

POSTURE CURVE

Created by the manufacturer of The Stick® training tool.

This brochure contains an overview of a study conducted by Brian M Hickey, PhD, Department of Health & Physical Education - Florida A&M University.



Study Objective

Posture is defined as how the body is positioned while standing, sitting or lying down. The lower back region plays a key role in dictating one's posture. Slumping shifts the burden of good posture from the muscles to the spine, where lumbar disc compressive forces can be increased as much as 275%.

The study objective was to determine if 3 minutes of segmental stretching would effect lower back stiffness / flexibility. Segmental stretching was performed by the PostureCurve, because of its ease of operation and segmental specificity.

Study Design

Twenty volunteer subjects between the ages of 20 and 35 years performed a sit and reach test immediately prior to - and following intervention of - a 3 minute segmental stretching routine directed to the lower back.



Back Stiffness Test

Back stiffness tests can be performed either sitting or standing. The university chose sitting for its study. The sit and reach test was selected because it is well documented; providing valid measurement for low back flexibility / stiffness.

Segmental Stretching

- Sit erect in a firm, straight-back chair
- The PostureCurve is placed against the chair back



- Gently lean back against the PostureCurve



- Both hands are firmly grasped behind chair

- This posture is held for 5 slow, deep breaths

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- The procedure starts just below the beltline and last lumbar vertebra -- and continues upward to immediately above the first lumbar vertebra
- Each of the 6 stretches is located about 1" apart and requires approximately 30 seconds per segment
- Total stretching time – 3 minutes

Results of University Study



“Back stiffness reduced 26%”



Sitting against the PostureCurve rotates the pelvis forward, thereby temporarily restoring the lumbar curve.

FAQ's

Q For best results, how often should I use the PostureCurve?

A Twice daily – or, as directed by your healthcare provider. Like any stretching or exercise program, your healthcare provider is always the best source of counsel and advice.

Q Will the PostureCurve hurt my spine?

A It straddles the spine and anchors along back muscles – never touches the spine. Tight, stiff muscles sometime feel painful during the stretch – however, any degree of discomfort is always under your control.

Q Can I use it in a vehicle?

A Yes – for short intervals. The PostureCurve is only 11" x 11", so it fits all seats; including the airlines. Also, it feels great and works well while lying on your back.

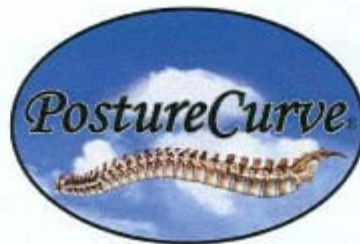
Q Is the PostureCurve durable?

A This 6 oz miracle is made from materials that will take an enormous amount of carefree use.

RPT of Atlanta wholly disclaims responsibility for any and all adverse effects and consequences resulting directly or indirectly from the use or misuse of the PostureCurve.

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Alordotic Pain



Lordotic Relief

The PostureCurve was developed to segmentally loosen and distract intrinsic muscles of the lumbar spine. Its 2 knuckles vertically straddle the spine and anchor along muscles of the back. Trigger points are easily identified, as the knuckles are moved from segment to segment. Works best through clothing. Depth of muscle penetration is always controlled by the user. On a pain scale of 1 to 10 – stay around 5. If you find the knuckles too aggressive, simply cover them with a towel.



The PostureCurve is equally effective with or without the provided sleeves. Always use the sleeves when the base is placed against leather, wood, plastic or similar products.



Enjoy the PostureCurve while sitting or supine. It is more aggressive while supine. The seated protocol for segmental lumbar distraction requires leverage by the upper body. A complete protocol is contained in the *Management Techniques – Back Stiffness* brochure as well as the *Insert Card* of the consumer package.

Supine Techniques

Follow the same 5-step seated lumbar protocol in either of the following two positions.

Unlike the seated protocol, that uses leverage from the upper trunk, the supine technique obtains leverage from the lower limbs. The least aggressive position requires flexed knees - feet flat. The legs are used to monitor body weight - and control depth of para-vertebral muscle penetration.



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The most aggressive position is accomplished with both legs fully extended. Either position produces therapeutic distraction.



Hip Rotators

Tight hip muscles, with concomitant myofascial trigger points, often compromise low back health as well as good posture. Use a single knuckle to release deep muscles of the hip. Roll the hip onto the single knuckle in either position and hold for 10 seconds in the located trigger point.



Reposition the knuckle and continue the process until all hip rotators have been scanned. The figure-4 leg posture is more aggressive than the bent knee position.



Tensor Fascia Lata [TFL]

(No Pix)

Treatment of the TFL muscle requires a straight leg position on the side of release. While in a supine posture, place a single knuckle of the PostureCurve next to the TFL. Now gradually roll to a side-lying position directing the knuckle onto the TFL. Pause 10 seconds at each trigger point. Reposition and continue process until entire muscle has been scanned. The opposite leg remains bent throughout the session and is used to monitor body weight.