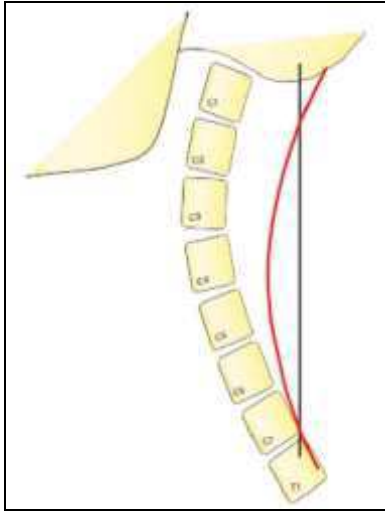


CIRCULAR TRACTION SUPPLY, INC. PRESENTS:

**THE SIXTEEN MAJOR ABBERANT FORMS OF THE
LATERAL CERVICAL SPINE AND THEIR OPTIMAL
CORRECTIVE TRACTION AND EXERCISE OPTIONS.**

By: Donald W. Meyer, D.C.
President, Circular Traction Supply, Inc.
www.circulartraction.com

For more detailed info on these
traction/exercise recommendations,
please attend a CBP™ Rehab Seminar
www.idealspine.com



Form One A

- All cervical segments are forward of the arch line.
- Upper cervical spine has increased curve.
- Lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P2/3-chin-tuck to decrease extension), Seated or Supine Axial Extension (T1/T2 at chair/table edge).
Exercises: Head retractions and/or anterior head weighting.



Supine Axial Extension
(Static Weighted)



Cervical Remodeling Collar™
(Full head retraction-chin tuck)

Upper thoracic spine has hyper flexion
(Dowengers Hump).

Tractions: Seated or Supine Axial Extension (T4 at chair/table edge).
Exercises: Head retractions and/or anterior head weighting.

Entire thoracic spine has hyper flexion.

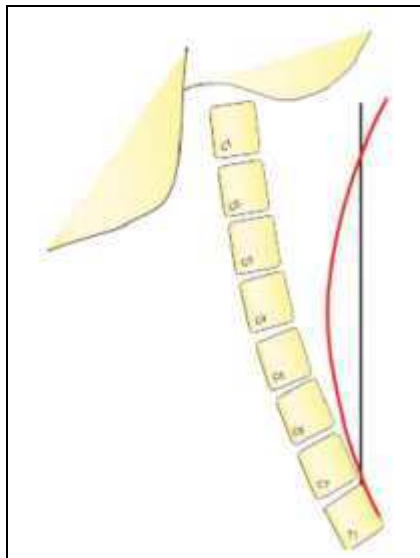
Tractions: Seated or Supine Axial Extension (T4 at chair/table edge).
Exercises: Head and shoulder retractions and/or anterior head weighting.
Ambulatory use of the Spinal Remodeling Brace™.



Spinal Remodeling Brace™



Anterior Head Weighting
Posture Corr. Exercise Belt™



Form One B

- All cervical segments are forward of the arch line.
- Upper/lower cervical spine has decreased curve.

Upper thoracic spine has hyper flexion (Dowingers Hump).

Tractions: Supine Compression Extension, Seated or Supine Axial Extension (T4 at chair/table edge).

Exercises: Head retractions with extension and/or anterior head weighting

Entire thoracic spine has hyper flexion

Tractions: Supine Compression Extension, Seated or Supine Axial Extension (T4 at chair/table edge).

Exercises: Head retractions with extension, shoulder retractions and/or anterior head weighting. Ambulatory use of the Spinal Remodeling Brace.

Relatively normal upper thoracic spine.

Tractions: Supine Compression Extension, Cervical Remodeling Collar (P2/3 with full extension), Seated or Supine Axial Extension (T1/2 at table/chair edge).

