

# EXERCISE INSTRUCTIONS FOR THE “*PRO-LORDOTIC*” NECK EXERCISER

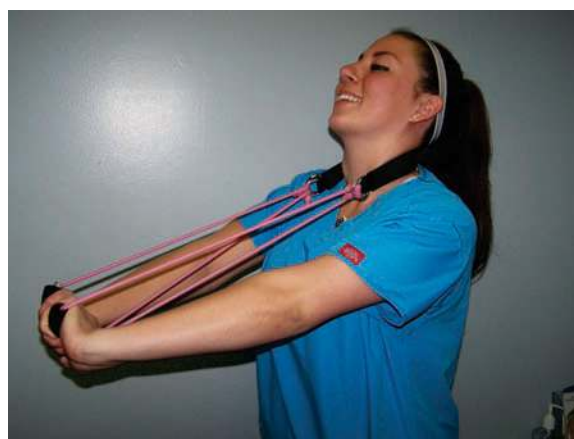
The following are a list of eight different exercises that can be preformed with the Pro-L™ Neck Exerciser.

## **1) Basic Pro-Lordotic Neck Pump Exercise**

1. Start by holding the Pro-L™ 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 flexion (see picture 2). If any neck or upper back pain is felt during the extension of your arms, stop at that point.
4. Once the lower neck is pulled into full flexion, actively pull your head into full extension, thereby completely stretching out the anterior (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 lordotic pump exercise with the Pro-L™ Neck Exerciser pulling into the lower neck region (see picture 2).
7. After three or four repetitions, change the position of the exerciser and the anterior (front) angle of pull so that you are pulling into the middle neck region (see picture 3).
8. After three or four repetitions, again change the position and anterior (front) angle of pull so that you are pulling into the upper neck region (see picture 4).



**Picture One**



**Picture Two**

## **2) Pro-Lordotic Neck Pump and Hold Exercise**

1. You perform this exercise the same as the Basic Pro-Lordotic Neck Pump Exercise except this time you should hold the full head extension for 5-10 seconds, relax and then repeat.

## **3) Six-Step Pro-Lordotic Neck Pump Exercise**

1. Since there are six inter-vertebral joints in your neck. The Pro-Lordotic Neck Pump Exercise can be performed in a six step process, starting in the lower neck region and moving up to the upper neck region, with three or four repetitions at each level.

## **4) Pro-Lordotic Neck Pump Exercise With Full Lateral Bend Stretching**

1. Warm-up by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower, middle and upper neck regions.  
2. Start back into the lower neck region and after you have fully extended your head, move it into left and right full lateral flexion (see picture 5A/5B). Perform three or four times and repeat in the middle and upper neck regions.

## **5) Pro-Lordotic Neck Pump Exercise With Full Rotation Stretching**

1. Warm-up by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower, middle and upper neck regions.  
2. Start back into the lower neck region and after you have fully extended your head, move it into left and right full rotation (see picture 6A/6B). Perform three or four times and repeat in the middle and upper neck regions.



**Picture Three**



**Picture Four**



**Picture Five A**

**This exercise is especially important for people that suffer from chronic neck or headache pain.**

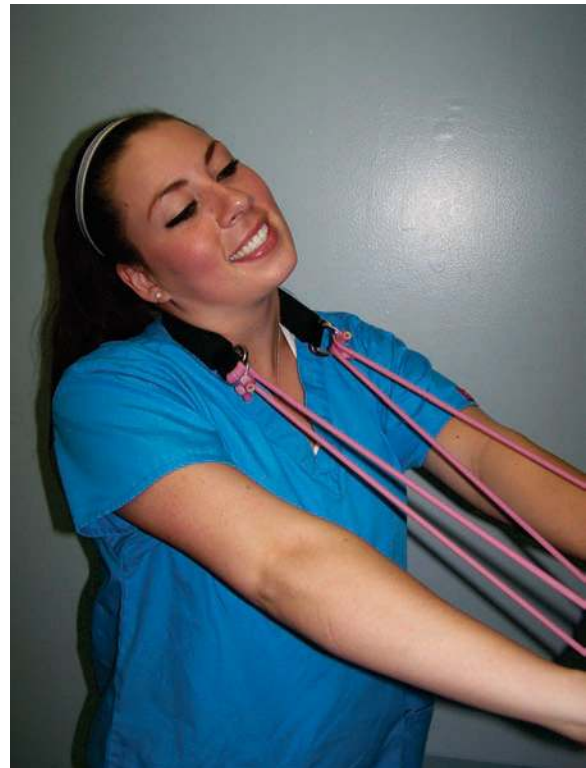
### **6) Pro-Lordotic Head/Neck Flexion Pump Exercise**

1. Warm-up by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower, middle and upper neck regions.
2. Start back into the upper neck region and chin-tuck. Hold the chin-tuck position and retract or move your head straight backward against the resistance of your hands pulling the Pro-Lordotic Neck Exerciser forward (see picture 7).
3. Your hands can be slightly moved backward and forward with your head retractions to create a “pumping” motion to the exercise. Repeat ten to twelve times.

