

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



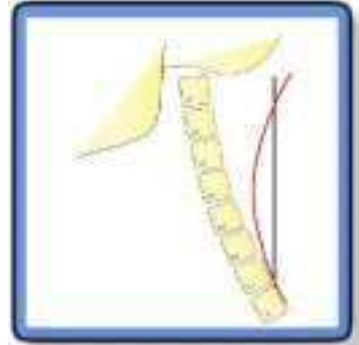
FORM 1A

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

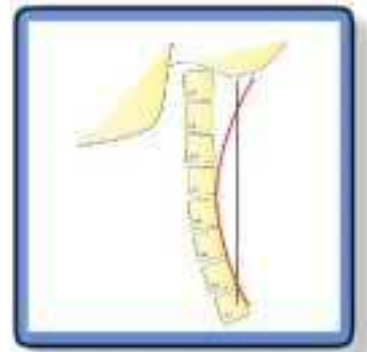
C1-C4 forward of the arch line. C5-C7 on the arch line.
 Upper cervical spine has decreased curve. Lower cervical spine has normal curve.
 Traction: Two-way traction with increased posterior pull
 CRC: P1 full head extension with Negative Z Compression Pad
 if needed for flexible patients
 Exercise: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