Exercises: Head retractions with extension and/or anterior head weighting



Supine Compression Extension
“The Wedge”



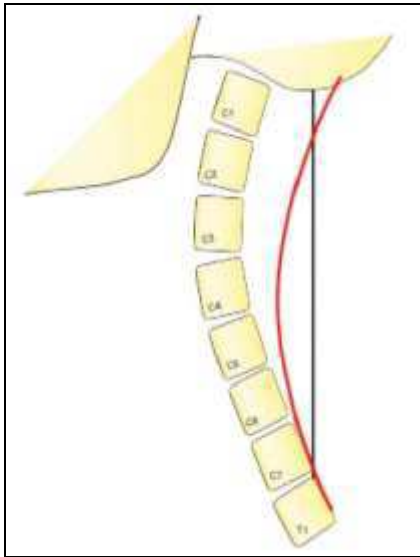
Anterior Head Weighting
Posture Corr. Exercise Belt™



Supine Axial Extension
(Static Weighted)



Cervical Remodeling Collar™
(Full head retraction-extension)



Form Two A

- C1-C6 segments are forward of the arch line.
- C7 is on the arch line.
- Upper cervical spine has increased curve.
- Lower cervical spine has decreased curve.

Upper thoracic spine has hyper flexion (Dowingers Hump).

Tractions: Seated or Supine Axial Extension (T4 at chair/table edge).
Exercises: Head retractions and/or anterior head weighting

Entire thoracic spine has hyper flexion.

Tractions: Seated or Supine Axial Extension (T4 at chair/table edge).
Exercises: Head and shoulder retractions and/or anterior head weighting
Ambulatory use of the Spinal Remodeling Brace

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P2/3-chin-tuck to decrease extension), Seated or Supine Axial Extension (T1/T2 at chair/table edge).
Exercises: Head retractions and/or anterior head weighting.



Anterior Head Weighting
Posture Corr. Exercise Belt™



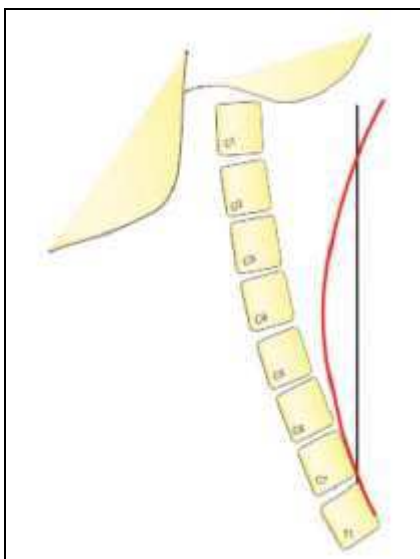
Seated Axial Extension



Supine Axial Extension
(Static Weighted)



Cervical Remodeling Collar™
(Full head retraction-chin tuck)



Form Two B

- C1-C6 segments are forward of the arch line.
- C7 is on the arch line.
- Upper/lower cervical spine has decreased curve.

Upper thoracic spine has hyper flexion (Dowingers Hump).

Tractions: Supine Compression Extension, Seated or Supine Axial Extension (T4 at chair/table edge).

Exercises: Head retractions with extension and/or anterior head weighting

Entire thoracic spine has hyper flexion

Tractions: Supine Compression Extension, Seated or Supine Axial Extension (T4 at chair/table edge).

Exercises: Head retractions with extension, shoulder retractions and/or anterior head weighting. Ambulatory use of the Spinal Remodeling Brace.

Relatively normal upper thoracic spine.

Tractions: Supine Compression Extension, Cervical Remodeling Collar (P2/3 with full extension), Seated or Supine Axial Extension (T1/T2 at table edge).

