

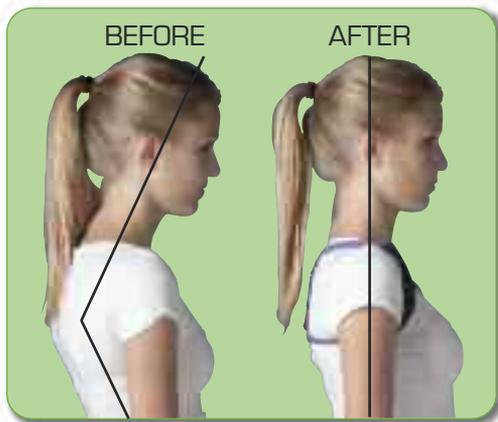
Improve Your Posture Today

Simple
As
1 • 2 • 3





Correcting your posture can dramatically effect your overall health and well being.



Incorrect Posture causes more than just neck and back pain

Correcting your posture can:

- Increase blood flow to and from the heart
- Reduce blood pressure and increase circulation
- Improve breathing and diaphragm function
- Open throat and windpipe
- Reduce stress on lower and upper back

- Increase range of motion
- Reduce the liklihood of spinal conditions such as herniated discs
- Reduce pressure to kidneys, stomach, colon & other internal organs
- Improve cerebrospinal (brain stem) fluid flow
- Reduce dizziness, headaches and "pins & needles"
- Reduce the risk of osteoporosis and other types of joint damage
- Improve nerve signals from the spine
- Promote proper growth development in children
- Reduce fatigue and positively impact sleep

Our bodies were not designed for our modern lifestyle

Our physical evolution did not prepare us for long periods of sitting in unnatural positions. Most people do not maintain proper posture while using a computer, driving, watching television or during other daily activities.

To offset our modern lifestyle, we need to actively care for our postural muscles. The Posture Medic was created for this purpose. We cannot only rely on being conscious of our poor posture. Simply remembering periodically to sit up or stand up straight will not create lasting effects. We need to stretch, strengthen and stabilize the region to correct poor posture.

Poor posture arises for two main reasons:

Tonic Muscles - Your tonic muscles are responsible for holding your posture. They can constrict and tighten making it more difficult to achieve correct posture.

Phasic Muscles - Your phasic muscles are used for dynamic movement. They can weaken and lengthen making you more prone to slouching.



Stretch

Stretches your tonic muscles



Strengthen

Strengthens your phasic muscles



Stabilize

Gently reminds you to make posture corrections.

Every BODY Needs One

The Posture Medic is recommended for anyone over the age of 12, that sits or stands for long periods of their day. It can be used practically anywhere and by people with every level of physical ability.

- Immediate Results
- Most Ages & Abilities
- Use & Wear Anywhere
- Use for Rehab or Pre-hab
- Four Sizes, Two Strengths



Car



Office

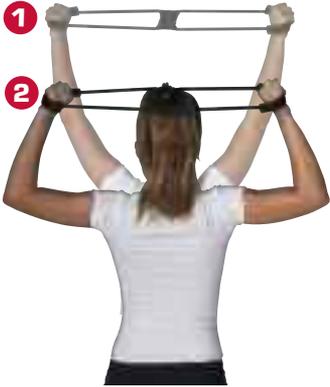


Home



Stretch

- Never force a stretch
- Do each stretch slowly
- Hold each stretch for 3-5 seconds



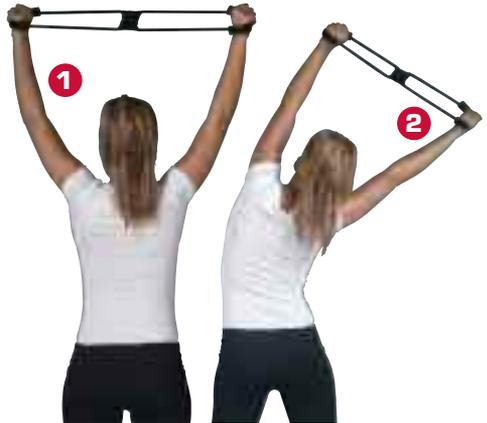
Stretch #1- Posture Medic Chest Stretch

- 1 Begin with your arms straight up and your *palms facing out*. Pull your hands slightly apart.
- 2 Pull your arms down and back until arms are level with your shoulders, and both elbows are in line with your body.

TIP: Do not arch your back, keep your hips and lower back straight when you stretch your arms back

Stretch #2- Posture Medic Lat Stretch

- 1 Begin with both arms directly over your head holding your Posture Medic with *palms facing out*.
- 2 Slowly lean to one side until you feel the stretch. Come back to the center and repeat on other side.



Stretch #3- Posture Medic Shoulder Stretch

- 1 Begin with *palms facing out* and Posture Medic directly behind your hips.
- 2 Slowly raise your hands towards the ceiling while pushing your shoulders back.

TIP: Keep your chest upright and do not lean forward.



Strengthen

- Plant your feet shoulder width apart
- Do all exercises slowly
- Build up your repetitions



If you cannot reach a full position on your initial attempts, do not worry, this simply means you have extra work to do to strengthen these muscles.



Strengthen #1- Posture Medic Rear Delt Fly

- 1 Begin with your arms straight in front of your chest, holding your Posture Medic with your palms facing in.
- 2 Slowly squeeze your shoulder blades together, and keep your arms straight. Extend arms directly to your side.

Slowly bring your arms back to starting position, keeping resistance on the Posture Medic throughout the set.

