

Using Your Posture Equipment

At the start of the program, we gave you a band, an anchor, and a cervical traction unit. The band and anchor add resistance to the Brugger's and Negative Z Exercises to take those activities to the next level, while the Cervical Traction Unit really helps to increase the natural curve in the cervical spine. Watch the associated video for a full explanation and demonstration on how the equipment should be used.

How often to use the equipment:

Exercise Band and Door Anchor

- Both the Brugger's exercise and Negative Z exercises should be completed 3 times with resistance
- Each of the 3 sets should include 10 repetitions
- The exercises should be completed once a day or every other day initially
- You can increase the number of repetitions over time until you are doing 20 reps per set
- This will replace one of your daily sets of normal Brugger's and Negative Z exercises

Cervical Traction Unit

- Both versions of the exercise are to be completed once initially
- The exercise should be completed directly after the band exercise
- Each single set should include 10 reps
- Each position should be held for 5-6 seconds
- If this causes discomfort or pain, decrease the number of reps to 5 per exercise
- Both exercises should be completed once a day or every other day initially
- Over time, you will increase the number of sets from 1 set to 3 and the number of reps from 10 to 15

The equipment is to be used every day, or at the least every other day, for the remainder of your program. Once you have completed your program, the frequency of continued use will be recommended based on your progress and needs. Ultimately, the equipment will be used 2-3 times per week or as needed if you spend a large amount of time in positions of poor posture. If you start to experience increased symptoms of neck pain or stiffness, you can increase the frequency of use for this equipment again. If you would like to use it more regularly, there is no harm in doing so.

If you have any questions while using the equipment, please call for guidance or make us aware at your next visit. We look forward to seeing how this equipment further enhances your spinal health.