Exercises: Head retractions with extension and/or anterior head weighting



Supine Compression Extension (Static Weighted)



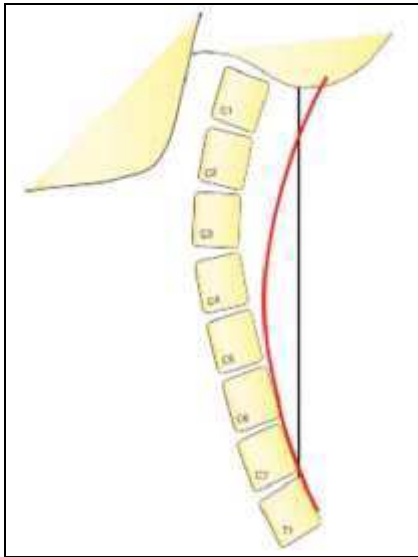
Anterior Head Weighting Posture Corr. Exercise Belt™



Supine Compression Extension "The Wedge"



Cervical Remodeling Collar™ (full head retraction-extension)



Form Three A

- C1-C5 segments are forward of the arch line.
- C6-C7 are on the arch line.
- Upper cervical spine has increased curve.
- Lower cervical spine has decreased curve.

Upper thoracic spine has hyper flexion (Dowingers Hump).

Tractions: Seated or Supine Axial Extension (T4 at chair/table edge).
 Exercises: Head retractions and/or anterior head weighting

Entire thoracic spine has hyper flexion.

Tractions: Seated or Supine Axial Extension (T4 at chair/table edge).
 Exercises: Head and shoulder retractions and/or anterior head weighting
 Ambulatory use of the Spinal Remodeling Brace

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P1/2-chin-tuck to decrease extension), Seated or Supine Axial Extension (T1/T2 at chair/table edge).
 Exercises: Head retractions and/or anterior head weighting.



Anterior Head Weighting Posture Corr. Exercise Belt™



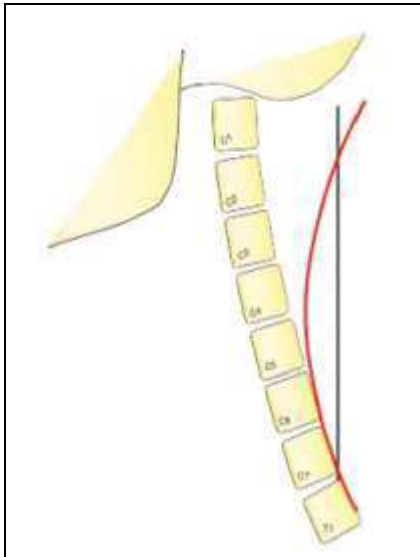
Spinal Remodeling Brace™



Supine Axial Extension (Static Weighted)



Cervical Remodeling Collar™ (Full head retraction-chin tuck)



Form Three B

- C1-C5 segments are forward of the arch line.
- C6-C7 are on the arch line.
- Upper/lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Seated or Supine Compression Extension, Cervical Remodeling Collar (P1/2 with full extension), Seated or Supine Axial Extension (T1/T2 at table/chair edge).

Exercises: Head retractions with extension and/or anterior head weighting

Flatten, hypokyphotic upper thoracic spine.

Tractions: Supine or Seated Two-Way Axial Extension (use cervical sling setting that will provide anterior pull into the area of maximum curve loss), Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Head retraction with extension and/or anterior head weighting.



Erickson ThoracoLumbar Fulcrum™



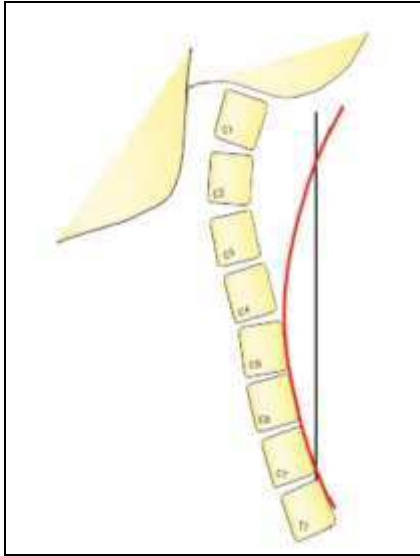
Anterior Head Weighting Posture Corr. Exercise Belt™



Seated Compression Extension CT Total Traction Unit™



Cervical Remodeling Collar™ (Full head retraction-extension)



Form Four A

- C1-C4 segments are forward of the arch line.
- C5-C7 are on the arch line.
- Upper cervical spine has increased curve.

