
MEMORY FOAM PILLOW HANDBOOK

Sports Medica



MOVEMENT | RECOVERY | MOTIVATION

A Letter from the Owners ... and Thank You!

Thank you so much for your purchase!
Please read every word of this short
handbook as it will help you get the most
out of your brand new Sports Medica
memory foam pillow. You might wonder ...



Why Sports Medica?

At Sports Medica, everything we do, we believe in challenging the status quo. When it comes to personal health, quality should never be sacrificed over price. We therefore supply beautifully crafted products using the highest quality materials. Having looked at the many different brands of memory foam pillows, we noticed several shortcomings in the pillows available on the market. Given that, we set ourselves the task of designing a pillow which would address all these concerns and provide scientifically proven results for our clients and customers.

The process? Our team of musculoskeletal experts, including licensed medical doctors, physical therapists, and athletes, helped to design and test the pillow through all stages of its creation.

The result? We have created what we believe is the best memory foam pillow on the market. When used correctly, its versatility, high density memory foam, and multitude of uses gives it the longevity and durability consumers desire.

And that is why we wrote this handbook. Here, you will learn how best to use your Sports Medica pillow to relieve the symptoms associated with common knee, hip, and back conditions.

If you have any questions or concerns, please feel free to contact us. Our team is dedicated to ensure you love the experience of using your pillow, and we are so sure you will love it that the pillow is protected by a 2 year guarantee.

Warm regards,

Dr Suraj Kukadia MBBS AICSM BSc (Hons)
Co-Founder @SportsMedica

Contact Us

All our products are designed by experts in product design, manufacturing, human performance, medicine and physical therapy. Although we do everything we can to make the best possible product for you, we know that there is always room for improvement. If you have bought more than one of our knee pillows over the years, you will see that the design has improved year on year. The majority of these improvements have been inspired from the direct feedback we have received from our customers through social media and email.

We have really managed to create a community where our customers now help us to help them and we absolutely love this relationship! If you have any suggestions, feedback or new ideas about our products, we would love to have a chat about it and see how we can change things.

Next steps...

Get in touch with us to access all these benefits:

- Activate your 2 year guarantee
- 30% discount to all Dr. Arthritis products
- Exclusive offers on all Sports Medica products
- Access all our blog articles
- Access the latest research and articles
- Access all our informational YouTube videos



@sportsmedica



What is mechanical back pain?

Mechanical back pain is usually caused by a soft tissue injury which leads to dysfunction of the spine with muscle spasms and pain. It can be caused by a particular event, for example lifting heavy weights, or longer-term issues, such as poor posture and poorly-designed seating.

How is it treated?

Mechanical back pain can be treated either conservatively or medically. The medical approach involves painkillers, anti-inflammatory drugs, and muscle relaxants. The conservative approach centers around education and physical therapy/rehabilitation. It involves strengthening the muscles around the injured area, and hot and cold therapies.



How to utilize your Sports Medica pillow

The Sports Medica memory foam pillow has been designed to be used in lots of different ways. Its ergonomic shape, and the ability to use two pillows side-by-side means that it can be placed under most contours of the body to provide pain relief. When lying on your back, the pillow can be placed under your legs to reduce pressure on your lower back. This can also be achieved when lying on your side with the pillow placed between your knees.



Spondylolisthesis

Spondylolisthesis is the forward movement of a lumbar vertebra and it usually occurs with the bottom lumbar vertebra moving forward over the first sacral vertebra, which is at the top of the pelvis. It can be caused by spinal degeneration due to either ageing or trauma, and it can cause pain which is worse on standing. It can also be associated with sciatica, tightening of the hamstring, and an altered walking gait.

Spinal Stenosis

Spinal stenosis is a generalized narrowing of the lumbar region of the spinal canal in the lower back. It can cause pins and needles down the leg, with a heavy feeling and ache in the buttocks. It is typically made worse by movements which extend the spine, such as bending back to look up at the sky.

Prolapsed Disc

A prolapsed disc, also known as a herniated or slipped disc, occurs when the inner core of a vertebral disc pushes through its containing wall. It can produce severe pain following a sharp rise in internal pressure, for example following a sneeze, cough, or heavy lift. Tell-tale signs of this include pain shooting down the leg (radiculopathy) and pain on a straight-leg raise when lying flat.



Spondylolisthesis 🌿 Prolapsed Disc 🌿 Spinal Stenosis

These three conditions have similarities in the way they are managed – they all require some rest, painkillers, anti-inflammatories, and physical therapy. They can all cause difficulty sleeping due to the pain.

The Sports Medica memory foam pillow has been designed to be able to help reduce the pain associated with these conditions when used between the knees (for side-sleepers), or by using two pillows side by side under the thighs (for back-sleepers).

