muscles. Jox™ Athletic Shorts have been designed to provide extra support for static and dynamic activities that require extension and rotation. In fact, clinical trials showed a 19% decrease in pressure on the lower back among subjects who wore Jox™ Athletic Shorts versus those who did not.

Jox™ Athletic Shorts for daily physical and athletic activities is the only garment that provides back and core support with therapeutic hot and cold treatment capabilities. On the inside of the core supporting belt is a pouch to accommodate our instant Jox™ Hot and Cold Pax™.

The Jox™ Hot and Cold Pax™ are used to relieve inflammation, back pain, muscle tension and are disposable after use. The Jox™ Hot Pax™ should be used 15 minutes before exercise and can be worn during activity for up to 8 hours. Soothing heat has been shown to reduce pain and muscle tension. After activity we recommend using a Jox™ Cold Pax™. Our customized Cold Pax™ provide 20 minutes of penetrating cold therapy to the lower back to relieve inflammation and providing soothing comfort.

Dr. Vijay Vad - Co-Inventor of Jox™

Vijay Vad, M.D., is a Sports Medicine specialist and researcher at the prestigious Hospital for Special Surgery in Manhattan, NY. Dr Vad shares these exercises and stretches that have been shown in his studies to reduce back pain and enhance performance. For Dr Vad's 15 minute a day core program please refer to his best selling book *Back Rx*, combining the best of pilates, activity-specific conditioning and physical therapy to optimize flexibility, strength, stamina and balance.

* Dr. Vad is a co-inventor of Jox™ and is also the author of *Golf Rx*, *Back Rx* and *Arthritis Rx* with Dave Allen and *Stop Pain* with Peter Occhiogrosso.



***Dr. Vijay Vad's Pregame:
A Five Minute Warm Up Program
Based on Research to End Low Back Pain
and Regain a Full Quality of Life***

When participating in any physical or athletic activity it's important to stretch before and after. Many people don't take the time to do the necessary stretches needed for every day activities, and most importantly to reduce risk of injury. You're only asking for trouble, perhaps even a serious injury that will leave you unable to work, exercise or just perform your daily activities for days, weeks or months to come.

Before any activity you have to stretch and restore some elasticity to your hips, back shoulders, hamstrings and, in this case, specific muscles so that they can perform the movements you're about to ask of them.

Here are the five exercises you should do each day for your daily routine to raise the temperature and readiness of these muscles:

- 1) Standing Shoulder / Back Stretch
- 2) Paraspinal Stretch
- 3) Hamstring / Calf Stretch
- 4) Iliotibial Band Stretch
- 5) Piriformis Stretch

This warm up should take only five minutes, a suitable time frame for those of you who do tend to run a little late.



Shoulder/Hip Stretch

Lie flat on your back with your legs straight and your arms extended to the sides. Slowly raise one leg into a bent position with the foot flat on the floor on the outside of your other knee. Let gravity pull your bent knee toward the floor on the outside of the straight leg. Hold the stretch for at least five deep breaths in and out. Repeat with the other leg.



Paraspinal Stretch

Stand as though you were about to address a golf ball, bending slightly forward from your hips so your chest points toward the ground. Your back should be fairly straight and your knees flexed. Loop your forearms around a broom handle, hockey stick or a golf club while holding the shaft gently against your back. Now slowly rotate your hips and shoulders to the right, until your right arm is directly behind you. Hold for at least five deep breaths in and out, then slowly twist in the other direction until your left arm is behind you. Hold again for five deep breaths, then repeat. Perform up –to three repetitions, but no more. This exercise targets the paraspinal muscles, which run up and down each side of your spine. Besides stabilizing the spine, the muscles act like pistons, transferring energy generated by your legs to your arms.



Hamstring/Calf Stretch

Stand with your right leg forward, knee bent, and your left leg extended back in a straight position. Slowly lean forward into your right leg keeping your left leg straight and both feet flat on the floor. Stop when your right knee is over the shoelaces on your right foot and hold for at least thirty seconds. Repeat with your opposite leg, keeping your back straight as you lunge forward. This exercise stretches your calves and hamstrings freeing your hips while also providing support to your back.



Iliotibial Band Stretch

Lie flat on your back with your legs straight and your arms extended to the sides. Slowly raise one leg into a bent position with the foot flat on the floor on the outside of your other knee. Let gravity pull your bent knee toward the floor on the outside of the straight leg. Hold the stretch for at least five deep breaths in and out. Repeat with the other leg.



