

Posture Pump® Scoligon®

CAUTIONS

IMPORTANT: Posture Pump® is proven in MRI and x-ray studies to provide high level disc expansion and spinal shaping. We recommend that it be used with the guidance of a healthcare professional. If the user tolerates the selected unit then user is to carefully follow cautions and instructions below.

1. Read instructions completely before using and follow all cautions.
2. Do not use this unit without first consulting your doctor. Specific joint, nerve, disc, vascular and other disorders or weaknesses can be aggravated and worsened.
3. Do not use if you have implanted spinal hardware.
4. Do not use if you are pregnant.
5. Do not use if you are injured.
6. Never inflate unit to the point of pain.
7. Never cover up or block off open ends of hand pump (Safety Release Valve).
8. Never reposition your body when neck unit is inflated! When using neck unit **and** back unit together, always apply the **back unit first**. When **all** movement with back unit is **complete**, apply neck unit. Completely **deflate** neck unit and release head restraint **before** moving back unit.
9. If Comfort Visor™ restraint is slipping off forehead, lightly moisten inside padded area to help it adhere & mold to the shape of your head.
10. If pain results during treatment, discontinue use immediately and consult your doctor.
11. If your back is sensitive or extremely stiff, first use the unit on your bed/mattress. As your flexibility increases, you may wish to graduate to a flat, firm surface.
12. An aggressive workout with the Posture Pump® may temporarily cause soreness. If so, reduce the intensity and duration of your treatment.
13. Keep unit out of the reach of children at all times.

Posture Pump® Scoligon® Instructions

IMPORTANT: Long lasting benefits are gained from consistent use as directed by your healthcare professional. Carefully read and follow instructions and cautions before beginning.

WARM-UP ROUTINE

Begin by slowly turning the head side-to-side 5 times; then tilting the head forward and backward 5 times; then leaning the neck from side-to-side 5 times.

INSTRUCTIONS

1. After warm-up routine, place **deflated** unit on a comfortable, firm surface. **Deflate both air cells by pushing the button on the pump and squeezing air cells.** With Comfort Visor™ forehead restraint untangled at back of unit, slide and **center** unit under the back of your neck, **snugly** against your shoulders and upper back.*



2. **Center your neck** on neck cradle measuring with your index fingers. * (see illustration)



3. Apply Comfort Visor™ by **centering** it across your forehead. While holding it there with fingers, lightly tighten one side at a time until snug and centered. Allow it to **slide back toward hairline** as you pull all slack out of Comfort Visor™ ends equally while holding frame down with fingers. Comfort Visor™ will mold to the shape of your forehead as it slides back. Reposition until it feels secure and comfortable.



(see illustrations) *Note: For smaller heads and shorter necks locate Comfort Visor™ in forward slots. For larger size locate Comfort Visor™ in back slots.*



4. Hold back of unit down with tips of index fingers or thumbs and further tighten Comfort Visor™ if necessary. (see illustration above)



5. Press ends of Comfort Visor™ straps across the Velcro® forehead section. Comfort Visor™ should be as snug as possible without lifting up the back of the unit and may be tightened further after the first repetition. (Back of frame may lift **slightly during application** on some surfaces, **THIS IS NORMAL.**)

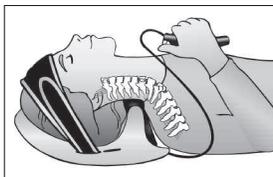
6. **Slowly** pump unit up to your own comfort level; **never to the point of pain.** Usually 2 to 16 complete pumps. Pump less times during first week of use. (Pump is equipped with automatic air release valve, limiting inflation.) Never cover up or block off open ends of hand pump.



7. Wait approximately 10 seconds; then release all air by pushing the manual air release button on the pump. Repeat approximately 10 to 15 times.

8. Next, inflate unit to a comfortable level (**never to the point of pain**) and relax on inflated unit for 1 to 5 minutes on **first session.** Gradually work up to a **maximum** goal of 15 minutes by adding a few minutes to each session or as directed by your healthcare professional. Inflate unit at lower levels the first week, thus reducing soreness commonly caused by aggressive usage.

9. Completely deflate unit, release velcro® straps from forehead and remove Comfort Visor™. Roll off unit to your right or left side slowly and carefully without turning your head. When you are free from the unit and standing or sitting in an upright position, gently and slowly repeat warm-up routine to acclimate your neck muscles to the weight of your head.



10. Keep unit near bed or night stand and repeat the above treatment as recommended by your healthcare provider. Keep unit out of the reach of children at all times.

*If you are not **snug, comfortable** and **centered** on the inflated bladder, or if it seems to inflate unevenly, release the air, then the restraint, **center** yourself on unit and reapply restraint.

Air Cell Positional Adjustments (see photos on back)

Upper Air Cell: Air cell should be **centered** to expand **straight up unless otherwise recommended by your healthcare professional.** To adjust unoccupied air cell: Fully inflate air cell, forcefully **CENTER** or tilt completely in the desired direction, **HOLD** and deflate fully. Air cell is now repositioned. Apply as directed.

