

IMPORTANT INSTRUCTIONS FOR THE PROPER USE OF THE POSTURE CORRECTIVE EXERCISE BELT™

THE PCBelt™ SHOULD BE USED ONLY IN ACCORDANCE WITH INSTRUCTIONS AND UNDER THE SUPERVISION OF A LICENSED PHYSICIAN, CHIROPRACTOR OR PHYSICAL THERAPIST.

THE MANUFACTURER IS NOT AND CANNOT BE RESPONSIBLE FOR ANY INJURY FROM NON-APPROVED USE, INCORRECT USE OR MISUSE.

PRECAUTIONS

It is advised that you continue use of the PCBelt™, only after first consulting with you doctor if any of the following factors apply to your condition:

- If your neck or back pain is the result of an accident or trauma.
- If your neck or back pain is accompanied by alteration of speech, sight, taste, hearing, smell or leg/arm strength.
- If your neck or back pain is accompanied by facial pain, leg/arm numbness or a change in your bowel or urinary habits.

IMPORTANT

One of the most important factors of this program is the knowledge and maintenance of the normal forward curves of the neck and low back. You will definitely decrease the effect of this therapy if you continue to slouch. When sitting you **must** have some thing behind the lower back (and neck if possible) to help support the normal forward curves of these spinal regions. You must constantly try to be aware of and encourage these forward curves.

PRE-EXERCISE SPINAL WARM-UP ROUTINE

Exercise #1

Head retraction means pulling the head backwards. Sit down, look straight ahead and relax completely. Take a few deep breaths. Move your head slowly but steadily backwards until it is pulled back as far as you can manage without any pain. It is important to keep your chin tucked down and in as you do this. Once you have held this position for a few seconds, you should relax and automatically your head and neck will protrude again. Repeat this exercise a few times and then move on to the next exercise.



Exercise #2

Remain seated and hold your head back in the retracted position. Bend your neck sideways. Keep looking straight ahead and do not allow your head to turn. It is important that you keep your head in the retracted position as you perform this movement. To make this exercise more effective, take your hand and place it over the top of your head. Gently pull your head a little further sideways as long as you feel no pain. If you experience pain, immediately stop the movement at that point. Once you have maintained this sideways position for a few seconds, you should relax to the starting position. Repeat movement right and left a few times and then move on to the next exercise.



Exercise #3

Remain seated and hold your head back in the retracted position. Turn your head right and then left while keeping your head in the retracted position. This exercise can be made more effective by using your hand to gently push your head a little further into rotation. If you experience pain, immediately stop the movement at that point. Once you have maintained this rotated position for a few seconds, you should relax to the starting position. Repeat this movement right and left a few times and you are ready to use the PCBelt^(SM).



EXERCISE PROCEDURE

Step One

Place one of the 1/2 pound weights in the center pouch of the PCBelt(tm).



Step Two

Place the PCBelt(tm) on your forehead with the neoprene side against your skin. Draw the neoprene strap tightly around your head and secure the Velcro(tm) closure.



Step Three

Wear the PCBelt^(tm) for just five minutes, while slowly walking, for the first exercise session. If no reaction (lasting soreness or pain or headache) is experienced, the weight and the speed of walking can be gradually increased. Add weight from the center pouches outward and as evenly from side to side as you can.

You are encouraged to walk while performing this rehabilitative treatment. This motion helps to increase the traction effect on the tight contracted soft tissues and strengthens weak postural muscles while re-educating your nervous system to your new improved posture.



IMPORTANT

If you recurrently experience dizziness or a lightheaded sensation while using the PCBelt^(tm) immediately discontinue use of the PCBelt^(tm) and consult your doctor.

If you experience alterations of speech, sight, taste, hearing, smell or facial pain, numbness or weakness while using the PCBelt^(tm), immediately discontinue use of the PCBelt^(tm) and consult your doctor.

The exercising of tight constricted tissues can cause some mild soreness after the exercise procedure. This feeling is normal and should not be confused with true pain and should not linger for more than a day or two after the PCBelt^(tm) session.