



A L E T H A

# The Range

The Manual



Precision Muscle Relief for Everyday Heroes

Welcome

# The Range



**The health of your brain and spinal column depends on the alignment of the secondary core: your head, neck, and shoulders. Pain, stress, and stiffness disappear when muscle tension in these areas is resolved.**

The Range is designed to target the upper trapezius, pectoralis minor, and suboccipitals. Tension in these three muscles is responsible for headaches, poor posture,

and range of motion limitations in the neck, jaw, and shoulders. A relaxed secondary core sets the stage for a stress-free existence.

View how-to videos at  
[www.alethahealth.com/howto](http://www.alethahealth.com/howto)

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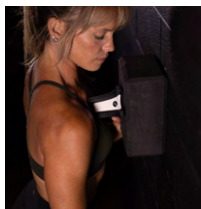
# Where do I use the Range?



Upper Trapezius



Suboccipitals



Pectoralis Minor

The Range has 3 different sides of different widths and angles. You may use *any* side or angle. Flip it, turn it, spin it and feel how each tip lets you target your tight muscles in a different way.



**Narrow  
Tips**



**Medium  
Tips**



**Wide  
Tips**

# Targeting the upper trapezius

To find your upper traps, grab the muscle between your neck and shoulder. Shrug your shoulder up to feel it even more. The entire area under your hand is the release zone for your upper traps.



The upper traps is a large muscle that attaches to your head, neck, shoulders, and upper back. It's prone to developing tension from rounded forward shoulders and forward head posture. The upper traps may also contain trigger points that lead to headaches.

Because they are so strong, releasing the upper traps first will allow the neck and pecs to fully relax next. This is especially important for people who get headaches.

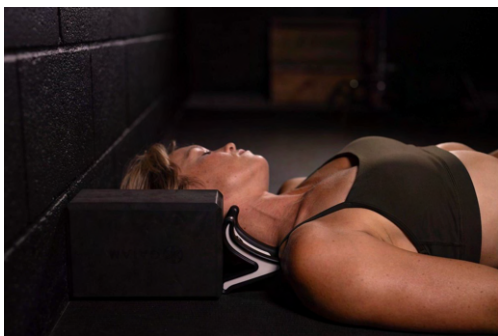
# Using the Range on the upper trapezius

1.

Lie on the ground to apply downward pressure to your upper traps in its relaxed position. Use a yoga block against a wall to create space for your head.

2.

Choose any set of tips. Have your knees bent and feet flat on the floor. Use your feet to push yourself towards the tips of the Range to increase the pressure.



# Other positions to target the upper trapezius



**Standing with  
a barbell**



**Lying with a chair**



**Standing on  
a corner**

# Targeting the suboccipitals and the neck

Place your fingers at the base of your skull and feel for the 2 bony bumps above your hairline. Trace from the center of your neck across the base of your skull towards your ears. This is the release zone for your suboccipitals. There are 3 groups of muscles along this path that you can target individually with the narrow, medium, and wider tips.



80% of your neck rotation comes from the suboccipital area. Tension in the neck develops from forward head posture and phone use and keeps you from being able to sit up straight. Trigger points across the base of the skull and neck commonly lead to headaches.

# Using the Range on the suboccipitals and the neck

1.

Lie down on your back with your knees bent. Choose any set of tips.

2.

Lay your head over the Range with the tips pressing on your suboccipitals just under the base of your skull.



**Narrow  
Tips**



**Medium  
Tips**



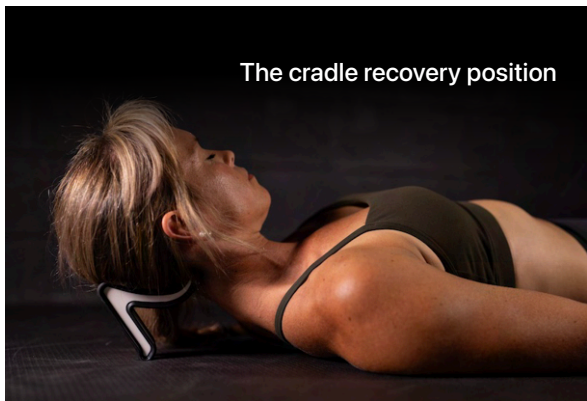
**Wide  
Tips**

Use each set of tips to release the muscles across the base of your skull. Explore your remaining neck muscles by moving the Range down your spine a little bit at a time.