Relatively normal upper thoracic spine.

Lower cervical spine has a decreased curve.

Tractions: Cervical Remodeling Collar (P1/2-chin-tuck to decrease extension), Seated Two-Way Axial Extension (use cervical sling setting that provides anterior pull into area of maximum curve loss).
Exercises: Head retractions and/or anterior head weighting.

Relatively normal upper thoracic spine.

Lower cervical spine has a normal curve.

Traction: Cervical Remodeling Collar (P1/2-chin-tuck to decrease extension), Seated 2-way Axial Extension (use cervical sling setting that will hold lower cervical spine in normal posture).
Exercises: Mild head retractions and/or light (1-3lb) anterior head weighting



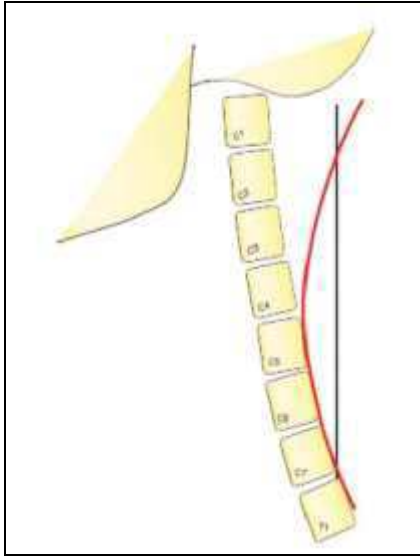
Anterior Head Weighting Posture Corr. Exercise Belt™



Seated Two-Way Axial Extension CT Total Traction Unit™



Cervical Remodeling Collar™ (Full head retraction-chin tuck)



Form Four B

- C1-C4 segments are forward of the arch line.
- C5-C7 are on the arch line.
- Upper cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Lower cervical spine has a decreased curve.

Tractions: Cervical Remodeling Collar (P1 with extension), Seated Two-Way Compression Extension (use cervical sling setting that will provide anterior pull into the area of maximum curve loss).

Exercises: Mild head retractions and/or light (1-3lb) anterior head weighting.

Relatively normal upper thoracic spine.

Lower cervical spine has a normal curve.

Tractions: Cervical Remodeling Collar (P1 with extension), Seated Two-way Compression Extension (cervical sling into upper neck).

Exercises: Mild head retractions and/or light (1-3lb) anterior head weighting.

Flatten, hypokyphotic upper thoracic spine.

Tractions: Supine or Seated Two-Way Axial Extension (use cervical sling setting that will provide anterior pull into the area of maximum curve loss), Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Mild head retractions and/or light (1-3lb) anterior head weighting.



Anterior Head Weighting Posture Corr. Exercise Belt™



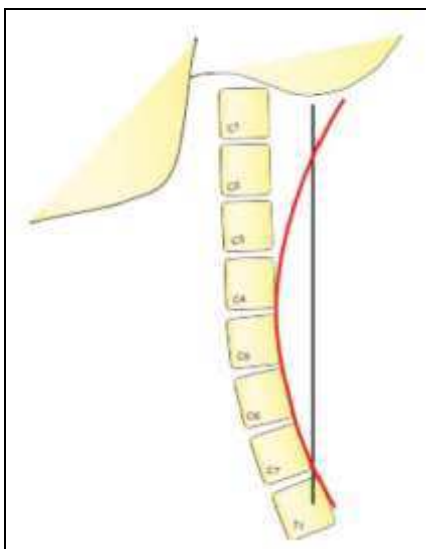
Cervical Remodeling Collar™ (Full head retraction-extension)



Seated Two-Way Axial Extension Pope 2-Way Traction Unit™



Seated Two-Way Comp. Ext. CT Total Traction Unit™



Form Five

- C1-C3 segments are forward of the arch line.
- C4-C7 are on the arch line.
- Upper cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Lower cervical spine has decreased curve.