Lower Air Cell: This air cell can be adjusted by your **healthcare professional forward and up** with a Rotating-Wedge-Component as well as **unilaterally forward** on right or left side to perform **special functions.** (Consult your healthcare professional)

Rotating-Wedge-Component: This component is not necessary for standard operation but if so equipped, should be in the neutral position (**wide side of wedge down**), and should **only be adjusted to a horizontal position by your Healthcare Professional.**

Function of Wedge-Component: When **wide side** of wedge is rotated toward the **Right shoulder** it forces the Right shoulder down and the head **LEFT.** (**Left Lateral Flexion**) When **wide side** of wedge is rotated toward the **Left shoulder**, it forces the Left shoulder down and the head **RIGHT.** (**Right Lateral Flexion**) **Note: With the head restrained and pneumatic force applied so close to the spine, the above movements are sometimes undetectable by user and observer but are significant!**

** General Rules for Wedge-Component Positioning

Rotate **wide side** of wedge toward **Right** shoulder for: **Right** high shoulder, **Right** head tilt, when **concavity** of cervical buckle is on user's **Right side** (right CD angle) and when **LEFT** lateral flexion is desired.

Rotate **wide side** of wedge toward **Left** shoulder for: **Left** high shoulder, **Left** head tilt, when **concavity** of cervical buckle is on user's **Left side** (left CD angle) and when **RIGHT** lateral flexion is desired.

*****Please note that the above guidance regarding Wedge-Component Positioning is generalized. It is common for Practitioners' providing specific and varying corrective techniques to utilize the unique capabilities of Scoligon® with other potentially differing guidelines. Taking into consideration a combination of factors such as, but not limited to, a subject's occipital, upper cervical, lower cervical, cervical dorsal and dorsal upper dorsal presenting configuration as determined by "in line" radiographs, MRI, CT scanning, sophisticated muscle and other soft tissue analysis and testing may all influence a practitioner's application. Post analysis and reconsideration is always recommended.**

Attaching and Adjusting Rotating-Wedge-Component: With unit **deflated**, gently lift lower air cell and slide wedge in **vertical position** (wide side down, flat/smooth side against air cell) completely onto the tube between frame and air cell to increase the upper thoracic (-Y/+Z) mid force vector. To **apply lateral flexion and/or adjust for specific anatomical imbalance**, rotate **wide side** of wedge to a horizontal position and pull air cell over wedge until it slides and locks completely into slot of wedge. (See above for general rules of Wedge-Component positioning)

Q: My muscles were sore a day or two after my Posture Pump® session. Is this normal?

A: Just like performing any new exercise, an aggressive workout with Posture Pump® can temporarily make you sore. To reduce this occurrence, inflate the unit at lower levels and keep your sessions under 10-minutes for the first 2 weeks. This will allow your body to gradually adapt to more aggressive sessions.

Q: I have the Rotating-Wedge-Component on my Scoligon® but my doctor didn't say anything about this. How do I use it?

A: You should contact your healthcare professional regarding questions and usage of the Rotating-Wedge-Component (RWC). RWC is to be used only at the guidance of a healthcare professional.

WARRANTY: 6 MONTH WARRANTY FROM DATE OF PURCHASE PROVIDED BY MANUFACTURER

To contact Posture Pro, Inc, call 1-800-632-5776 (USA) or (714) 847-8607 Fax (714) 375-4183 www.posturepump.com • sales@posturepump.com

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Posture Pump® Scoligon®



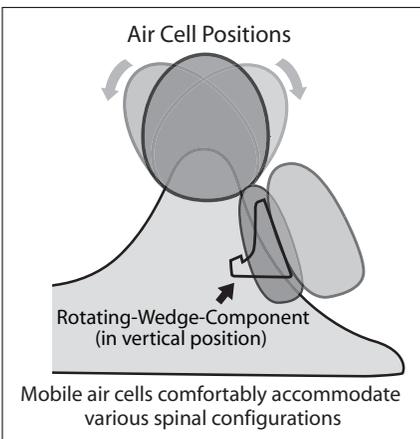
Rotating-Wedge-Component (RWC) allows practitioners to decompress the upper thoracic spine unilaterally off the (-Y/+Z) mid-vector while the cervical spine is under lordotic decompression (EED®).

In the neutral position the RWC provides increased mid-vented linear decompression to the upper thoracic hyper-kyphotic (hump) region.

Unique proprietary metering valve directs air flow between opposing air cells with varying lumen diameters

New Comfort Visor™ forehead restraint gently molds to the shape of any forehead (no chin or jaw contact)

Push button for easy pneumatic adjustment for gentle release



Patient controlled hand pump with automatic safety valve limits inflation at MRI proven therapeutic level

Two adjustable pneumatic fulcrums simultaneously address lateral and AP spinal aberrations

For smaller heads and shorter necks locate Comfort Visor™ in forward slots. For larger size locate Comfort Visor™ in back slots

Air Cell Positional Adjustments



Inferior view of Rotating-Wedge-Component in Vertical Position



Inferior view of Rotating-Wedge-Component in optional Horizontal Position



Rotating-Wedge-Component in right Horizontal Position (produces left lateral flexion decompression)

Call Posture Pro, Inc, 1-800-632-5776 (USA) or (714) 847-8607 for questions www.posturepump.com sales@posturepump.com

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