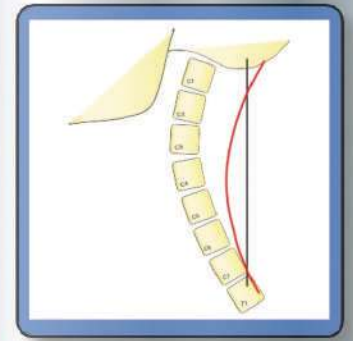


# THE SIXTEEN MAJOR ABERRATIONS OF THE CERVICAL CURVE AND THEIR IDEAL CORRECTIVE TRACTION SETTING

## FORM 1A



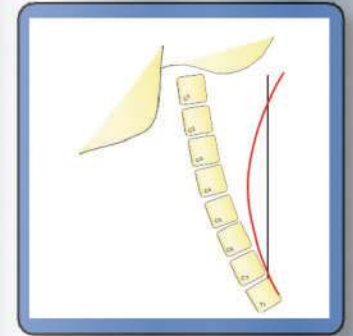
All cervical segments are forward of the arch line.  
Upper cervical spine has increased curve. Lower cervical spine has decreased curve.  
CRC: P2/P3, Full head retraction  
Exercise: Mirror-image® head retractions and/or head weighting



## FORM 1B



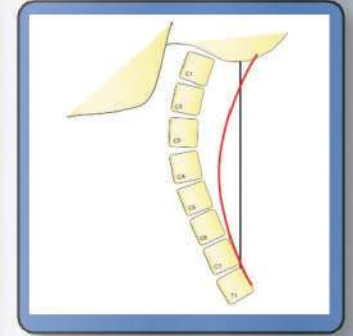
All cervical segments are forward of the arch line.  
Upper and lower cervical spine has decreased curve.  
CRC: P2/P3, Full head extension with Negative Z Compression Pad  
if needed for flexible patients  
Exercise: Mirror-image® head retractions with extension and/or head weighting



## FORM 2A



C1-C6 forward of the arch line. C7 on the arch line.  
Upper cervical spine has increased curve. Lower cervical spine has decreased curve.  
CRC: P2/P3, Full head retraction  
Exercise: Mirror-image® head retractions with extension and/or head weighting



## FORM 2B



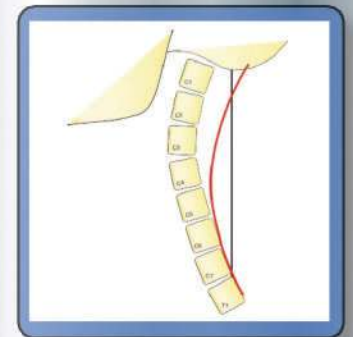
C1-C6 forward of the arch line. C7 on the arch line.  
Upper and lower cervical spine has decreased curve.  
CRC: P2/P3, Full head extension with Negative Z Compression Pad  
if needed for flexible patients  
Exercise: Mirror-image® head retractions with extension and/or head weighting



## FORM 3A



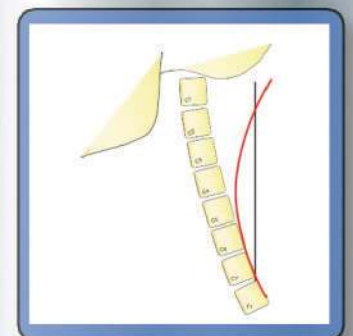
C1-C5 forward of the arch line. C6-C7 on the arch line.  
Upper cervical spine has increased curve. Lower cervical spine has decreased curve.  
CRC: P1/P2, Full head retraction  
Exercise: Mirror-image® head retractions with extension and/or head weighting



## FORM 3B



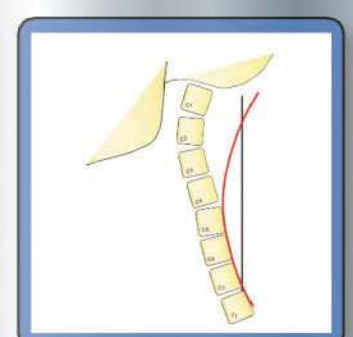
C1-C5 forward of the arch line. C6-C7 on the arch line.  
Upper and lower cervical spine has decreased curve.  
CRC: P1/P2, Full head extension with Negative Z Compression Pad  
if needed for flexible patients  
Exercise: Mirror-image® head retractions with extension and/or head weighting