Tractions: Cervical Remodeling Collar (P1 with extension), Seated Two-Way Compression Extension (use cervical sling setting that will provide anterior pull into the area of maximum curve loss).

Exercises: Mild head retractions and/or light (1-3lb) anterior head weighting.

Relatively normal upper thoracic spine.

Lower cervical spine has normal curve.

Tractions: Cervical Remodeling Collar (P1 with extension), Supine or Seated Compression Extension (use cervical sling setting that will provide anterior pull into the upper cervical region).

Exercises: Mild head retractions and/or light (1-3lb) anterior head weighting.

Flatten, hypokyphotic upper thoracic spine.

Traction: Seated Two-Way Axial Extension (use cervical sling setting that provides anterior pull into area of maximum curve loss).

Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Mild head retractions and/or light (1-3lb) anterior head weighting.



Anterior Head Weighting
Posture Corr. Exercise Belt™



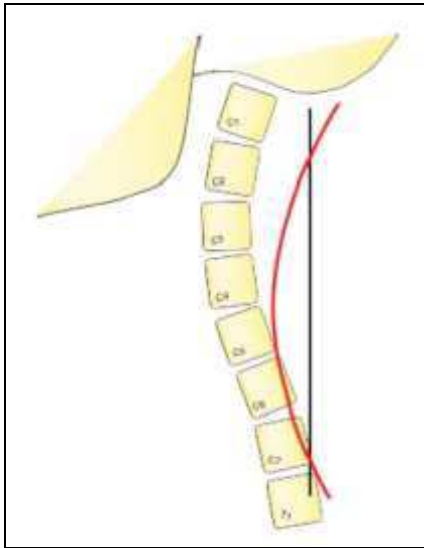
Seated Two-Way Comp. Ext.
CT Total Traction Unit™



Seated Two-Way Axial Extension
Pope 2-Way Traction Unit™



Cervical Remodeling Collar™
(Full head retraction-extension)



Form Six A

- C6-C7 segments are behind the arch line.
- C1-C5 are forward of the arch line.
- Upper cervical spine has increased curve.
- Lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use a low to extra low cervical sling setting).

Exercises: Head retractions and/or anterior head weighting

Flatten, hypokyphotic upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use cervical sling setting that will provide anterior pull into the lower cervical spine).

Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Head retraction with extension and/or anterior head weighting.



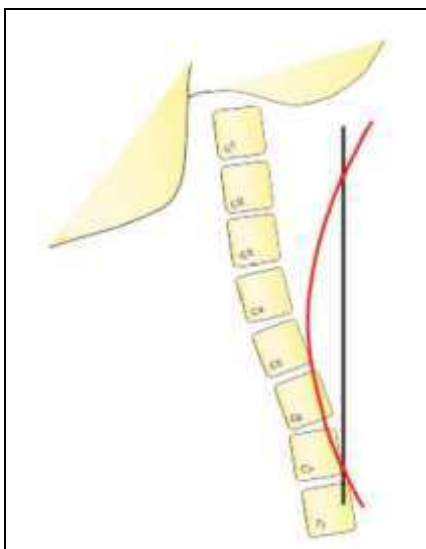
Seated Two-Way Axial Extension
CT Total Traction Unit™



Anterior Head Weighting
Posture Corr. Exercise Belt™



Erickson ThoracoLumbar Traction Fulcrum



Form Six B

- C6-C7 segments are behind the arch line.
- C1-C5 are forward of the arch line.
- Upper/ lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P1 with extension), Seated Two-Way Compression Extension (use a low to extra low cervical sling setting).

