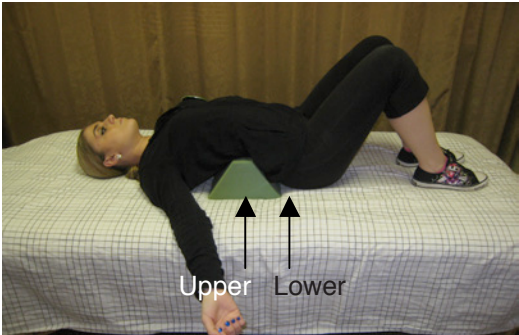


# Lumbar Traction

5 to 10 repetitions each

Hold for 5 seconds, and then back to starting position.



**Starting Position** – Lye back over a towel roll or wedge, positioned at the belt line or bottom of rib cage, on a firm surface. Put arms out to the side, bend knees to 90° & place feet shoulder width apart.

**Lumbar Traction** – Lye in this position for 10 minutes and try to add 2 minutes per session until reaching 20 min per session. Then, you may begin Lumbar Exercises next session.

**Lumbar Exercises** – Perform Lumbar Traction, then begin exercises. On your next session subtract 2 minutes of traction for each exercise you completed.



3) \*Start - one leg straight; one leg bent and tilted out. Raise bent leg first, and then raise straight leg. Hold for 5 seconds, and then lower both legs.



4) Cross arms, then crunch 6" off floor.



1) Lift one knee over the wedge.



5) Tilt both legs to one side, and then tilt head to opposite side.



2) Lift both knees over the wedge.



6) Cross arms, then crunch 6" off floor. Hold Crunch Position, and then twist to each side without stopping.

# CERVICAL TRACTION

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***Spinal Traction allows you to be an active part of your improvement. It is designed to begin restoration of your spinal curves. It is the only exercise that you may perform even if you are in pain. Warming up prior to molding allows the fluid in your discs to cool to a hydrogel state and sets them up for the night in the curves that are necessary for spinal stability. Therefore, spinal molding relaxes the spine allowing you to enjoy a more restful and soon, pain free sleep.***

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While you are sleeping, the innate intelligence which runs our body slows down so it can use all of its energy to perform tissue cell regeneration. This process is continuous throughout life and is how the body heals itself.

Innate intelligence does not heal sick cells, but replaces them with new ones. This is why we encourage healthy sleep patterns.

Eventually, your spinal molding will lead you to a healthier spine.

- Roll up a bath towel and place it in the center of your neck to allow for maximum extension. Your chin will be facing the ceiling and crown of your head on the floor or bed
- Keep your knees bent at a 90 degree angle the whole time.
- If using a towel it is recommended that you lay on a hard surface like the floor. If using a spinal molding cushion recommended below you may lay on a hard surface or in your bed.
- Begin spinal molding only after you have warmed up with your stretches and it most effective when done at night before bed.
- NEVER FALL ASLEEP
- Start off with 10 minutes and work your way up to 20 minutes at each uninterrupted session.
- For maximum improvement molding should be done 3 x a week. If you would like to maintain healthy achievements molding and stretching should continue to remain a part of your daily routine.

Upper cervical



Lower cervical



Upper cervical with wedge



Lower cervical with wedge



Although the towel works just fine, if you would like to purchase a more professional molding wedge we sell the foam wedge (pictured above) for \$15.00.

Discontinue using and contact us if you experience any of the following while in session:  
Dizziness, numbness, weakness, blurred vision, severe headache, or severe pain.

**630-858-9780**