**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 retraction 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 retraction 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 retraction 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 retraction 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 retraction 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 retraction 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 retraction 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 retraction 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