

GUIDE TO FINDING THE ADAM'S APPLE AND CRICOID CARTILAGE:

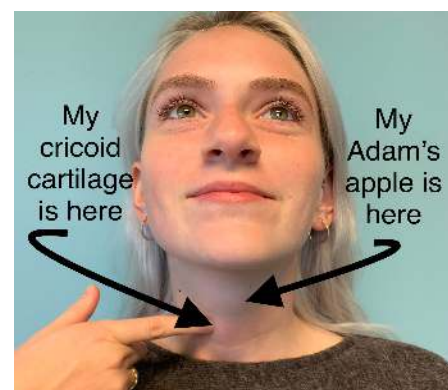
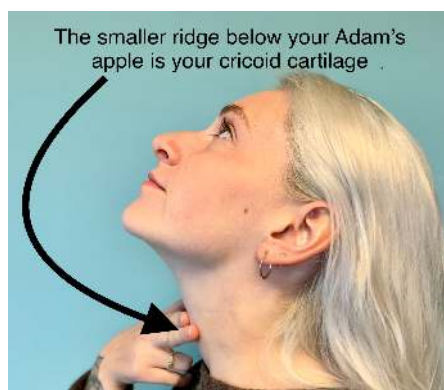
This guide is intended to serve as an additional resource if one struggles to identify proper placement for the Reflux Band Cushion after reviewing the [Fitting Instructions](#) and [Fitting Video](#).

Struggle with finding your Adam's apple? Think you don't have one? Both men and women have an Adam's apple; it is commonly more prominent in males. The Reflux Band applies slight pressure to the cricoid cartilage, which sits just below your Adam's apple.

Follow these steps to assist in finding your Adam's apple and cricoid cartilage in order to properly fit your Reflux Band. It's helpful to utilize a mirror and/or allow someone to assist you.

Step 1: Tilt your head back as far as you can. Place your fingers horizontally against the front of your neck.

Step 2: With your fingers against your neck, swallow. You'll feel two bumps; the top more prominent bump is your Adam's apple. The bottom bump just below it is your cricoid cartilage.



Step 3: Look straight ahead while continuing to mark your cricoid cartilage with your fingers. The Reflux Band Cushion will sit on the cricoid cartilage.



Step 4: Utilize the [Fitting Instructions](#) to complete the fitting process.

Still have questions? We can help! (844) 361-4858.

Let's schedule a virtual fitting session via Skype/FaceTime to walk you through. Whatever it takes, we want to help you find relief from reflux!