Please be aware that our pillow is not intended to treat these conditions – it has been designed to help control your symptoms.



What is Sciatica?

Sciatica is an umbrella term for a group of symptoms related to the sciatic nerve, rather than being its own disorder. The sciatic nerve originates in your lower back and passes down the back of your leg into your foot. The classic symptom of a radiating or shooting pain down the buttock and back of the thigh can also be associated with lower back pain. The pain can be triggered by inflammation, compression or pressure around the nerve.

Who gets Sciatica?

Sciatica most commonly affects people between the ages of 25 and 64 years. Its occurrence is associated with age, body weight, and physical fitness. It is also common in pregnancy and in those with either thyroid disorders or piriformis syndrome.

Piriformis syndrome occurs when the piriformis muscle in the buttock region spasms and causes pain. It can also irritate the sciatic nerve and exacerbate sciatica.



How can your Sports Medica pillow help with Sciatica?



Your Sports Medica pillow can help deal with sciatica in a number of ways. If you are someone who likes to sleep on your back, placing the pillow under your thigh should give you some relief with your symptoms. In this position, it helps to prevent strain on the muscles of your lower back and maintain neutral spinal curves.



Though it seems counterintuitive, if you are a side-sleeper, you should sleep on the side that is affected by the sciatica. For example, if you have sciatica pain running down your left leg, you should try to sleep on your left side, with your knees bent towards your head, and your Sports Medica pillow placed comfortably between your knees.

N.B. When first using the pillow, it is common to experience some discomfort while your soft tissues reset into a more neutral position. This is similar to when one starts sitting up straight in a chair and cannot hold the position for a long period of time. Pillow use should be continued to maintain symptom control.

This prevents a twisting through your lower back as your knee drops to the mattress, irritating the sciatic nerve. The strap on your pillow will ensure that it stays in the best position for you throughout the night.

Osteoarthritis

What is Osteoarthritis?

Osteoarthritis is a degenerative joint disorder where there is a loss of cartilage with new bone formation at the joint space and its margin. It is characterized by 'wear and tear' of the joint.

Who gets osteoarthritis?

Everyone will have a degree of wear and tear in their joints. Typically, osteoarthritis has a greater burden on older people, athletes, and people with manual jobs.

What are the symptoms?

The main symptom is pain, and this is usually made worse with movement, at the end of the day, and at night.

Stiffness is associated with the pain and occurs after rest periods. It can last for up to 30 minutes. Osteoarthritis can also cause joint deformities and lead to a reduced range of movement through a joint.

Utilizing your Sports Medica pillow


Your Sports Medica pillow is ergonomically designed to fit snugly between your knees. This alleviates the pressure from touching knees and also prevents your hip from rotating, reducing spinal torsion. The strap on the pillow will ensure that it stays in the optimum position for you throughout the night. If you have had your knee treated surgically with a total knee replacement, this pillow can also be placed under your legs. This will elevate your legs and help to reduce swelling, leading to a recovery with less pain and inflammation.





Pregnancy

As many moms will know, pregnancy takes a huge toll on one's body. It leads to all sorts of aches and pains. It also prevents moms-to-be from being able to sleep on their backs. This is because the fetus presses down on the bladder leading to increased frequency of urination.

The fetus can also apply pressure to the lower end of the spine leading to pain that radiates down the legs. This means the moms-to-be must sleep on their side. Unfortunately, side sleeping whilst pregnant can lead to scoliosis of the spine and longer-term back problems.

 **Backache** is almost universal in pregnancy and may cause sciatica. Most cases resolve after delivery. However, physical therapy, advice on posture and lifting, a firm mattress, and a corset may all help.

 **Ankle swelling** is common, and tends to worsen towards the end of pregnancy. This swelling is due to fluid collecting in the extremities. By raising your feet and legs at night with a Sports Medica pillow, you will improve the fluid drainage from your legs and reduce swelling and any associated pain.

 **Symphysis pubis dysfunction** occurs when the connection at the front of the pelvis becomes lax due to the changes that come with pregnancy. This can be very painful and make walking difficult. The Sports Medica memory foam pillow can help with this by raising the legs when seated, or when lying down, to take the stress off the front of the pelvis.



Knee Surgery

What are the most common knee operations?

The most common surgeries you can have on your knees include partial and total knee replacements, as well as arthroscopic investigations, washouts and ligament repairs.

How can knee surgery affect my knee?

Following any knee surgery, regardless of the perceived 'size', you can experience swelling of the knee for up to six months. The more major the operation, the longer the swelling will last. This is usually the by-product of an inflammatory response to trauma to the knee joint.

You may also notice your knee joint becoming stiffer and more painful when moving and trying to walk. However, over time this should settle with rehabilitation, which can involve ice therapy, compression, and elevation.