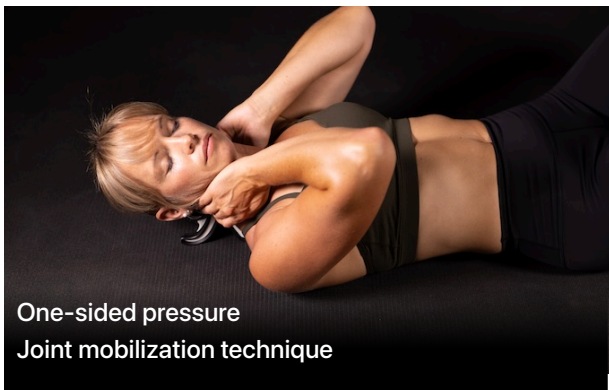
If you need less pressure, use your hands or a pillow to support behind your head.

# Other uses on the neck

The cradle recovery position



One-sided pressure  
Joint mobilization technique



Watch our how-to videos at [www.alethahealth.com/howto](http://www.alethahealth.com/howto)  
for more information on these techniques.

# Targeting the pectoralis minor and the chest

Place your right hand over your heart with your fingertips under your collarbone. Reach your left arm down towards the ground and feel for this muscle activating under your fingers. This is your Release Zone for the pec minor.

Right under your collarbone is a good place to start, but you may explore anywhere along the length of the muscle.



Tightness in the pec minor contributes to shoulder pain, neck pain, headaches and shoulder mobility issues. It's responsible for rounding your shoulders forward.

# Using the Range on the pectoralis minor and the chest

1.

Choose any set of tips. Lean into the Range with it positioned against a wall to apply pressure to your pec minor.

2.

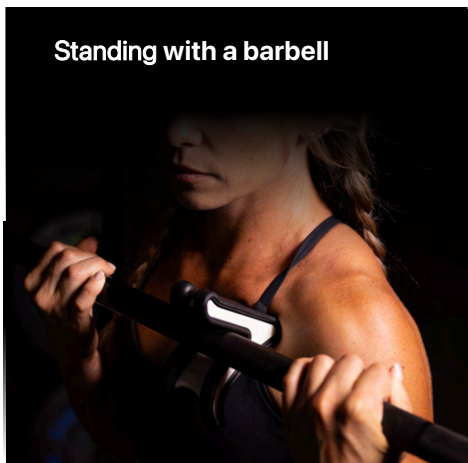
Use a yoga block to create more space for you to lean into it and increase the pressure.



After you've released the pec minor, you can explore other muscles like the pec major (across your chest) or the subclavius (under the collarbone).

# Other uses on the Chest

**Standing with a barbell**



**Standing on a corner**



# What should I feel?

When pressing on a tight spot, you will experience a sensation that is unique to you. Tenderness, pressure, twitching, warmth, softening, or a “hurts so good feeling” are some of the many ways people describe what they feel with muscle release.

Using the Range may feel intense at first. This is normal. It is important that you remain relaxed and take deep breaths as you apply pressure. Any intensity or pain that makes you want to tense up or hold your breath is too much.

More pressure is not more effective. Use a moderate amount of pressure that feels best for you.

# Other sensations

It is not uncommon to feel soreness or bruising after using the Range. There is no harm in this and this will improve with time. Take a break from using the Range until the bruising and soreness has subsided and try again.

Sensations of numbness, tingling, burning, or throbbing could mean that you are close to a nerve or blood vessel. Simply move the tip to a different spot and try again.

If you are experiencing any soreness, 10 minutes of ice to the area can be helpful. Icing the muscles that you just released is particularly helpful for people who are prone to headaches.

# How long should I use the Range?

Once you find a tight spot, do your best to relax and take deep breaths. If, after 30 seconds, the pressure and discomfort has not started to decrease, that spot is not ready to be released. Try another spot.

When you find a spot that is releasing, hold constant pressure without moving or rubbing for at least 90 seconds in total. After the muscle stops releasing, move to another spot.

Release one to three spots per day on each side of your body.

# Using the Range with headaches and trigger points

Headaches often stem from muscle tension, particularly in areas like the upper traps and suboccipitals. These tense muscles can create trigger points, which cause pain in areas far from where you are pressing like the head, neck and shoulders.

## 1. Using the Range:

Start by targeting the upper traps before moving to the suboccipitals. This ensures that the largest trigger point area is addressed first, before tackling smaller ones.

## 2. Applying Pressure:

When pressing on a trigger point, you may feel pain in a different area than where you're applying pressure. Hold the pressure until this referred pain decreases. Stop applying pressure when the referred pain stops improving. If the pain persists or worsens after 30 seconds, try a different spot.

