

## PurePosture Instructions for Use

### **PurePosture Spinal:**

#### **Weeks One and Two:**

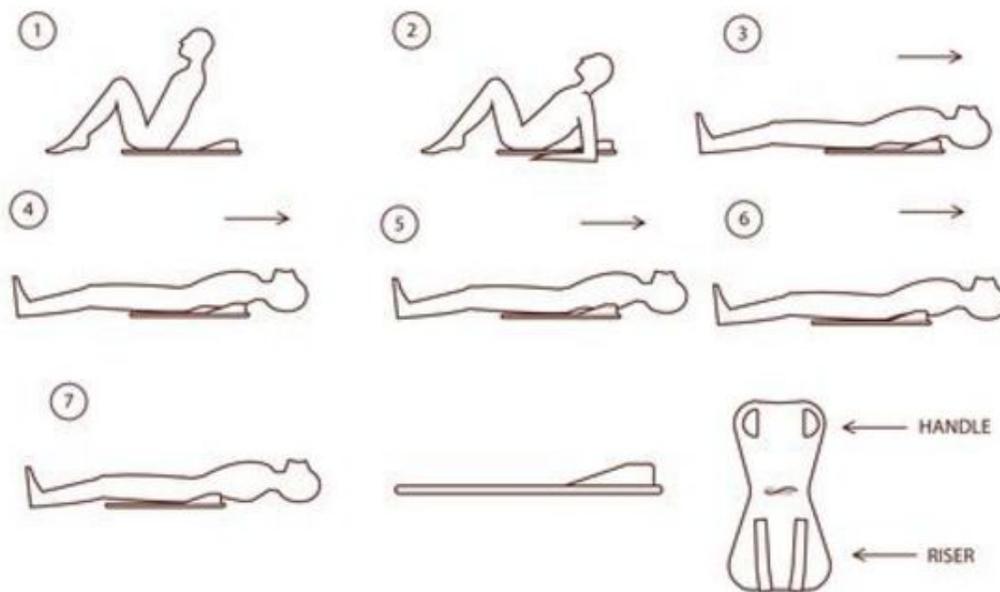
1.) Place the board on a floor, weight bench or any other weight bearing bench that is at least 42 inches long. (you could use on a bed but typically beds have too much give so it won't be as effective). Be sure to place on solid surface so it won't slip off.

2.) Lay down on the board, the riser should be aligned to just below the neck. (It is important your spine is aligned and centered evenly in-between the risers).

- If this is too uncomfortable then you may begin by using a pillow to help support your neck.
- If this is too uncomfortable for your mid back you can bend your knees to take some of the pressure off.

3.) After 1 minute grab the handles and move your entire body up about 1 inch on the board (the risers will be positioned lower down your spine). If you feel your shoulder blades resting on the risers give yourself a hug to move them out of the way. Relax, and breathe, and let your body weight and gravity stretch your back into proper alignment. Remember to breathe deeply.

4-7.) Repeat process 3 more times (moving up an inch and remaining in place for 1 minute) until the risers have reached the small of your back.



**Week Three:**

Repeat steps above but use board three times per week for two minutes per level

**Week Four:**

Use everyday for two minutes per level

**Week Five:**

Use 3 times a week for two minutes per level

**Week Six & Seven:**

Use a minimum of two times per week at two minutes a level

Week Eight and on: Use at least once per week at two minutes a level

Many people use PurePosture more than once a day to help treat specific areas of their spine for discomfort. The length of time per area will be dictated by what your body needs. If you have any questions please contact us for additional information.

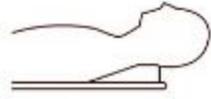
If you find that after Week eight you think you could benefit with a higher riser we offer many sizes of risers, including lengths and widths to increase your spinal flexibility. Many of our users begin with a shorter riser and over the course of months increase the height of the risers to get the maximum benefit that PurePosture provides.

While this is not a fast rule, we find that gradually increasing the time reduces the chance of undue discomfort. It may take two weeks for your body to adjust to using it. If you find your spine feels too stretched out or uncomfortable, try placing a pillow under your head. If it's still uncomfortable, this may indicate the risers are too high for you.

**PurePosture Cervical:**

PurePosture can also be used as a device to traction, or extend , your neck. This is helpful if the muscles. especially at the base of your head, feel tight. Some people find using PurePosture in this way helpful to relieve "tension" type headaches.

- 1.)Lay on the board and place your head just at the end of the risers. If you wiggle your body slightly down (toward your feet), this automatically tucks in your chin. Don not use for any longer than 2 minutes as the delicate muscles at the base of your head can get sore. It is important to relax your shoulders and keep them down and resting comfortably.



It is recommended to use PurePosture for cervical traction no more than once per day and for a maximum of 2 minutes. If you find this position makes you feel dizzy or lightheaded, a rare occurrence, discontinue use in this manner.