Exercises: Head retractions with extension and/or anterior head weighting.

Flatten, hypokyphotic upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use cervical sling setting that will provide anterior pull into the area of maximum curve loss). Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Mild head retraction with extension and/or anterior head weighting.



Seated Two-Way Axial Extension
Pope 2-Way Traction Unit™



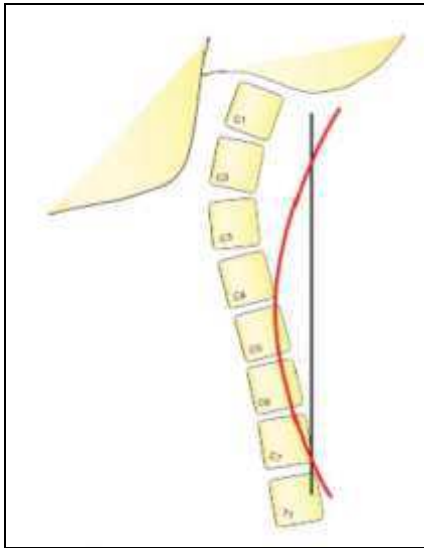
Anterior Head Weighting
Posture Corr. Exercise Belt™



Cervical Remodeling Collar™
(Full head retraction-extension)



Seated Two-Way Comp. Ext.
CT Total Traction Unit™



Form Seven A

- C5-C7 segments are behind the arch line.
- C1-C4 are forward of the arch line.
- Upper cervical spine has increased curve.
- Lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use a low to extra low cervical sling setting).

Exercises: Mild head retractions with extension.

Flatten, hypokyphotic upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use cervical sling setting that will provide anterior pull into the lower cervical spine).

Erickson ThoracoLumbar Traction Fulcrum.

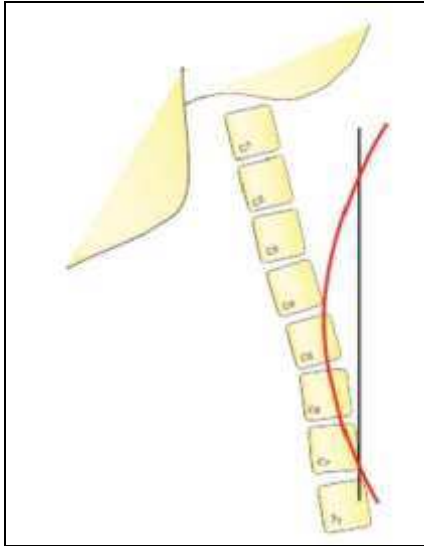
Exercises: Mild head retractions with extension.



Erickson ThoracoLumbar Traction Fulcrum



Seated Two-Way Axial Extension
CT Total Traction Unit™



Form Seven B

- C5-C7 segments are behind the arch line.
- C1-C4 are forward of the arch line.
- Upper/lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P1/A1 with extension), Seated Two-Way Compression Extension (use a low to extra low cervical sling setting).

Exercises: Head retractions with extension.

Flatten, hypokyphotic upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use cervical sling setting that will provide anterior pull into the area of maximum curve loss).

Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Mild head retractions with extension.



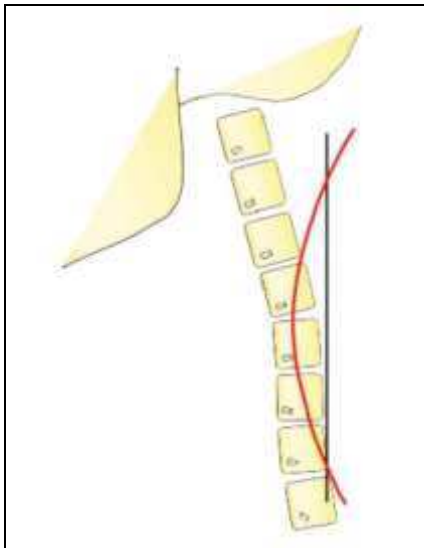
Cervical Remodeling Collar™
(Full head retraction-extension)



Seated Two-Way Comp.Ext.
CT Total Traction Unit™



Seated Two-Way Axial Extension
Pope 2-Way Traction Unit™



Form Eight

- C4-C7 segments are behind the arch line.
- C1-C3 are forward of the arch line.
- Upper and lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P1/A1 with extension), Seated Two-Way Compression Extension (use a medium to low cervical sling setting).

