



Alordotic Pain

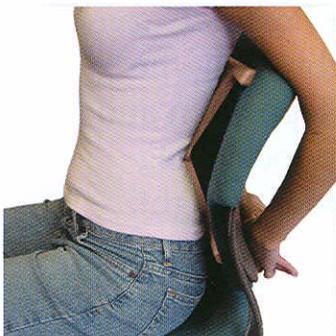
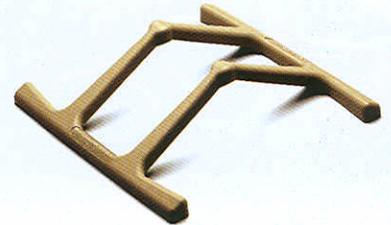


Lordotic Relief

The PostureCurve was developed to segmentally loosen and distract intrinsic muscles of the lumbar spine. Its 2 knuckles vertically straddle the spine and anchor along muscles of the back. Trigger points are easily identified, as the knuckles are moved from segment to segment. Works best through clothing. Depth of muscle penetration is always controlled by the user. On a pain scale of 1 to 10 – stay around 5. If you find the knuckles too aggressive, simply cover them with a towel.



The PostureCurve is equally effective with or without the provided sleeves. Always use the sleeves when the base is placed against leather, wood, plastic or similar products.

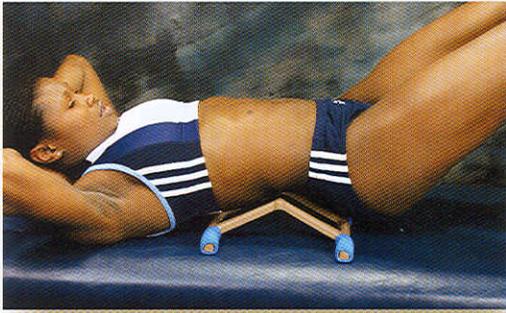


Enjoy the PostureCurve while sitting or supine. It is more aggressive while supine. The seated protocol for segmental lumbar distraction requires leverage by the upper body. A complete protocol is contained in the *Management Techniques – Back Stiffness* brochure as well as the *Insert Card* of the consumer package.

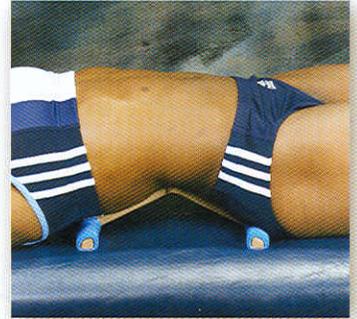
Supine Techniques

Follow the same 5-step seated lumbar protocol in either of the following two positions.

Unlike the seated protocol, that uses leverage from the upper trunk, the supine technique obtains leverage from the lower limbs. The least aggressive position requires flexed knees - feet flat. The legs are used to monitor body weight - and control depth of para-vertebral muscle penetration. The most aggressive position is accomplished with both legs fully extended. Either position produces therapeutic distraction.

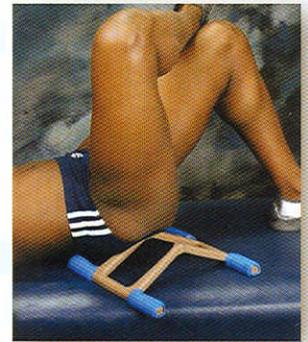
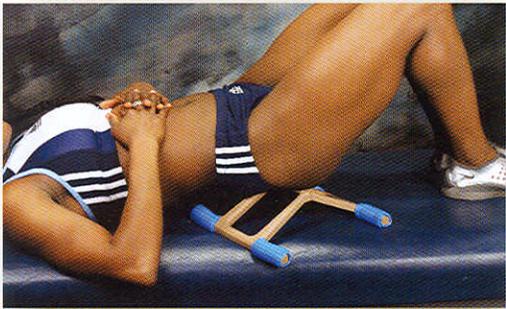


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Hip Rotators

Tight hip muscles, with concomitant myofascial trigger points, often compromise low back health as well as good posture. Use a single knuckle to release deep muscles of the hip. Roll the hip onto the single knuckle in either position and hold for 10 seconds in the located trigger point. Reposition the knuckle and continue the process until all hip rotators have been scanned. The figure-4 leg posture is more aggressive than the bent knee position.



Tensor Fascia Lata [TFL] (No Pix)

Treatment of the TFL muscle requires a straight leg position on the side of release. While in a supine posture, place a single knuckle of the PostureCurve next to the TFL. Now gradually roll to a side-lying position directing the knuckle onto the TFL. Pause 10 seconds at each trigger point. Reposition and continue process until entire muscle has been scanned. The opposite leg remains bent throughout the session and is used to monitor body weight.