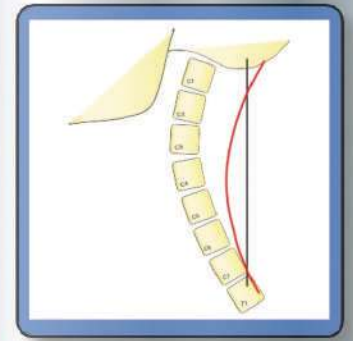


THE SIXTEEN MAJOR ABERRATIONS OF THE CERVICAL CURVE AND THEIR IDEAL CORRECTIVE TRACTION SETTING

FORM 1A



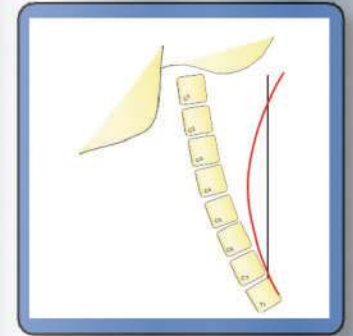
All cervical segments are forward of the arch line.
Upper cervical spine has increased curve. Lower cervical spine has decreased curve.
CRC: P2/P3, Full head retraction
Exercise: Mirror-image® head retractions and/or head weighting



FORM 1B



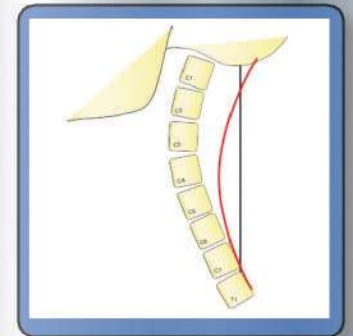
All cervical segments are forward of the arch line.
Upper and lower cervical spine has decreased curve.
CRC: P2/P3, Full head extension with Negative Z Compression Pad
if needed for flexible patients
Exercise: Mirror-image® head retractions with extension and/or head weighting



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



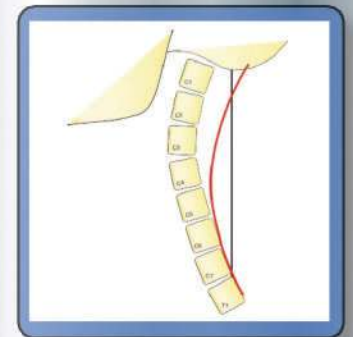
C1-C6 forward of the arch line. C7 on the arch line.
Upper and lower cervical spine has decreased curve.
CRC: P2/P3, Full head extension with Negative Z Compression Pad
if needed for flexible patients
Exercise: Mirror-image® head retractions with extension and/or head weighting



FORM 3A



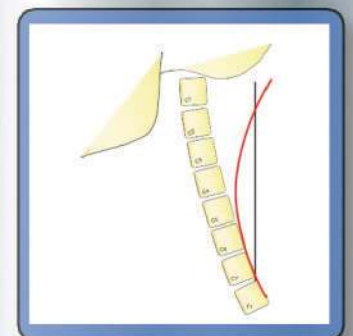
C1-C5 forward of the arch line. C6-C7 on the arch line.
Upper cervical spine has increased curve. Lower cervical spine has decreased curve.
CRC: P1/P2, Full head retraction
Exercise: Mirror-image® head retractions with extension and/or head weighting



FORM 3B



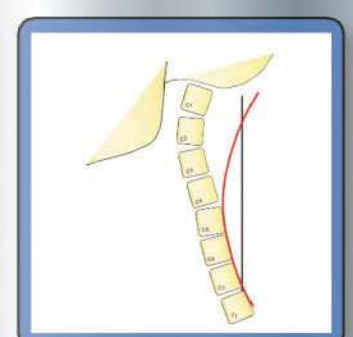
C1-C5 forward of the arch line. C6-C7 on the arch line.
Upper and lower cervical spine has decreased curve.
CRC: P1/P2, Full head extension with Negative Z Compression Pad
if needed for flexible patients
Exercise: Mirror-image® head retractions with extension and/or head weighting



FORM 4A



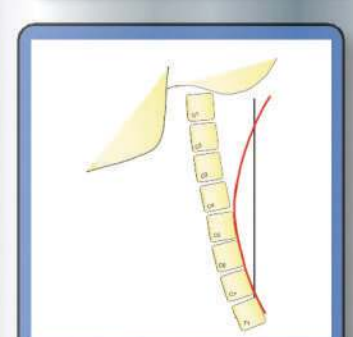
C1-C4 forward of the arch line. C5-C7 on the arch line.
Upper cervical spine has increased curve. Lower cervical spine has normal curve.
CRC: P1, Full head retraction
Exercise: Mirror-image® head retractions and/or head weighting



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

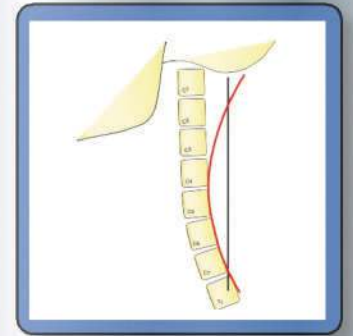


THE SIXTEEN MAJOR ABERRATIONS OF THE CERVICAL CURVE AND THEIR IDEAL CORRECTIVE TRACTION SETTING



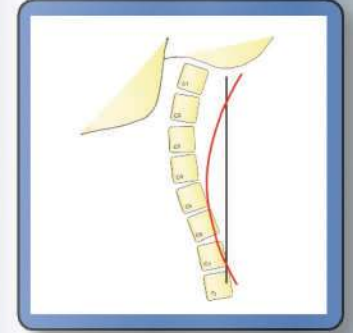
FORM 5

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



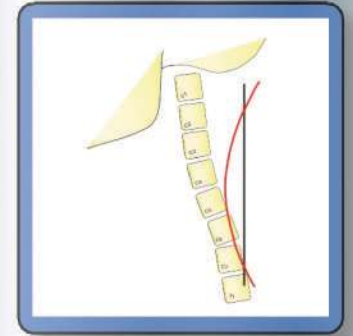
FORM 6A

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

