

# EXERCISE INSTRUCTIONS FOR THE “*PRO-LORDOTIC*” NECK EXERCISER

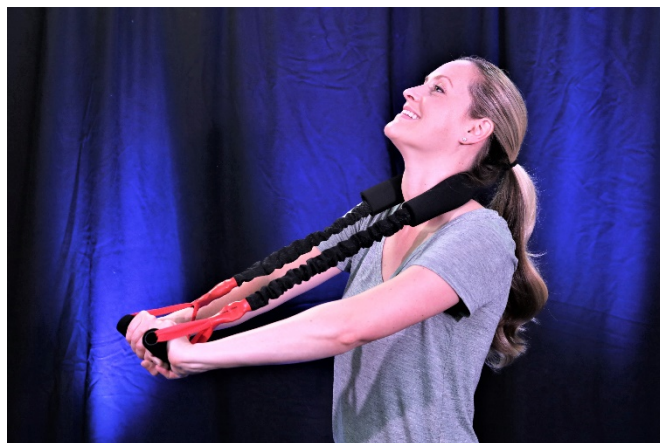
The following are a list of six different exercises that can be performed with the Pro-Lordotic Neck Exerciser™.

## 1) **Basic Pro-Lordotic Neck Pump Exercise**

1. Start by holding the Pro-Lordotic Neck Exerciser behind the neck as shown (see picture 1).
2. Keep the palms of your hands pointed outward and slowly extend both of your arms forward, relaxing and allowing your neck to be pulled forward at the same time.
3. Try to fully extend your arms, thereby pulling the lower neck fully into forward flexion (see picture 2). If any neck or upper back pain is felt during the extension of your arms, stop at that point. Over time you should be able to go farther and farther without pain.
4. Once the lower neck is pulled into full forward flexion, actively pull your head into full extension, thereby completely stretching out the front neck soft tissues (see picture 2). Only pull your head into full extension if it can be accomplished in a pain free manner. If any pain is felt before full extension, stop at that point.
5. Your fully extended arms can be slightly moved backward and forward with your head extensions to create a “pumping” motion to the exercise.
6. Start this neck pump exercise with the Pro-Lordotic™ Neck Exerciser pulling into the lower neck region (see picture 2).
7. After 3-4 repetitions, change the anterior (or front) angle of pull so that you are pulling into the middle neck region (see picture 3).
8. After 3-4 repetitions, again change the anterior (or front) angle of pull so that you are pulling into the upper neck region (see picture 4).



**Picture One**



**Picture Two**

## 2) Pro-Lordotic Neck Pump and Hold Exercise

1. You perform this exercise the same as the Basic Pro-Lordotic Neck Pump Exercise except this time you should hold the full arm and head extension for 5-10 seconds, relax and then repeat. Perform 3-4 times in the lower, middle and upper neck just like you did with the Basic Pro-Lordotic Neck Pump exercise.



Picture Three



Picture Four

## 3) Pro-Lordotic Neck Pump Exercise With Full Lateral Bend Stretching

1. Start by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower neck region.  
2. After you have fully extended your head, move it into left and right full lateral flexion (or side bends) 2-3 times each way (see picture 5). If any pain is felt as you bend your head to each side, stop at that point. You should be able to go farther and farther without pain over time. Perform 3-4 times and repeat in the middle and upper neck regions.



Picture Five



#### **4) Pro-Lordotic Neck Pump Exercise With Full Rotation Stretching**

1. Start by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower neck region.
2. After you have fully extended your head, move it into left and right full rotation 2-3 times each way (see picture 6). Perform 3-4 times and repeat in the middle and upper neck regions. Again, if any pain is felt as you turn your head, stop at that point.

**This next exercise is especially important for people that suffer from chronic upper neck and/or headache pain with forward head posture.**

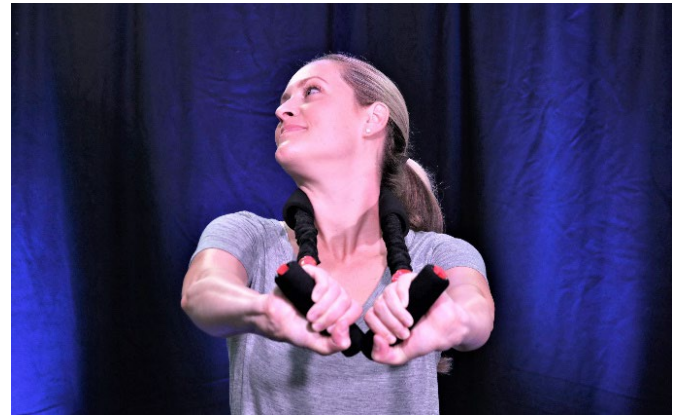
#### **5) Pro-Lordotic Head Flexion/Retraction Pump Exercise**

1. Start by placing the Pro-Lordotic Neck Exerciser into the upper neck region right at the base of your skull.
2. Now chin-tuck. Hold the chin-tuck position and retract or move your head straight backward against the resistance of your hands holding the Pro-Lordotic Neck Exerciser slightly forward (see picture 7).
3. Repeat 10-12 times.

**This last exercise should only be performed if you have a flattened upper thoracic (back) region and/or retracted shoulders. Do not perform this last exercise if you have an increased side curvature of the upper back region.**

#### **6) Upper Thorax Flexion Pump**

1. Start by performing the Basic Pro-Lordotic Neck Pump Exercise into the lower neck region.
2. After you have fully extended your arms, keep your head extended and flex or arch your upper back, like a cat arches its back (See picture 8). Hold this upper back stretch for 5-10 seconds and relax.
3. Your fully extended arms can be slightly moved backward and forward with your upper back arched to create a “pumping” motion to the exercise. Repeat 10-12 times.



**Picture Six**



**Picture Seven**



**Picture Eight**

## **Hand Grip Position Depends on Your Upper Back**

If your upper back region has what is called “anterior saucering” or a flattened appearance from the side view, you will usually also have slightly retracted shoulders and should use the internal rotation hand positioning during the exercises. Start by holding the Pro-Lordotic Neck Exerciser behind the neck as shown (see picture 1). As you straighten out your arms, rotate them into the center of this motion. By the time you have fully extended your arms, the knuckles of your hands should meet in front of you (see picture 6).

If your upper back region from the side view appears to have a normal or increased amount of backward curvature, then perform these exercises using a hand grip with your knuckles facing upward.

## **Physical Reaction to Starting This Exercise Program**

It is not uncommon to experience some soreness of the neck and upper shoulders after starting to perform these exercises. This muscular soreness should not be intense or last more than a few hours after use. If your reaction is more severe, you are probably performing the exercises too aggressively or doing too many repetitions. If reducing the repetitions and force does not reduce your post-exercise soreness, discontinue use and consult your doctor or therapist.

## **Contraindications for the Pro-Lordotic Neck Exerciser**

**Extreme Forward Head Posture**

**Unstable cervical spine**

**Spinal cancer or infection**

**Surgical fixation of the cervical spine**

**Stroke/cerebro-vascular accident**

**Loss of consciousness during or right after use.**

**Dizziness/vertigo or visual speech disturbance during or right after use.**

### **WARNING**

***The Pro-Lordotic Neck Exercise™ should be used in accordance with these instructions. The Manufacturer is not and cannot be held responsible for any injury from non-approved use, incorrect use or misuse.***

### **CAUTION**

***This product contains natural rubber latex that may cause allergic reactions.***