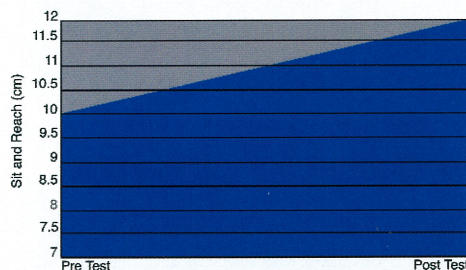


This brochure contains excerpts from a study conducted by Brian M Hickey, PhD, Department of Health & Physical Education - Florida A&M University. The study objective was to determine if segmental stretching would temporarily affect lower back / hip stiffness. Because of its ease of operation and segmental specificity the PostureCurve was chosen for the study.

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. Postural slumping can cause lumbar disc compressive forces to be increased by as much as 275%.

Results of University Study



“Back stiffness was temporarily reduced 26% after 3 minutes of segmental stretching with the PostureCurve”

“A ‘flat’ low back is the only posture that enhances the likelihood of backache.”

James Cyriax, MD MRCP
*Department of Physical Medicine
 St Thomas Hospital, London*



Basic Techniques

- Stretching begins just below the 5th lumbar vertebra - and continues upward to immediately above the first lumbar vertebra
- Each of the 6 stretches is directed approximately 1" apart and requires about 30 seconds per segment
- With the PostureCurve in place, sit erect in a firm straight-back chair
- For added leverage, grasp both hands behind the chair
- Each posture is held for 5 slow, deep breaths
- Sitting against the PostureCurve rotates the pelvis forward, temporarily restoring the lumbar curve



“The PostureCurve was designed to manage flat backs and is not indicated for exaggerated lumbar curves.”

Pat E Belcher
*Founder and Developer of
 Intracell Technology*

Advanced Techniques

The beginner's protocol uses leverage from the upper trunk. The advanced supine techniques obtain leverage from the lower limbs. The least aggressive position requires flexed knees – feet flat.

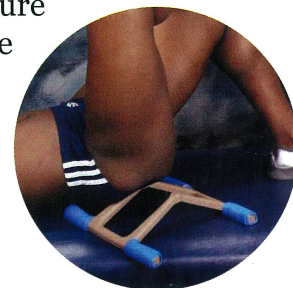


The most aggressive position is accomplished with both legs fully extended. Either position produces therapeutic stretching of intrinsic lumbar muscles.



Tight hip muscles, with concomitant myofascial trigger points, often compromise low back health - as well as good posture. Here, a single knuckle is used to release deep muscles of the hip.

The figure-4 leg posture is more aggressive than the bent knee position.



FAQ's

Q *How often is the PostureCurve used?*

A Daily – or as directed by your healthcare provider. Like any stretching or exercise program, your healthcare provider is 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 will feel painful – however, any degree of discomfort is always under your control. Healthy and compliant muscles are not painful.

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. Don't forget to take it with you on the next plane trip.

Q *Is the PostureCurve durable?*

A This 12 oz miracle is made from materials that will take an enormous amount of carefree use. It is sold with a [90] day unconditional guarantee and a [1] year manufacturer's warranty.

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.



From the makers
of the



RPI of Atlanta
www.intracell.net

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