Our pillow has multiple uses in the post-operative period, particularly in people who have swelling of their knee and lower leg. The pillow can be used under the ankle to improve venous return and increase drainage of the fluid that has been collecting in the leg. It can also be placed between the knees to stop the knees from chafing, thereby reducing pain and aiding the recovery process.



Hip Surgery

What is a hip fracture?

A hip fracture tends to involve a break in the cortex of the 'neck' of the femur (a long bone which runs from your hip to your knee). It is most often caused by osteoporosis with minor trauma in the elderly, and major trauma in younger populations.

What is hip replacement surgery?

Depending on the location of the fracture, and age of the person involved, the type of operation can vary.

People can be broadly divided into groups based on their age and mobility. Typically, if the individual is older than 75 years, a hemiarthroplasty is the procedure of choice. In this operation, one half of the hip joint - the neck of the femur - is replaced. However, if the person is less than 75 years old, they are likely to have a total hip replacement.

Hip surgery causes swelling and stiffness of the affected leg. By using your Sports Medica pillow under your leg or foot, you will be able to help to reduce the swelling, inflammation, and pain in your hip.



Carpal Tunnel Syndrome

What is the carpal tunnel?

The carpal tunnel is formed by a band of tissue that goes around the bones at the bottom of the hand, like a watch strap.

What is carpal tunnel syndrome?

Carpal tunnel syndrome is a form of repetitive strain injury involving one of the nerves that supplies the hand. This nerve can become compressed as it runs through the carpal tunnel, leading to tingling and pain in the thumb, index and middle fingers. The pain is typically worse at night and after repetitive actions, such as typing and cutting hair. Shaking the hand and flicking the fingers can help relieve symptoms.

Who gets carpal tunnel syndrome?

Typically, carpal tunnel syndrome affects women more than men. It can be caused by the increased blood flow of pregnancy and hypothyroidism.



Carpal Tunnel Syndrome

One of the mainstays of treatment for carpal tunnel syndrome involves keeping the wrist in a neutral position, for example by wearing wrist splints at night.

However, when using a computer or laptop, you can use two Sports Medica pillows (side by side) with your forearms resting in the grooves.

This will prevent your wrists from overstretching, and will relieve the pain associated with carpal tunnel syndrome, as well as reduce the speed of its progression. Your Sports Medica pillow will help you remain pain free for longer.



Varicose Veins



What are varicose veins?

Varicose veins are dilated veins caused by valves working incorrectly. The veins show at the surface of the skin and are commonly seen in the calves.



Who gets varicose veins?

Varicose veins are most common in pregnant women and those who stand for long periods of time. A family history, and using the oral contraceptive pill, can also predispose an individual to this condition.



Why Sports Medica?

Your Sports Medica memory foam pillow will improve the drainage of blood from your legs. This in turn will help to reduce the pressure in your blood vessels and prevent the valves failing. The Sports Medica memory foam pillow can be utilized to both prevent and help treat varicose veins.



What are the symptoms of varicose veins?

Pain, cramping, heaviness and tingling in the affected limb are fairly common with varicose veins. Whilst some people experience bleeding and dislike the cosmetic defect associated with these veins, one of the most common symptoms is leg swelling.

Venous Ulcers



What are venous ulcers?

Venous ulcers account for 75% of all leg ulcers and are therefore the most common form. They usually occur on the inside of the leg, above the ankle. They are caused by chronic venous insufficiency, varicosities and obesity.



How are venous ulcers treated?

Whilst treatment is geared towards prevention, graded compression bandages and leg elevation can form the mainstay of treatment.



How can the Sports Medica pillow help?

The Sports Medica memory foam pillow will help to reduce swelling when elevating the legs. It will improve blood flow and fluid exchange, helping the healing process.



Lymphedema



What is lymphedema?

Lymphedema is a collection of fluid caused by an absence or blockage of the lymphatic system.

Absent lymphatics can be due to genetics, whereas blockage is more common with infection and cancer.



How is it managed?

The majority of lymphedema cases are managed by identifying and treating the cause, coupled with good skin care, compression, elevation and physical therapy. It can also be treated surgically via a debulking operation.



Your Sports Medica memory foam pillow will be able to provide elevation of the affected limb whether you are seated or lying down.

Your affected arm or leg will fit snugly in the groove we have ergonomically designed for you.



Posture

A kyphotic spine is caused by the upper vertebra of the back bending forwards. It can be referred to as a 'hunchback'.