Exercises: Head retractions with extension.

Flatten, hypokyphotic upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use a medium to low cervical sling setting),

Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Mild head retractions with extension.



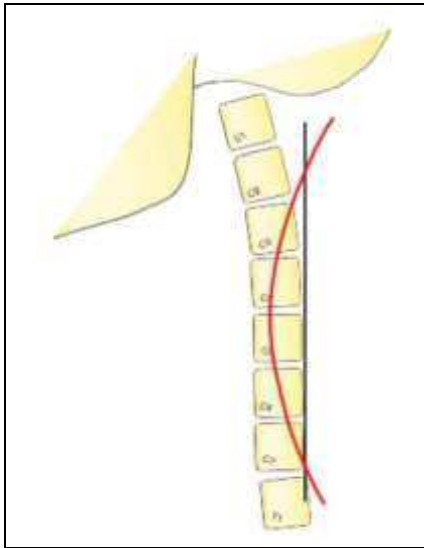
Cervical Remodeling Collar™
(Full head retraction-extension)



Erickson ThoracoLumbar
Traction Fulcrum



Seated Two-Way Compression Extension
CT Total Traction Unit™



Form Nine

- C3-C7 segments are behind the arch line.
- C1-C2 are forward of the arch line.
- Upper/lower cervical spine has decreased curve.

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P1/A1+ with extension), Seated Two-Way Compression Extension (use a medium cervical sling setting).

Exercises: Head extensions.

Flatten, hypokyphotic upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use a medium cervical sling setting),

Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Head extensions.



Cervical Remodeling Collar™
(Full head retraction-extension)



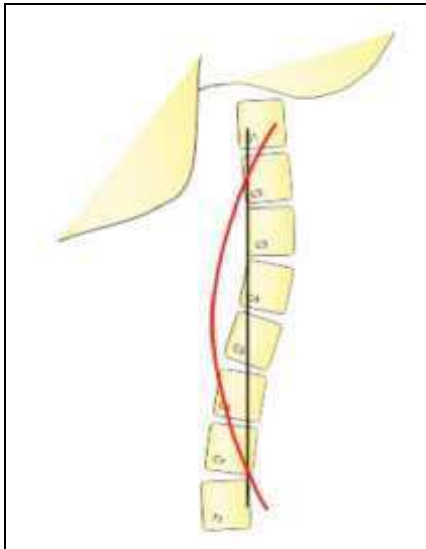
Seated Two-Way Comp.Ext.
CT Total Traction Unit™



Seated Two-Way Axial Extension
Pope 2-Way Traction Unit™



Erickson ThoracoLumbar
Traction Fulcrum™



Form Ten



Cervical Remodeling Collar™
(full head retraction-extension)



Seated Two-Way Axial Ext.
CT Total Traction Unit™

Relatively normal upper thoracic spine.

Tractions: Cervical Remodeling Collar (P1/A1+ with extension), Seated Two-Way Compression Extension (use a medium to high cervical sling setting).

Exercises: Head protrusions with extension.

Flatten, hypokyphotic upper thoracic spine.

Tractions: Seated Two-Way Axial Extension (use a medium to high cervical sling setting), Erickson ThoracoLumbar Traction Fulcrum.

Exercises: Head protrusions with extension.



Seated Two-Way Compression Extension
CT Total Traction Unit™