Piriformis Stretch

Lie flat on your back with your knees bent and your feet flat on the floor. Raise the right foot to rest against the left knee. Clasp your hands behind the bent left knee and pull gently toward your chest. Hold the stretch for at least five deep breaths in and out. Repeat with other leg.

***Dr. Vijay Vad's Pregame:
A Five Minute Cool Down Program
Based on Research to End Low Back Pain
and Regain a Full Quality of Life***

Before you call it a day, it is important to take five minutes to stretch out your muscles and joints. You will be happy you did, especially if you want to exercise and attend to your daily activities the following day. Stretching afterwards will help combat muscle soreness and stiffness while keeping your body feeling supple and relaxed. You don't have to stretch immediately afterwards, but you will want to do so within 45 minutes of your last activity.

The goal of the cool down is to stretch those muscles that need to be lengthened. Never stretch cold muscles. Always warm up before beginning any stretching or exercise routine. You can do this by jogging in place, going for a brisk walk or riding a stationary bike to increase the temperature and flexibility of your muscles.

Here are five simple stretches you can do after your daily activities:

- 1) Fingers to Toes
- 2) Seated ITB Stretch
- 3) Crosses – Legged Hip Stretch
- 4) Lying Back/Hip – Flexor Stretch
- 5) Seated Groin Stretch

With these simple post-activity stretches you will feel as loose as you did when you stretched earlier for pre activity. These simple exercises will enable you to enjoy your daily post activities without your back tightening up or your muscles aching. Better yet, you will feel great again in the morning and ready to tackle the physical challenges for the day ahead!



Fingers to Toes

From a seated position extend both legs straight out in front of you with your toes pointed upward. Slowly bend forward and try to touch your toes with your finger-tips. Bend forward as far as your range of motion will allow, keeping your back as tall as possible. Do not hunch over. Hold for at least five deep breaths in and out and repeat twice more. This stretch improves your hamstring flexibility so that you have an easier time bending from the hips and holding your posture. It also opens up the facet joints in your back reducing pressure on them so that the spine can move more freely.



Seated ITB Stretch

From a tall seated position cross your right leg over your left and extend your right arm behind you for support. Your right foot should rest on the floor just to the outside of your left knee. Using your left arm, pull your right knee toward your left hip while rotating your torso slowly in the opposite direction. Keep turning your body until you can see the fingers on your right hand. Hold for a count of five deep breaths in and out and then repeat on the other side. This stretch targets the iliotibial band, a taut band of tissues on the outside of your thigh, paraspinals gluteus medius and hip abductors which assist in rotating your hips externally.



Cross-Legged Hip Stretch

Sit on the floor with legs crossed. Slowly bend forward from the waist and place both palms on the floor keeping your elbows and back straight. Lean into the floor until you feel a good stretch in your hips and lower back. Hold for at least five deep breaths in and out. This is another good stretch for the hip flexors and facet joints of your back. It strengthens these joints and muscles, which sit in a shortened position most of the day.



Lying Back/Hip – Flexor Stretch

Lie on your back with legs bent at 90 degrees and both feet off the floor. Slide your arms under both knees and clasp your hands together to form a chain. Now slowly pull your knees toward your chest with both arms and bring your head toward both knees. This should pull your shoulders off the ground. Hold the stretch for five deep breaths in and out and repeat twice more. This is another good exercise for tight hip flexors. It also helps lengthen the muscles and joints in your back.



Seated Groin Stretch

Sit tall on the ground in a butterfly position with the soles of your feet pressed together and both knees off the floor. Bend slightly forward from the waist and rest your hands on your lower legs. Now gently press your knees toward the floor with your elbows until you feel a good stretch along the inside of your thighs. Hold for at least five deep breaths in and out and repeat twice more. This exercise stretches the groin muscles located between your thighs and abdomen improving your range of motion to your hip region.

Congratulations! You've finished with your post-activity stretching routine.

Instructions

Cleaning

- Jox™ should be washed in cold water with standard detergent.
- When washing your Jox™, please close the velcro belt completely, then hand wash or machine wash using the gentle cycle and cold water. Always drip dry or dry flat.
- We recommend using our Jox™ Mesh Wash Bag when cleaning your Jox.™ Place your Jox™ Athletic Shorts in the mesh bag, this will keep your Jox™ separate from the other laundry in the wash.
- If possible, please drip dry Jox™ for longer wear . If you must use a dryer place Jox™ in the mesh bag and use low heat or gentle / delicate dryer cycle.
- Do not Iron or Press.