TIP: Tighten your abs and don't arch your back

Strengthen #2- Posture Medic External Rotation

- 1 Begin with arms at a 90 degree angle directly to your side with palms facing in. TIP: Keep your shoulders pulled back and down, and your abs tight
- 2 Keeping elbows tucked to your side, slowly squeeze your shoulder blades together and rotate your hands out.

Go as far as your body will allow you without moving your elbows from your side. Slowly bring hands back to starting position.



Strengthen #3- Posture Medic Rotator Cuff High 5

- 1 Begin with your arm in a 90 degree angle directly to your side with elbow parallel to your shoulder and hand directly above elbow.

Position the Posture Medic on your opposite hip with other hand.

- 2 Slowly rotate your palm down towards the floor until your forearm is parallel to the floor.

While squeezing your shoulder blades back and down, return hand to starting position. Tip: Assure your arm stays level to your shoulder



Stabilize

Start by wearing the Posture Medic in 15 minutes intervals, 2 - 3 times per day. You will graduate to longer periods as you improve.

Assuring you have the correct size of Posture Medic is essential. A sizing chart is provided on the back cover, however this is based on average chest circumferences. To guarantee the correct fit and strength, we suggest you try on the Posture Medic before you purchase one.



1 Start with your *palms facing out* and the Posture Medic resting on your hips



2 Slowly bend your elbows and slide them through the rings of your Posture Medic



3 Bring the handles to the front of your shoulders

4 Adjust the brace so it sits comfortably centered between your shoulder blades.

To remove your Posture Medic, apply the same steps in reverse order.

- Do NOT continue to wear if you have any tingling in arms, pain or pinching (immediately remove).
- Do NOT expect the Posture Medic to fix your posture just by wearing it. It will remind you to maintain proper posture BUT you must do the stretches and exercises to gain long term success.

No matter what you consider your condition to be, we strongly suggest that you start slowly and build to maximum effect by following our programs. Should you feel any unusual discomfort during the exercise program, stop and consult the Inactive User Checklist at www.posturemedic.com. If the discomfort persists see your healthcare professional. They may modify exercises or stretches for your specific condition.



STRETCH

STRENGTHEN

STABILIZE

INACTIVE	WEEK 1	2 - 3 Reps, repeat 2 - 3 times per day	NONE	Wear 15 minutes Repeat 2 - 3 times per day
	WEEK 2	3 - 4 Reps, repeat 3 - 4 times per day	NONE	Wear 20 minutes Repeat 3 - 4 times per day
	WEEK 3	4 - 5 Reps, repeat 4 - 5 times per day	10 Reps 2 - 3 times per day	Wear 20 minutes Repeat 4 - 5 times per day
	WEEK 4	5 Reps, repeat 5 times per day	20 Reps 3 times per day	Wear 30 minutes Repeat 5 times per day

Please consult our Transition checklist online before moving to the Active exercise program

ACTIVE	WEEK 1	5 - 10 Reps, repeat 5 times per day	20 Reps 3 times per day	Wear 20 - 30 minutes Repeat 2 - 3 times per day
	WEEK 2	10 Reps, repeat 5 times per day	20 - 30 Reps 4 times per day	Wear 30 minutes or more Repeat 5 times per day
	WEEK 3	10 Reps, repeat 5 times per day	30 - 50 Reps 5 times per day	Wear 30 minutes or more Repeat 5 times per day
	WEEK 4	10 Reps, repeat 5 times per day	50 Reps 5 times per day	Wear 30 minutes or more Repeat 5 times per day

You will need the Posture Medic PLUS to continue to the next phase

ATHLETIC	WEEK 1	2 - 4 Reps, repeat 2 - 3 times per day	10 - 20 Reps 2 - 3 times per day	Wear 15 minutes Repeat 3 times per day
	WEEK 2	3 - 5 Reps, repeat 3 - 4 times per day	20 - 30 Reps 3 - 5 times per day	Wear 20 minutes Repeat 4 times per day
	WEEK 3	5 Reps, repeat 4 times per day	30 Reps 5 times per day	Wear 30 minutes or more Repeat 5 times per day
	WEEK 4	As Needed	30 Reps or more 5 times per day	As Needed



Just 10 Minutes to Better Posture & Better Health

The Original Strength PostureMedic is recommended for individuals with either inactive or mildly active lifestyles. PLUS Strength is recommended for individuals with athletic lifestyles, or those individuals who are regularly engaged in sports and sports training.

Original Strength

- RED** Small
- GREEN** Medium
- YELLOW** Large
- BLACK** X-Large

PLUS Strength

- PURPLE** Small
- BLUE** Medium
- SILVER** Large
- ORANGE** X-Large

Height	Weight													
	110	120	130	140	150	160	170	180	190	200	210	220	230	240
5'0"	R	R	R	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'1"	R	R	R	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'2"	R	R	R	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'3"	R	R	R	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'4"	R	R	R	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'5"	R	R	R	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'6"	M	M	M	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'7"	M	M	M	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'8"	M	M	M	M	M	M	L	L	L	XL	XL	XL	XL	XL
5'9"	L	L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL
5'10"	L	L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL
5'11"	L	L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL
6'0"	L	L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL
6'1"	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'2"	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'3"	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'4"	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL

Size chart does not factor in oversized chest girth.

For more information, watch our online training videos at www.posturemedic.com

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A healthcare provider should be consulted before you begin any exercise or stretching regimen. Safety Precautions: The Posture Medic is not a toy. Keep away from children under the age of 12 years old. The Posture Medic is designed to be used ONLY as detailed in this instruction manual. Use of the Posture Medic in any other way is the sole liability of the user. The Posture Medic is not meant or designed to cure, treat, or heal any disease or illness.