## 3. Icing for Relief:

After releasing trigger points, it's important to ice the muscles, especially for those prone to migraines. This helps reduce circulation and calm the tissues. Apply ice for 5-10 minutes to the area where pressure was applied.

Following these steps will help alleviate headache pain caused by muscle tension effectively.

# How often should I use the Range?

Using the Range consistently leads to better results. Some people use it daily, while others use it less often. Many people start their day with the Range before work or end their day with the Range to set the stage for sleep. Find a routine that works best for you and stick with it.

Releasing your upper traps, suboccipitals, and pec minor sets you up to get the most out of your workout or favorite activity. Because these muscles are responsible for the alignment of your upper body, relaxing them sets the stage for optimal strength, mobility, posture, and function of your nervous system.

Follow your release with strengthening to reinforce this new and improved version of you.

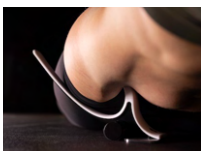
# Full body routine

For best results, ensure your primary core is relaxed and aligned first. This works its way up the chain, allowing optimal alignment in the neck region. Complete your routine by stabilizing your entire spine.

## 1. Release your Primary Core:



Iliacus



Psoas



Piriformis

## 2. Release your Secondary Core:



Upper Trap



Suboccipitals



Pectoralis Minor

## 3. Strength Exercises for Stability:



Clam Shell



Glute Bridge



Plank

# Additional resources

## How-to videos

[www.alethahealth.com/howto](http://www.alethahealth.com/howto)

## YouTube channel

[www.youtube.com/AlethaHealth](http://www.youtube.com/AlethaHealth)

## FAQs

[www.alethahealth.com/contact](http://www.alethahealth.com/contact)

## Email us

[hello@alethasupport.com](mailto:hello@alethasupport.com)



A L E T H A

# SAFETY INFORMATION, TERMS AND CONDITIONS OF USE, WARRANTY, AND RETURNS

Please read and completely understand this entire "Safety Information, Terms and Conditions of Use, Warranty, and Returns" (the "**Terms**") and all terms, warnings, and instructions provided by Aletha Inc. ("**Aletha**" or "**Seller**" or "**we**" or "**our**") on our website [www.alethahealth.com](http://www.alethahealth.com) to you (the "**Buyer**" or "**Purchaser**" or "**user**" or "**you**") before using any of Aletha's products.

By using or allowing the use of any Aletha product, including, but not limited, the Mark, Range, Orbit, or Band, (each, the "**Product**" and, collectively, the "**Products**"), you agree to all of these Terms.

Please visit [alethahealth.com](http://alethahealth.com) for a complete and current list of each and every Aletha Product covered under these Terms.

Use any Aletha product only under the guidance of your healthcare practitioner. Only use any Aletha product as described in these Terms, ensuring to employ appropriate techniques and sound judgment throughout use. Before each use, check the equipment thoroughly for any signs of damage. Do not use it if damaged. Immediately stop using the Product at the first sign of discomfort. This Product is not intended for commercial use.

## WARNING

**Serious or fatal injury can occur by using any Aletha product incorrectly or if you have a pre-existing condition.** Exercise and therapeutic tools of any kind present an inherent danger to the participant.

By buying, using, or allowing the use of any Aletha product, you understand and agree that you EXPRESSLY AND VOLUNTARILY ASSUME THE RISK OF THIS DANGER INCLUDING SERIOUS OR FATAL INJURY SUSTAINED WHILE USING ANY ALETHA PRODUCT WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER FAULT of Aletha, Inc.

## Aletha Products

You agree to consult your doctor before using any Aletha product. Please follow these instructions carefully and do not experiment with any uses of any Aletha product that are not explicitly set forth in these instructions or on our video instructions located at [alethahealth.com/howto](http://alethahealth.com/howto). Deviations from proper use of any Aletha product, as described

herein, can cause serious injury and bodily harm. This Product is NOT a toy. All Aletha products and services are intended to be used by healthy adults and only in the manner shown. Aletha Products are NOT intended for use by anyone under the age of 18. Adult supervision should be provided for those under the age of 18 years old using any Aletha Product.

## Precautions

Due care is required while using any Aletha product; and, such use of any Aletha Product may need to be modified based on a directive by your doctor as you agree to consult your doctor before using any Aletha product.