In some cases, the condition causes:

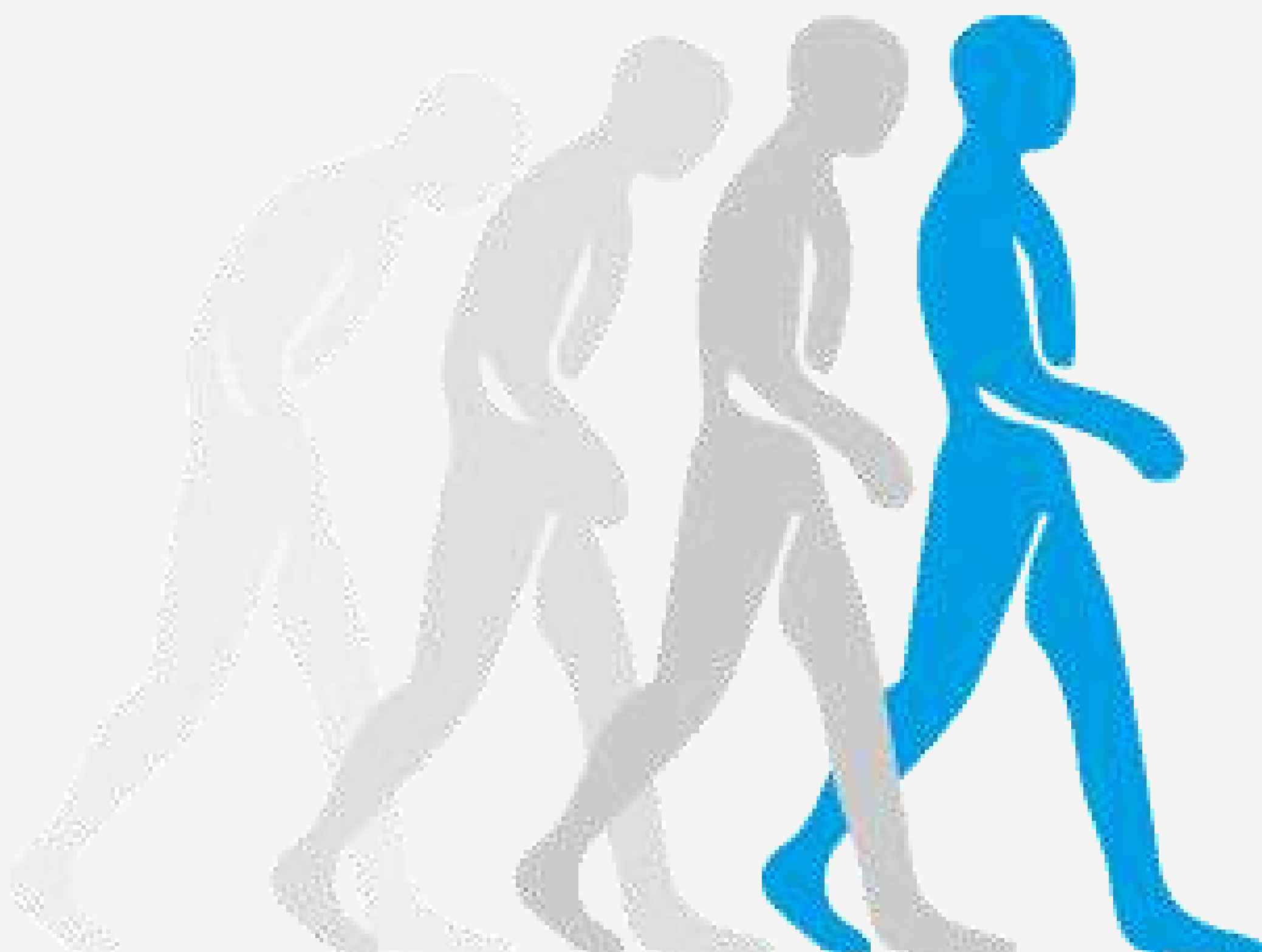
- Back pain and stiffness
- Tenderness of the spine
- Tiredness

Kyphosis is generally caused by:

- Poor posture
- Abnormally shaped vertebrae
- Age
- Spinal Injury

How can the Sports Medica pillow help?

When sitting, your pillow can provide lumbar support and act as a 'posture prompt'. The memory foam will contour to your back and act as a subtle cue to facilitate you sitting up straight.



Disclaimer

This guide is for information only and is not a substitute for proper medical advice. Please consult your physician, physical therapist, or medical professional before use.

If you experience any adverse reaction to the fabrics used in the pillow, please immediately remove and discontinue use as you may be having an allergic reaction. The best sleeping position for one person may be the worst for another, please be cautious when following these instructions. Use at your own risk. Please also keep any associated plastic packaging out of the reach of children.

This handbook has been written to provide recommendations for the best ways to utilize the pillow. Its uses are not limited to the contents of this guide.

Please also be aware that when first using the pillow, it is common to experience some discomfort while your soft tissues reset into a more neutral position. This is similar to when one starts sitting up straight in a chair and cannot hold the position for a long period of time.

The pillow should continue to be used even when symptoms are under control. This will help prevent symptoms returning.

Disclaimer

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