

EXERCISE INSTRUCTIONS FOR THE “*PRO-POSTURE*” NECK EXERCISER

The following are a list of six different exercises that can be performed with the Pro-Posture Neck Exerciser™.

1) **Basic Pro-Posture Neck Pump Exercise**

1. Start by holding the Pro-Posture Neck Exerciser behind the neck as shown (see picture 1).
2. Keep the palms of your hands pointed outward and slowly extend both of your arms forward, relaxing and allowing your neck to be pulled forward at the same time.
3. Try to fully extend your arms, thereby pulling the lower neck fully into forward flexion (see picture 2). If any neck or upper back pain is felt during the extension of your arms, stop at that point. Over time you should be able to go farther and farther without pain.
4. Once the lower neck is pulled into full forward flexion, actively pull your head into full extension, thereby completely stretching out the front neck soft tissues (see picture 2). Only pull your head into full extension if it can be accomplished in a pain free manner. If any pain is felt before full extension, stop at that point.
5. Your fully extended hands can be slightly moved backward and forward with your head extensions to create a “pumping” motion to the exercise.
6. Start this neck pump exercise with the Pro-Posture™ Neck Exerciser pulling into the lower neck region (see picture 2).
7. After 3-4 repetitions, change the anterior (or front) angle of pull so that you are pulling into the middle neck region (see picture 3).
8. After 3-4 repetitions, again change the anterior (or front) angle of pull so that you are pulling into the upper neck region (see picture 4).



Picture One



Picture Two

2) Pro-Posture Neck Pump and Hold Exercise

1. You perform this exercise the same as the Basic Pro-Posture Neck Pump Exercise except this time you should hold the full arm and head extension for 5-10 seconds, relax and then repeat. Perform 3-4 times in the lower, middle and upper neck just like you did with the Basic Pro-Posture Neck Pump exercise.



Picture Three



Picture Four

3) Pro-Posture Neck Pump Exercise With Full Lateral Bend Stretching

1. Start by performing the Basic Pro-Posture Neck Pump Exercise into the lower neck region.
2. After you have fully extended your head, move it into left and right full lateral flexion (or side bends) 2-3 times each way (see picture 5). If any pain is felt as you bend your head to each side, stop at that point. You should be able to go farther and farther without pain over time. Perform 3-4 times and repeat in the middle and upper neck regions.



Picture Five

4) Pro-Posture Neck Pump Exercise With Full Rotation Stretching

1. Start by performing the Basic Pro-Posture Neck Pump Exercise into the lower neck region.
2. After you have fully extended your head, move it into left and right full rotation 2-3 times each way (see picture 6). Perform 3-4 times and repeat in the middle and upper neck regions. Again, if any pain is felt as you turn your head, stop at that point.

This next exercise is especially important for people that suffer from chronic upper neck and/or headache pain with forward head posture.

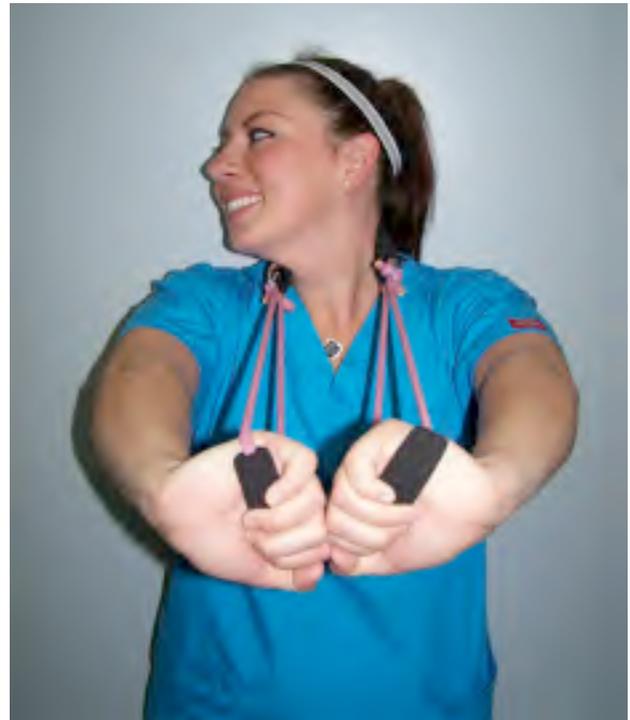
5) Pro-Posture Head Flexion/Retraction Pump Exercise

1. Start by placing the Pro-Posture Neck Exerciser into the upper neck region right at the base of your skull.
2. Now chin-tuck. Hold the chin-tuck position and retract or move your head straight backward against the resistance of your hands holding the Pro-Posture Neck Exerciser slightly forward (see picture 7).
3. Repeat 10-12 times.