## FORM 4A



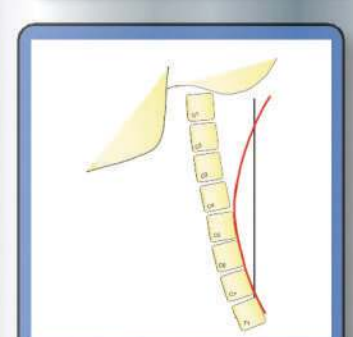
C1-C4 forward of the arch line. C5-C7 on the arch line.  
Upper cervical spine has increased curve. Lower cervical spine has normal curve.  
CRC: P1, Full head retraction  
Exercise: Mirror-image® head retractions and/or head weighting



## FORM 4B



C1-C4 forward of the arch line. C5-C7 on the arch line.  
Upper cervical spine has decreased curve. Lower cervical spine has normal curve.  
CRC: P1, full head extension with Negative Z Compression Pad  
if needed for flexible patients  
Exercise: Mirror-image® head retractions with extension and/or head weighting



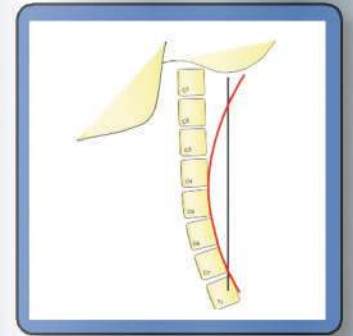


# THE SIXTEEN MAJOR ABERRATIONS OF THE CERVICAL CURVE AND THEIR IDEAL CORRECTIVE TRACTION SETTING



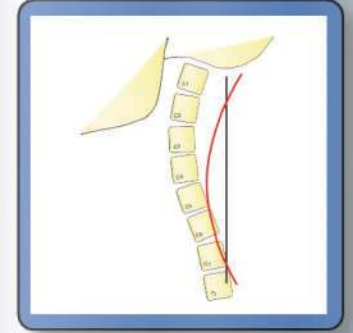
## FORM 5

C1-C3 are forward of the arch line. C4-C7 are on the arch line.  
Upper cervical spine has decreased curve. Lower cervical spine has normal curve.  
CRC: A1/P1, Full head extension with Negative Z Compression Pad  
if needed for flexible patients  
Exercise: Mirror-image® head retractions



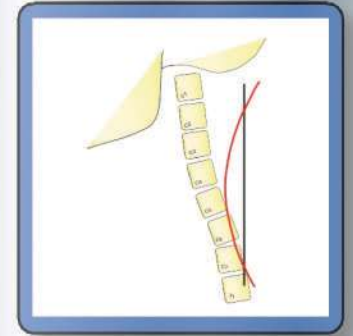
## FORM 6A

C6-C7 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.  
CRC: P1 Full head retraction  
Exercise: Mirror-image® head retractions and/or head weighting



## FORM 6B

C6-C7 are behind the arch line. C1-C5 are forward of the arch line.  
Upper and Lower cervical spine has decreased curve.  
CRC: P1, Full head extension with Negative Z Compression Pad  
if needed for flexible patients  
Exercise: Mirror-image® head retractions with extension and/or head weighting



## FORM 7A

C5-C7 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.  
CRC: P1 Full head retraction  
Exercise: Mirror-image® head extensions



## FORM 7B

C5-C7 are behind the arch line. C1-C4 are forward of the arch line.  
Upper and lower cervical spine has decreased curve.  
CRC: A1/P1, Full head extension with Negative Z Compression Pad  
if needed for flexible patients  
Exercise: Mirror-image® head extensions



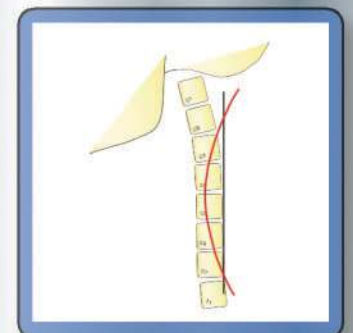
## FORM 8

C4-C7 are behind the arch line. C1-C3 are forward of the arch line.  
Upper and lower cervical spine has decreased curve.  
CRC: A1/A3, Full head extension  
Exercise: Mirror-image® head extensions



## FORM 9

C3-C7 are behind the arch line. C1-C2 are forward of the arch line.  
Upper and lower cervical spine has decreased curve.  
CRC: A1/A3, Full head extension  
Exercise: Mirror-image® head extensions



## FORM 10

All cervical segments are behind the arch line.  
Upper and lower cervical spine has decreased curve.  
CRC: A1/A3, Full head extension  
Exercise: Mirror-image® head protrusions with extension

