

This brochure contains an overview of a study conducted by Brian M Hickey, PhD, Department of Health & Physical Education - Florida A&M University.



Study Objective

Posture is defined as how the body is positioned while standing, sitting or lying down. The lower back region plays a key role in dictating one's posture. Slumping shifts the burden of good posture from the muscles to the spine, where lumbar disc compressive forces can be increased as much as 275%.

The study objective was to determine if 3 minutes of segmental stretching would effect lower back stiffness / flexibility. Segmental stretching was performed by the PostureCurve, because of its ease of operation and segmental specificity.

Study Design

Twenty volunteer subjects between the ages of 20 and 35 years performed a sit and reach test immediately prior to - and following intervention of - a 3 minute segmental stretching routine directed to the lower back.



Back Stiffness Test

Back stiffness tests can be performed either sitting or standing. The university chose sitting for its study. The sit and reach test was selected because it is well documented; providing valid measurement for low back flexibility / stiffness.

Segmental Stretching

- Sit erect in a firm, straight-back chair
- The PostureCurve is placed against the chair back



- Gently lean back against the PostureCurve

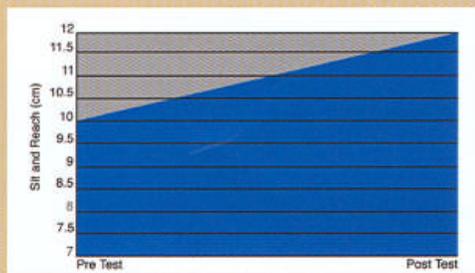


- Both hands are firmly grasped behind chair

- This posture is held for 5 slow, deep breaths

- The procedure starts just below the beltline and last lumbar vertebra -- and continues upward to immediately above the first lumbar vertebra
- Each of the 6 stretches is located about 1" apart and requires approximately 30 seconds per segment
- Total stretching time – 3 minutes

Results of University Study



“Back stiffness reduced 26%”



Sitting against the PostureCurve rotates the pelvis forward, thereby temporarily restoring the lumbar curve.

FAQ's

Q For best results, how often should I use the PostureCurve?

A Twice daily – or, as directed by your healthcare provider. Like any stretching or exercise program, your healthcare provider is always the best source of counsel and advice.

Q Will the PostureCurve hurt my spine?

A It straddles the spine and anchors along back muscles – never touches the spine. Tight, stiff muscles sometime feel painful during the stretch – however, any degree of discomfort is always under your control.

Q Can I use it in a vehicle?

A Yes – for short intervals. The PostureCurve is only 11” x 11”, so it fits all seats; including the airlines. Also, it feels great and works well while lying on your back.

Q Is the PostureCurve durable?

A This 6 oz miracle is made from materials that will take an enormous amount of carefree use.

RPI of Atlanta wholly disclaims responsibility for any and all adverse effects and consequences resulting directly or indirectly from the use or misuse of the PostureCurve.

90 day unconditional guarantee