



Engineered Curve Correction Cords have proven with patients, Chiropractors and Physical Therapist to be one of the most efficient, effective and cost competitive ways to help restore the natural Cervical Arc of Life, while stabilizing cervical spine correction.

***“I immediately noticed absolutely zero Neck Tension Headaches at work the very next Day”- Ken L.***

***“My Symptoms are gone and my x-rays are proof that this works” – Craig A.***

***“I’ve noticed a radical change in results with my patients both symptomatically and objectively in less time and with more at home care compliance” – Dr. Dow***

- Cervical Spine Curve Correction and Rehabilitation
- Reduce and eliminate Forward Head Posture / Anterior Head Carriage
- Reduce and eliminate Computer Neck Strain / Tension and Headaches
- May help reduce hand numbness and tingling , Carpal Tunnel Syndrome
- Increased Range of Motion
- Strengthening Muscles
- Preventing Future Injuries



Reduce pain, build confidence and bounce back with performance through resistance.

## Total Time : 1-2 Minutes

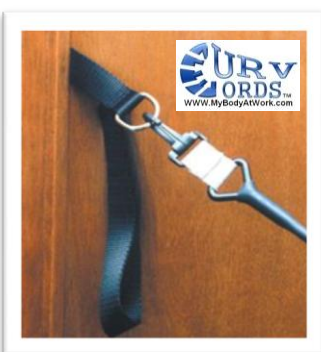


### PRODUCT DESCRIPTION & BENEFITS

Strengthens Cervical Neck and upper back muscles. Also allows stretching. Great for forward and lateral flexion, extension and rotation rehab.

Includes **Head Strap Harness**: Neoprene padded. One size (adjustable from 20-in (50 cm) to 26-in (66 cm) head circumference). Interchangeable

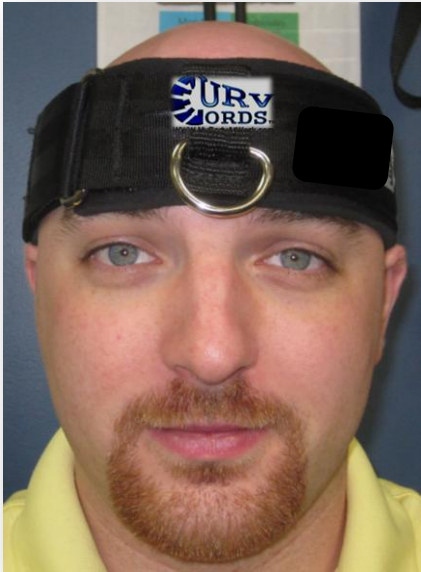
**Resistant Tubing**. Two interchangeable 8-in (20.3 cm) tubes. Comes with silver (3 - 8 lbs / 1.3 - 3.6 kg of pull) and yellow (5 - 14 lbs / 2.2 - 6.3 kg of pull) resistance tubes.



### **Combo Mount**

Provides secure mounting options around door frame, doorknob, handrails or other heavy stationary objects. Includes heavy steel D-ring. Single. Interchangeable

# Easy as 1-2-3 Steps



**1**

## Secure Head Strap Harness

- For Extensor (Curve) muscles place metal connector loop center of eyebrows, harness
- Should be snug and touching eyebrows.  
(If head harness is slipping tighten strap more securely.)

Note: If using at home secure “Combo Mount” in door jam according to instructions provided or other secure mount 1-2 feet above head.

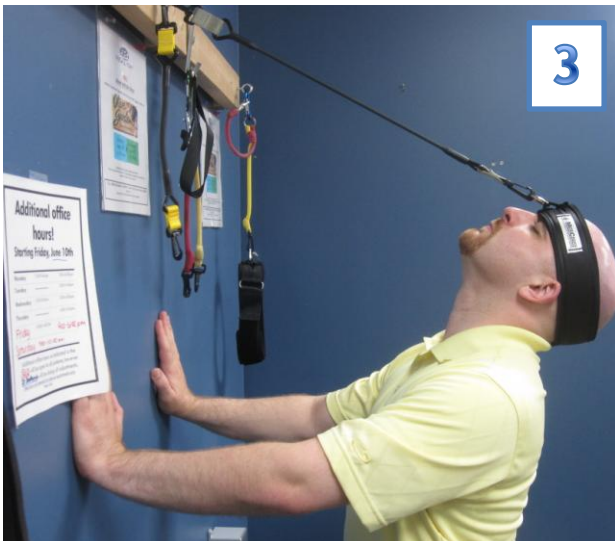


**2**

## Connect Head Harness to Resistant Cord

- Begin in neutral head position with hands on wall
- Arms should be slightly bent.

Note: If utilizing Whole Body Vibration start Vibration unit.



**3**

## Begin Full Extension Range of Motion

- Extend head to full Neck Extension range of motion
- Return to Neutral Head Position and Repeat
- Rep and Set Recommendations.

## Our Example Recommendations.

- 20 Dynamic Extension Reps
- 10-15 Seconds in Full Extension
- Repeat 3 Sets.
- Total Time : 1-2 Minutes