Always consult with a medical professional before you use any Aletha Product. Potential risks that may arise with the use of any Aletha product may outweigh the benefits, especially if you have, or suspect you may have, any medical condition(s), including, but not limited to:

- Abnormal sensations (e.g. numbness)
- Sensitivity to pressure
- Allergy to device material
- Bleeding disorders, including tendency to bruise easily or difficulty with blood clotting
- Medication that thin the blood or alter sensations
- Skin rash, open wounds, blisters, local tissue inflammation, bruises, infections or tumors
- Neurologic conditions resulting in loss or altered sensation
- Extreme discomfort or pain, including myositis ossificans
- Hypertension
- Diabetes
- Peripheral vascular insufficiency or disease
- Pacemaker, ICD, or history of embolism
- Varicose Veins
- Deep vein thrombosis
- Acute or severe cardiac, liver, or kidney disease
- Osteomyelitis
- Osteopenia or osteoporosis
- Scoliosis or spinal deformity
- An acute fracture or acute injury
- Recent surgery
- Direct pressure over surgical site or hardware
- Connective tissue disorders

If you are using the Mark or Orbit on the front of the hip, do not use if you have, or suspect you have:



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- An inguinal hernia or inguinal hernia repair
- Pregnancy - pregnant or trying to become pregnant

If you are using the Range, do not use if you have, or suspect you have:

- A vertebral artery insufficiency, aneurysm, or vascular disease in the area
- An increased risk of lymphedema (when using it on the pectoral region)

If you are using the Band, do not use if you have, or suspect you have:

- Latex allergy

As with pressure on any part of the body, there is a risk of pressure on blood vessels causing throbbing or bruising or pressure on nerves causing nerve pain or numbness. If you notice these sensations, try another spot. If you have scar tissue in the area, you may experience normal but intense sensations. As with any new intervention to your body, consult with a medical professional prior to use, especially if you are concerned about your particular medical condition. Establish a comfortable use for yourself within the guidelines set forth in this instruction booklet. The ideal amount of pressure, length of pressure, and frequency of use will vary from person to person. If it feels too uncomfortable, stop and consult your healthcare practitioner.

## DISCLAIMER

No medical claims are made or implied by Aletha Inc. with respect to any Aletha Product, in any way relating to any Aletha Product, or by Aletha or any of its related devices. These tools and their use are not intended to diagnose, cure, prevent, treat, or mitigate any medical condition or disease. Always seek professional medical advice for the diagnosis and treatment of any health condition. All of the information expressed herein must be considered theoretical and unproven and for educational purposes only. The Aletha Products are not medical devices and have not been evaluated by the FDA. Results may vary.

By use of any Aletha Product, the Buyer agrees to indemnify, defend, and hold harmless the Seller, each of its affiliates, and each of its employees, officers, directors and agents (the "**Seller Indemnitees**") from and against any and all claims, liabilities, losses, damages, costs, and expenses (including reasonable attorney's fees and expenses) (each, a "**Liability**" and collectively, the "**Liabilities**") that (1) arise out of or result from the Buyer's own negligence in the use or misuse of the purchased Product or (2) the Seller Indemnitees may be required to pay to one or more third parties resulting from or arising out of (a) personal injury or death of any person as a result of the use of any Aletha Product or (b) the conduct or information shared by the Seller or its affiliates or licensees or sublicensees in respect to any Aletha Product.

By using any Aletha Product, you agree to be bound by these Terms, including this Disclaimer (the "**Disclaimer**") and agree to assume certain risks, all of which limit your rights and restrict Aletha Inc.'s obligations to you.

## Limitation of Liability

As set forth in the limited warranty section below, Aletha's liability is limited to the repair or replacement of its Products. In no event shall Aletha's liability exceed the value of the Product(s) sold.

UNDER NO CIRCUMSTANCES WILL ALETHA BE LIABLE OR RESPONSIBLE FOR ANY DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL (INCLUDING DAMAGES FROM LOSS OF BUSINESS, LOST PROFITS, LITIGATION, OR THE LIKE), SPECIAL, EXEMPLARY, PUNITIVE, OR OTHER DAMAGES, UNDER ANY LEGAL THEORY, ARISING OUT OF OR IN ANY WAY RELATING TO ANY ALETHA PRODUCT, YOUR USE OF ANY ALETHA PRODUCT, EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. YOUR SOLE REMEDY FOR DISSATISFACTION WITH ANY ALETHA PRODUCT IS SET FORTH IN THE LIMITED WARRANTY SECTION BELOW.