This last exercise should only be performed if you have a flattened upper thoracic (back) region and/or retracted shoulders. Do not perform this last exercise if you have an increased side curvature of the upper back region.

6) Upper Thorax Flexion Pump

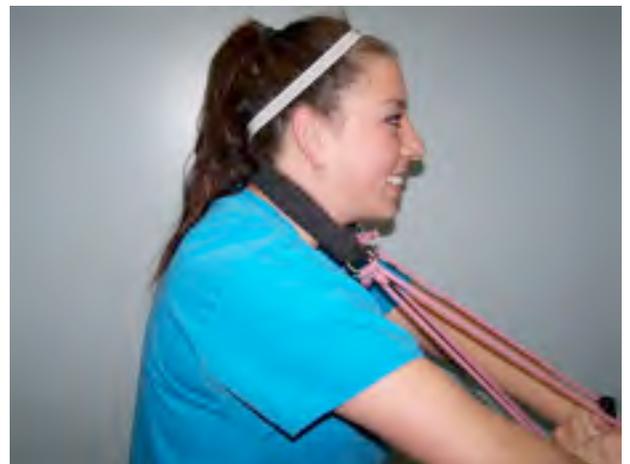
1. Start by performing the Basic Pro-Posture Neck Pump Exercise into the lower neck region.
2. After you have fully extended your arms, keep your head level and flex or arch your upper back, like a cat arches its back (See picture 8). Hold this upper back stretch for 5-10 seconds and relax.
3. Your fully extended hands can be slightly moved backward and forward with your upper thorax flexion to create a “pumping” motion to the exercise. Repeat 10-12 times.



Picture Six



Picture Seven



Picture Eight

Hand Grip Position Depends on Your Upper Back

If your upper back region has what is called “anterior saucering” or a flattened appearance from the side view, you will usually also have slightly retracted shoulders and should use the internal rotation hand positioning during the exercises. Start by holding the Pro-Posture Neck Exerciser behind the neck as shown (see picture 1). As you straighten out your arms, rotate them into the center of this motion. By the time you have fully extended your arms, the knuckles of your hands should meet in front of you (see picture 6).

If your upper back region from the side view appears to have a normal or increased amount of backward curvature, then perform these exercises with the normal hand grip positioning shown in exercise seven.

Physical Reaction to Starting This Exercise Program

It is not uncommon to experience some soreness of the neck and upper shoulders after starting to perform these exercises. This muscular soreness should not be intense or last more than a few hours after use. If your reaction is more severe, you are probably performing the exercises too aggressively or doing too many repetitions. If reducing the repetitions and force does not reduce your post-exercise soreness, discontinue use and consult your doctor or therapist.

Contraindications for the Pro-Posture Neck Exerciser

Extreme Forward Head Posture

Unstable cervical spine

Spinal cancer or infection

Surgical fixation of the cervical spine

Stroke/cerebro-vascular accident

Loss of consciousness during or right after use.

Dizziness/vertigo or visual speech disturbance during or right after use.

WARNING

The Pro-Posture Neck Exercise™ should be used in accordance with these instructions. The Manufacturer is not and cannot be held responsible for any injury from non-approved use, incorrect use or misuse.

IMPORTANT INFO ABOUT THE PRO-POSTURE NECK EXERCISER™

- ❖ If the D-rings of the neck band rub against your collarbones or chest muscles during use, you are pulling too low. Pulling this low will not properly stretch or exercise your neck region. You will only be exercising your arms. Raise the front angle of pull until the D-rings do not come into contact with your collarbones or chest.
- ❖ Always inspect your rubber bands for signs of wear, including small tears, abrasions, or cracks before use. Pay particular attention to the connection points. Always replace bands with any sign of wear. The bands will not last forever, and will experience normal wear and tear with extended use. However, they should be safe to use as long as there are no visible signs of wear. Replacement bands/handles for the Pro-Posture Neck Exerciser are available at a very reasonable price. These safety measures apply to the sewn connections of the black internal belting as well.
- ❖ To increase the pull of your Pro-Posture Neck Exerciser, spread the D-rings apart and shorten the length of the band. Try to shorten both sides by approximately the same amount. After shortening the band, push the D-rings back together and tighten the band on each side of the exerciser. See pictures below:



Spread D-rings – shorten band length



Push D-rings together – tighten down band