Jox™ Sizing Chart

Jox™ Athletic Shorts tend to run small. if you are at the upper end of the sizing chart we recommend you move up to the next larger size.

Jox™ Size	Waist Size
Small	28 - 32 inches
Medium	32 - 34 inches
Large	34 - 36 inches
XL	36 - 38 inches
XXL	38 - 42 inches
XXXL	42+ inches

Instructions

Core Support Power Stays

The Core Support Power Stays are removable. Each Core Support Power Stay pocket has a side opening at the top of the pocket for easy access. Pull the stay pocket from each end and slide the stay out through the side opening.

Jox™ Hot and Cold Pax™

Jox Hot Pax™ are instantly activated when the packs are removed from their casing. It takes approximately 15 minutes for the packs to heat up to maximum therapeutic temperatures.

Jox Cold Pax™ are instantly activated when internal pouch is squeezed firmly, popping the inner bags to allow contents to mix.

- If Jox™ Hot Pax™ becomes too hot or uncomfortable please remove immediately.
- Jox™ Hot and Cold Pax™ are custom designed to be worn in the back pouch of a pair of Jox Athletic Shorts.
- The Jox™ and Cold Pax™ are not to be worn directly against the skin.



To reorder Jox™ Hot & Cold Pax™ see your local retailer or go to www.JoxStore.com.

Warnings

If you have a serious back problem consult your doctor before using Jox™ Athletic Shorts.

Jox™ Hot Pax™ may cause burns or skin irritation. Check skin frequently for burns, blisters or skin irritations while using and remove immediately should you experience pain, burning or any other discomfort while using this product. Do not wear while sleeping.

Cold Pax™ may cause skin irritation. Check skin frequently while using and remove immediately should you experience pain or any other discomfort while using this product. Do not wear while sleeping.

Ask a doctor before using if you have diabetes, poor blood circulation, heart disease, rheumatoid arthritis, severe allergies, sensitive skin or are pregnant.

Stop using immediately if you experience pain, discomfort, skin irritations, swelling, rashes or any other changes in your skin while wearing the product. Should the condition persist, contact your doctor immediately.

ADDITIONAL WARNINGS: Jox™ Hot Pax™ and Jox™ Cold Pax™ contain iron powder, vermiculite, activated carbon, or urea, which may be harmful if ingested. If swallowed, rinse with water immediately and call a poison control center right away. Should the contents of the hot pax or cold pax come in contact with you eye, rinse with water. Do not place the hot pax or cold pax in a microwave or oven because doing so could result in a fire. Keep out of reach from children and pets.

*Please read all of the instructions for Jox™ Athletic Shorts prior to using these products. In order to reduce the potential risk of personal harm or injury to the wearer, this product must be used in accordance with the instruction provided.

Our Team of Advisors and Designers

Dr. Vijay Vad MD - Chief Scientific Officer and Co-Inventor: Dr. Vad is an Assistant Professor of Rehabilitation Medicine at the Weill Medical College of Cornell University and a Sports Medicine Specialist and researcher at the prestigious Hospital for Special Surgery in New York City.

Dana Michael Campbell – Designer: Dana literally grew up in the garment industry in Southern California. He is the product design and development engineer for all Jox apparel, and other accessories with 20+ years of design and manufacturing experience.

Dr. Jeffrey Poplarski DC – Sports Chiropractor: Dr. Poplarski serves as the Director of the Therapeutic and Wellness facilities at the US Open Golf Championships. In 2002, Dr. Poplarski was appointed by the US Golf Association as Chairman of the Practice Rounds and Caddy Committee for the US Open. He also holds the position as Professor of Sports Medicine and Biology at SUNY Farmingdale State University Farmingdale, New York.

Dr. Robert Goebel DC – Chiropractor/Physical Therapist: Dr. Goebel is a 30 year clinical practitioner and educator on lumbar spinal biomechanics. He has been personally involved in our clinical trials and instrumental in the testing and design of Jox™.

Carol Preisinger – LPGA Professional and Director of Instruction at the prestigious Kiawah Island Club in South Carolina. Carol is a Golf Magazine Top 100 Teacher in America, a LPGA Top 50 Teacher and is ranked #1 Best in State by Golf Digest. Carol has been instrumental in the testing, design and development of Jox™ for Golfers.

Doug Mauch – PGA Professional – Former Head Pro at Wheatley Hills Golf Club on Long Island, New York and a long time sufferer of debilitating back pain. Doug has been very involved in the clinical testing of Jox™ for Golfers and was instrumental in the design and development of Jox.™



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