## LIMITED WARRANTY

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

This Limited Warranty (this "**Limited Warranty**"), provided by Aletha, applies to the specified Aletha Products and is applicable to individual, original purchasers who acquire the Product(s) either through an authorized distributor or directly from Aletha. Aletha assures that its branded Products will be reasonably free of any defects in materials and craftsmanship under normal usage, adhering to Aletha's documented guidelines, for the duration (the "**Warranty Period**"). This Warranty Period covers defects in materials and/or workmanship of this Product for 365 days, commencing on the date of purchase of Product from Aletha or its authorized distributor. Any rights under local consumer laws regarding non-compliant or faulty Products remain unaffected. It is important to acknowledge that by utilizing an Aletha Product, you are consenting to abide by the terms of this Warranty as delineated below. For any concerns regarding warranty coverage, please contact [hello@alethahealth.com](mailto:hello@alethahealth.com) to get in touch with our support team. All services covered under this Limited Warranty must be sanctioned and executed by Aletha or a service provider authorized by Aletha.

## WARRANTY SERVICES

To obtain a replacement for an Aletha Product or component covered by this Limited Warranty, you



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must first contact [warranties@alethahealth.com](mailto:warranties@alethahealth.com) before returning any Product for warranty service. Our team is happy to guide you through the return and replacement process.

Aletha will not reimburse purchasers for services performed by third parties. Unless otherwise directed by Aletha, the Product must be shipped, with freight prepaid, either in its original packaging or packaging providing an equivalent level of protection, to the facility specified by Aletha.

Before receiving any warranty service, Aletha may request that you provide proof of purchase details, respond to inquiries designed to assess potential issues, and follow Aletha's procedures for obtaining warranty service. If Aletha determines that the Product's alleged issue does not arise from a manufacturing defect in materials and/or workmanship, or if the Product is not returned to Aletha correctly, or if it otherwise does not meet the criteria for warranty replacement, then you will be responsible for all costs incurred by Aletha to return the Product.

Aletha reserves the right to alter the method by which warranty service is provided and a Product's eligibility for a specific service method. Service will be limited to the U.S. International services are not available.

If you have an issue with any Aletha Products, please reach out to us at [warranties@alethahealth.com](mailto:warranties@alethahealth.com). To deliver our best service to accommodate you, we require you to share photos and a description of your issues. Our team would be happy to guide you through the return and replacement process. Keeping your original packaging will be helpful in case of return.

#### LIMITED REMEDIES

Aletha explicitly prohibits any party, including but not limited to Aletha resellers or agents, from making any alterations, extensions, or additions to this Limited Warranty. Should any provision be deemed illegal or unenforceable, the legality or enforceability of the remaining provisions shall remain unaffected.

To the extent permitted by applicable law, this Limited Warranty and its outlined remedies are comprehensive and replace all other warranties, remedies, and conditions, whether oral, written, statutory, express, or implied. Aletha disclaims all statutory and implied warranties, including but not limited to warranties of merchantability, fitness for a particular purpose, and warranties against hidden or latent defects, to the extent permitted by law. Where such warranties cannot be disclaimed, Aletha limits their duration and remedies to the extent described in this express warranty and the replacement services detailed herein. Certain states, countries, and provinces may not allow limitations on the duration of implied warranties, so the above limitation may not apply. Aletha does not guarantee

the uninterrupted or error-free operation of the Product.

Except as provided in this Limited Warranty and to the maximum extent permitted by law, Aletha shall not be liable for direct, special, incidental, or consequential damages resulting from any breach of warranty or condition or under any other legal theory, including but not limited to loss of use, revenue, profits, goodwill, reputation, data, or any indirect or consequential loss or damage, including the replacement of equipment and property or costs of recovering any program or data stored in or used with the Aletha Product. To the extent permitted by applicable law, Aletha's liability shall not exceed the purchase value of the Product. Certain states, countries, and provinces may not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply.

If replacement parts are unavailable for defective Products, Aletha reserves the right to substitute Products in lieu of replacement. Aletha shall not be liable under any circumstances, whether expressly or impliedly, for any damages or losses resulting from the loss of, damage to, or corruption of content or data during Product replacement.

