

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



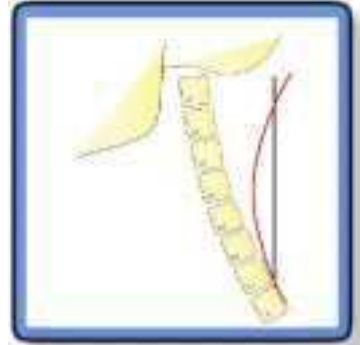
## FORM 1A

All cervical segments are forward of the arch line.  
 Upper cervical spine has increased curve. Lower cervical spine has decreased curve.  
 Traction: Supine extension traction, T4 at table edge  
 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.  
 Traction: Supine extension traction, T4 at table edge  
 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.  
 Traction: Supine extension traction, T4 at table edge  
 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.  
 Traction: Compression extension traction  
 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.  
 Traction: Two-way traction with increased posterior pull  
 CRC: P1/P2, Full head retraction  
 Exercise: Mirror-image® head retractions with extension and/or head weighting



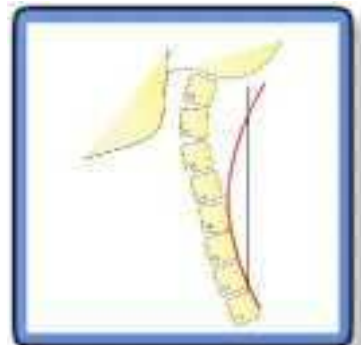
## FORM 3B

C1-C5 forward of the arch line. C6-C7 on the arch line.  
 Upper and lower cervical spine has decreased curve.  
 Traction: Compression extension traction  
 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.  
 Traction: Two-way traction with increased posterior pull  
 CRC: P1, Full head retraction  
 Exercise: Mirror-image® head retractions and/or head weighting



## FORM 4B

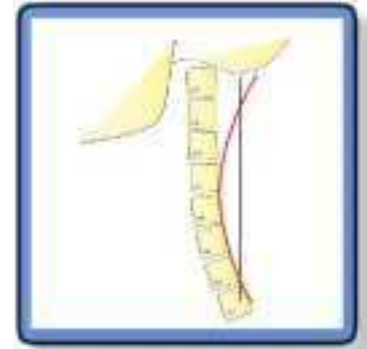
C1-C4 forward of the arch line. C5-C7 on the arch line.  
 Upper cervical spine has decreased curve. Lower cervical spine has normal curve.  
 Traction: Two-way traction with increased posterior pull  
 CRC: P1 full head extension with Negative Z Compression Pad  
 if needed for flexible patients  
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





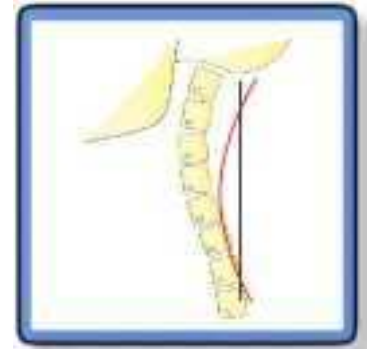
## FORM 5

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.  
 Traction: Seated compression extension traction  
 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.  
 Traction: Two way Traction with increased posterior pull  
 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.  
 Traction: Compression extension traction  
 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.  
 Traction: Two way Traction with increased posterior pull  
 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.

Traction: Compression extension traction  
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.

Traction: Two-way traction or two-way compression extension traction  
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.

Traction: Two-way traction or two-way compression extension traction  
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.  
Traction: Two-way traction or two-way compression extension traction  
CRC: A1/A3, Full head extension  
Exercise: Mirror-image® head protrusions with extension



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