

SPINAL WARM-UPS

GOALS

To The Patient:

When you are assigned an exercise it is intended that you begin with half of the repetitions that are set as the goal. For example: The Flexion/Extension Exercise goal is 10. Start with 5 and work your way up to 10 within approximately 3 days.

If you have any problem, DO NOT add more repetitions or more exercises. Each person is different in both their spinal configuration and their ability to tolerate exercise. Please do not compare yourself to anyone else. Report any unusual soreness or difficulty to your Doctor immediately.

PERFORMANCE TIPS FOR EXERCISES 2-5:

Find an imaginary spot on the wall across from you that forces you to keep your chin up and your eyes straight ahead. Do not take your eyes off of the spot while performing these warm-ups. Your chin is Not to turn in either direction.

Important Notice:

If you suffer an injury or an aggravation, DISCONTINUE all exercises until you speak with your Doctor and receive clearance to resume.

I agree to cease all exercises and consult my Doctor should I suffer an injury on the job, in a vehicle or at home, or aggravate my condition.

Date: _____

The Pettibon System[®]
Proven Spine and Posture Correction

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Warm-Up #1



Starting Position: Seated on the *Wobble Chair or on the edge of a chair, posture erect, head held high, hands on the thighs or hold onto the chair arms for stability.

Exercise: Sit up straight, force your stomach out, which places a curve in your lower back. Take a deep breath. Force your head backwards as if to look at the ceiling, maintaining the arch in the low back, and count to five. Exhale, relax, and bend forward toward the knees.

PERFORM SLOWLY AT FIRST, AND BUILD UP SPEED UNTIL YOU ARE ABLE TO PERFORM TEN OF THESE IN THREE MINUTES.



GOAL: 10 Repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #2



Starting Position: Seated on the *Wobble Chair or on the edge of a chair, posture erect and stomach out, chin up, with both arms above your head with the inside of your arms touching your ears.

Exercise: Bending from the waist, bend as far to the left side as possible, and then to the right without stopping. Think of yourself as a willow in the breeze, smooth, fluid movements from side to side. Start out slowly and then pick up speed as you become more mobile.

GOAL: 10 repetitions. Start with five, work up to 10 within 3 days.



Warm-Up #3



Starting Position: Seated on the *Wobble Chair or on the edge of a chair, posture erect and stomach out, chin up, with both arms dangling to the side.

Exercise: Force the stomach out, chin up, allowing both arms to dangle as if they are lead, to the floor. Sitting up straight, bend from the waist to the left and then to the right with smooth, fluid movements. As you become more mobile, add some speed.

GOAL: 10 repetitions. Start with five, work up to 10 within 3 days.



SPINAL WARM-UPS AND SPINAL MOLDING

Warm-Up #4



Starting Position: Seated on the *Wobble Chair or on the edge of a chair, posture erect, chin up, with both elbows raised level with your shoulders, fingers of the right hand touching fingers of the left hand.



Exercise: Sitting up straight, move to the left as far as possible with smooth, fluid movement, then to the right. As you become more mobile, pick up speed, alternating left and right.

GOAL: 10 Repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #5



Starting Position: Seated on the *Wobble Chair or on the edge of a chair, posture erect, chin up, with stomach out, with both arms raised behind your head as if you were being held up. Cup your head with your left palm and have the right palm cup the right side of the head.



Exercise: Gently force the head to move to the left as the body moves, thereby actually pulling the head toward the left side of the room. Repeat to the right.

GOAL: 10 Repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #6



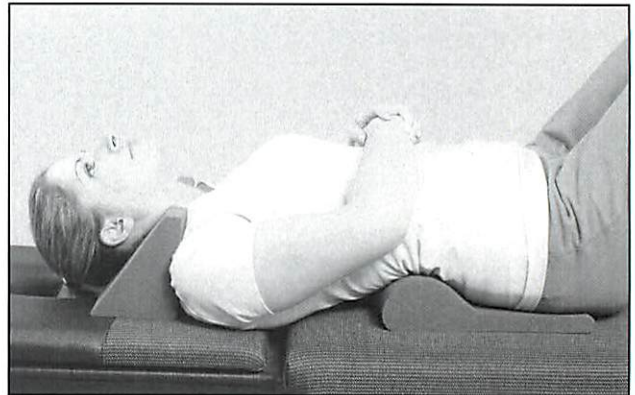
Starting Position: On this exercise do not look straight ahead. You allow your head to turn. Seated on the *Wobble Chair or on the edge of a chair, posture erect, chin up, with both elbows out from the body at shoulder height, hands touching.



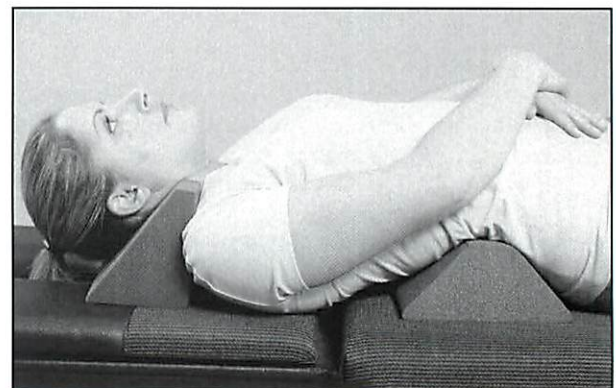
Exercise: In *slow motion* at first, turn from the waist to the left with the head turning as if to look behind you, make smooth fluid motions with no ballistic stops, then turn to the right without stopping. This exercise is to be performed last, always.

GOAL: On exercise #6, start with 15 total counts and work up to 25 repetitions.

SPINAL MOLDING



Phase 1: Spinal Molding begins on the first day of your care. It is designed to begin restoration of spinal curves. It is the only exercise that you may perform even if you are in pain. It is an entirely passive exercise performed, uninterrupted, for at least 20 minutes, with the chin facing the ceiling and crown of the head on the bed. It is the only exercise that you may perform in bed. Once the Warm-Ups are completed at night., lie on the neck support and Low Back support 20 minutes only, the fluid in the discs previously warmed will cool to hydrogel state and set up for the night in the curves that are necessary for spinal stability. Spinal Molding relaxes the spine, thereby preparing for rest and sleep. **DO NOT SLEEP IN THESE SUPPORTS!** Set an alarm clock for 20 minutes.



Phase 2 - Fulcrum Stretch: When Doctor orders, this replaces the Low Back Support for Spinal Molding. Start with three minutes with the lumbar fulcrum, lift buttocks, and then replace with Low Back Support until a total of 15 minutes is achieved. Build up to a total of 15 with the lumbar fulcrum. From this point on, use the Low Back Support in your automobile to continue the Spinal Molding process. Remember to continue using the cervical support with the Fulcrum Stretch.