**These last two exercises should only be preformed if you have a flattened upper thoracic (back) region and/or retracted shoulders. Do not perform these last two exercises if you have an increased side curvature of the upper back region.**

### **7) Upper Thorax Flexion Pump**

1. Warm-up by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower, middle and upper neck regions.
2. Start back into the lower neck region and 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 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 ten to twelve times.



**Picture Five B**



**Picture Six A**

## **8) Standing Shoulder Internal Rotation Exercises**

1. Warm-up by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower, middle and upper neck regions.
2. Stand and place the Pro-L™ Neck Exerciser behind your buttocks, holding it with your palms facing outward/forward as shown (see picture 9A).
3. Keep your arms straight and your head extended and rotate your arms inward until your thumbs meet in front of your body (see picture 9B). Hold this stretch for 5-10 seconds and relax. Repeat ten to twelve times.

### **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 internal rotation hand positioning during the Pro-L™ exercises. Start by holding the Pro-L™ 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 6A/B).

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



Picture Six B



Picture Seven

### **Site-specific Pro-Lordotic Neck Pump Exercise**

The Basic Pro-Lordotic Neck Pump Exercise or the Pro-Lordotic Neck Pump Exercise with Full Lateral Flexion or Rotation Stretching can be targeted into one particular region of the neck, if indicated from your x-ray analysis and instructed by your doctor or therapist. By targeting, we mean that the exercises should be preformed most often into that region. Please target:

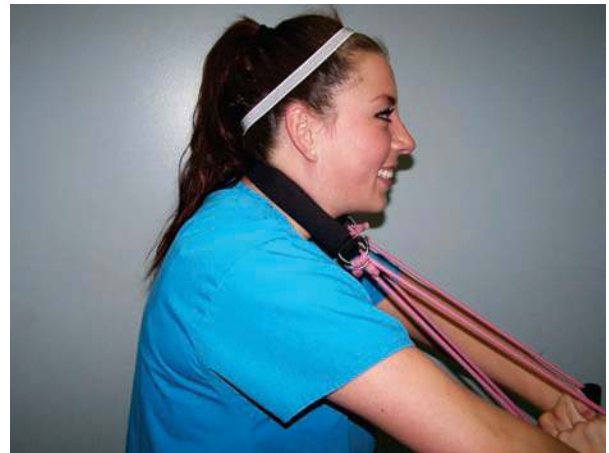
- Lower neck region
- Middle neck region
- Upper neck region

### **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 you post-exercise soreness, discontinue use and consult your doctor or therapist.

### **Contraindications for the Pro-Lordotic Neck Exerciser**

**Extreme Forward Head Posture**  
**Unstable cervical spine**  
**Spinal cancer or infection**  
**Surgical fixation of the cervical spine**  
**Stoke/cerebro-vascular accident**  
**Loss of consciousness during or right after use.**  
**Dizziness/vertigo or visual speech disturbance during or right after use.**



**Picture Eight**



**Picture Nine A**



**Picture Nine B**

# Thera-Band®

## EXERCISE TUBING

# Safety Precautions

### > English <

**WARNING-** Thera-Band® Exercise Tubing can cause serious injury when not used properly. Use Thera-Band® Exercise Tubing only upon the recommendation and under direction of a trained, licensed health care professional. Do not use the exercise tubing in any manner that may cause it to snap towards the head and cause injury to eyes. Thera-Band® Exercise Tubing is not a toy. Adult supervision is required at all times when children are exercising with Thera-Band® Exercise Tubing.

#### Safety Precautions and Maintenance

Always examine Thera-Band® Exercise Tubing before use for nicks, small tears or punctures that may cause the tubing to break. If you find any flaws upon examination, discard the product and replace with new lengths of Thera-Band® Exercise Tubing before performing any exercises.

Store your Thera-Band® Exercise Tubing at room temperature in a box or hang it in a dark area. Do not store Thera-Band® Exercise Tubing in direct sunlight.

Protect your Thera-Band® Exercise Tubing by keeping it away from sharp objects. Remove rings before using. Beware of sharp fingernails.

For exercise tubing which is used in chlorinated water, special care is needed to maintain the tubing. After use in chlorinated water, rinse the exercise tubing thoroughly in tap water to remove any traces of chlorine. Allow the exercise tubing to air dry completely.

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### > Español <

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#### Precauciones y conservación

Examine siempre los tubos Thera-Band® para ejercicio antes de usarlos, en busca de cortes, pequeñas desgarraduras o perforaciones, que puedan hacer que los tubos se rompan. Si observa cualquier defecto al examinar el producto, deséchelo y reemplácelo por un nuevo trozo de tubo para ejercicio Thera-Band®, antes de hacer cualquier ejercicio.

Guarde el tubo de ejercicio Thera-Band®, a la temperatura ambiente, en una caja, o cuélguelo en un lugar oscuro. No guarde los tubos para ejercicio Thera-Band® a la luz solar directa.

Proteja sus tubos de ejercicio Thera-Band®, manteniéndolos alejados de objetos puntiagudos. Quite los aros antes de usarlos. Tenga cuidado con las uñas largas.

Los tubos de ejercicio que se usan en agua clorada, requieren cuidado especial para su conservación. Tras usarlos en agua clorada, enjuague cuidadosamente los tubos de ejercicio en agua corriente, para eliminar cualquier vestigio de cloro. Deje secar completamente los tubos al aire.

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