#### WHAT IS NOT COVERED?

This Limited Warranty exclusively addresses Product issues resulting from defects in material or workmanship from ordinary use. It does not encompass issues arising from any other cause, including, but not limited to: (i) superficial damage, such as scratches, dents, or broken plastic on ports, unless such damage results from a defect in materials or workmanship; (ii) damage due to misuse, abuse, neglect, accidents, exposure to liquids (including fire, liquid contact, vandalism, or external forces); (iii) defects arising from normal wear and tear or the natural aging process of the Product; (iv) alterations to the Product in any manner; (v) usage inconsistent with the intended purpose or design as outlined in the Product's user manual or other documentation, including attachment of unauthorized accessories; (vi) unauthorized repairs or modifications; (vii) removal or defacement of any serial number from the Product; or (viii) loss of use during the period when the Product is at the Aletha repair facility or awaiting parts or repair, or due to circumstances beyond Aletha's control.

Aletha does not guarantee the uninterrupted or error-free operation of the Product. This Limited Warranty excludes Aletha Products sold in "AS IS," "Open-Box," or similar conditions, as well as consumables. It also does not cover purchases of opened, used, repaired, repackaged, or resealed Products, including those sold on Internet auction sites or by surplus or bulk resellers. Upon exchange of a Product or part, the original item becomes the property of Aletha.



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#### **"AS IS" Sale**

THE GOODS COVERED BY THESE TERMS HAVE BEEN PURCHASED BY THE BUYER "AS IS" AND "WITH ALL FAULTS," AND THE BUYER ACKNOWLEDGES THAT NO WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE ARE TO BE IMPLIED IN THIS TRANSACTION.

#### **Method of Repair or Replacement**

Aletha Inc. will, at its sole discretion, provide one of the following remedies to whatever extent it shall deem necessary to satisfy a proper claim under this limited warranty:

- a) Repair or facilitate the repair of any defective parts within a reasonable period of time, free of any charge for the necessary parts and labor to complete the repair and/or restore this Product to its proper operating condition. Aletha Inc. will also pay the shipping costs necessary to return this Product once the repair is complete.
- b) Replace this Product with a direct replacement or with a similar Product deemed by Aletha Inc. to perform substantially the same effect.

#### **Exclusive Remedy**

To the maximum extent permitted by law, this limited warranty and the remedies set forth above are exclusive and in lieu of all other warranties, remedies, and conditions, whether oral or written, express or implied. To the maximum extent permitted by the law, Aletha specifically disclaims any and all implied warranties, including, without limitation, warranties of merchantability and fitness for a particular purpose. If Aletha cannot lawfully disclaim or exclude implied warranties under applicable law, then all implied warranties covering this Product, including warranties of merchantability and fitness for a particular purpose, shall apply to this Product as provided under applicable law.

If any Product to which this limited warranty applies is a "consumer product" under the Magnuson-Moss Warranty Act (15 U.S.C.A. §2301 ET SEQ.) or other applicable law, the foregoing disclaimer of implied warranties on this product, including warranties of merchantability and fitness for the particular purpose, shall apply as provided under applicable law.

#### **Entire Obligation**

These Terms state the entire obligation of Aletha, Inc. with respect to any Aletha Product and related Products. If any part of these Terms is determined to be void, invalid, unenforceable, or illegal, including but not limited to the warranty disclaimers and liability disclaimers and liability limitations set forth above, then the invalid or unenforceable provision will be deemed superseded by a valid,

enforceable provision that most closely matches the intent of the original provision and the remainder of the agreement shall remain in full force and effect.

#### **Applicable Law**

These Terms and your purchase of any Aletha Product are governed by the laws of the state of California. You hereby consent to the jurisdiction and venue of the Superior Court of Contra Costa, California in all disputes arising out of or relating to the use of any Aletha Product. Use of any Aletha Product is unauthorized in any jurisdiction that does not give effect to all provisions of these Terms, including without limitation to this paragraph.

#### **RETURNS**

We offer a 60-day return policy for the Mark and the Range, as long as they are in like-new condition with the original packaging. The Orbit, the Band, and Tight Hip, Twisted Core Book are non-returnable. Returns are accepted from US, UK and EU customers only. All other international returns are not supported.

For more information, see our full return policy here: [www.alethahealth.com/policies/refund-policy](http://www.alethahealth.com/policies/refund-policy)

Start a return here: [returns.alethahealth.com](http://returns.alethahealth.com)

#### **PATENT INFORMATION**

See our patents here: [www.alethahealth.com/patents](http://www.alethahealth.com/patents)

#### **CONTACT US**

Any questions should be addressed to:

Aletha Inc.  
2872 YGNACIO VALLEY RD #605  
WALNUT CREEK, CA 94598  
Attention: Warranty Department  
Email: [hello@alethahealth.com](mailto:hello@alethahealth.com)