

THE SPINE PRINCIPLE

The human body is a self-regulating, self-healing machine. Naturally, it is born with the systems and processes it needs to overcome injury, illness and disease. To put it simply, your health starts from within.

You perform thousands of tasks every day. Each of these actions—from walking to healing—require your brain to send specific messages to different parts of the body via the central nervous system (CNS). If those messages are interrupted along the way, your body's performance suffers.

That's where your spine comes in. The bones of your spine, or vertebrae, are designed to surround and protect the information highway of your nervous system: the spinal cord. Every signal the brain sends out to the body must first travel down the spinal cord. If any of your vertebrae have shifted out of place, your CNS struggles to supply your systems, organs and muscles with the vital information they need to heal and function.

These spinal misalignments, known as subluxations, can occur in many ways. Some people are born with spinal issues due to a complicated birth process. Others become subluxated as a result of poor posture, bad sleeping habits, chronic stress, playing sports, carrying excess weight and even regular exposure to toxic substances.

No matter how it happens, subluxation impairs your body's natural ability to heal and regulate itself. Over time, a spine out of alignment can and will cause complications like pain and disease. Proactive care is the best solution.

Maximized Living Doctors specialize in patient-specific spinal correction and have years of training and certifications beyond the graduate level. We offer only the latest, most advanced spinal care and rehabilitation available, which is why our clinics offer the safest, quickest and longest-lasting spinal correction in the industry. Your specific homecare plan is a series of exercises that help strengthen the muscles of your neck, back and core to support the corrective spinal adjustment.



HOMECARE PLAN

These additional exercises are vital to maintaining and rehabilitating any spinal misalignments, but take very little time to complete.

Each exercise in your personal homecare plan is designed to correct a specific issue in your spine and posture. The longer you perform these exercises, the stronger the muscles of your neck, back and core become. Strengthening these muscles helps protect your spine from the physical stresses of daily life. Similar to wearing rubber bands while you have braces, Homecare that supplements your chiropractic adjustment ensures the greatest results in the shortest amount of time.



The image above shows the Homecare Exercises sheet each member of your family will receive from your doctor. This sheet will provide you the personalized details for each of the exercises you should do at home (how many repetitions, seconds, etc.) after your doctor's assessment. The following pages will provide you the instructions on how to perform the exercises at home.

If you have any questions, don't hesitate to ask the staff or your doctor during your next visit. We want to help make this as easy as possible, so you can enjoy the greatest results possible.

NOTE: If at any time you experience unusual pain or discomfort, please **STOP** all exercises and contact your doctor immediately. Just as important, please follow the order as prescribed by your doctor.

INTENDED ORDER OF HOMECARE PROGRAM

- | | |
|---------------------------------------|----------|
| 1. Spinal Warm-Up | Other: |
| 2. Isometrics | 5. _____ |
| • Cervical • Thoracic • Pelvic/Lumbar | 6. _____ |
| 3. Neuromuscular Re-Training | 7. _____ |
| 4. Passive Molding | |

SPINAL WARM-UP

Wobble Exercise



Standing Cervical Traction



Do slight pulls so you can feel the stretch in the cervical spine.
 Do not overexert. Do not stand on any object while performing this exercise.

Cervical Traction Unit installation



1. Put the Cervical Traction Door Extender over the door and close the door (Fig. 1). Pull down on the lower loop to make the stopper snug into the closed door. In Fig. 2, you will see the view from opposite side of the door.
2. Attach the Cervical Traction Unit rope to the Door Extender and pull the loop snug by inserting the rope into the lower loop and then over the Door Extender. Once looped, pull to tighten.

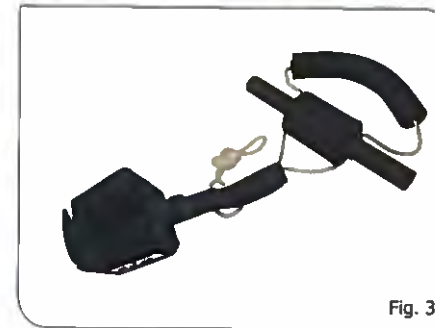


Fig. 3

3. To adjust the height: loosen or tighten the strap by removing Cervical Traction Unit from the door and adjusting the rope (Fig. 3).
4. You may need to tie a knot in the rope to have the Cervical Traction Unit at the proper height.

NOTE: Adjust the Cervical Traction Unit to insure that the curved piece hangs slightly lower than the back of the head.

ISOMETRICS - CERVICAL

Alar Ligament Exercise



Try to turn your head into your arm. Use your arm to prevent your head from actually moving (muscle contraction without the actual motion).

Cervical Flexion Exercise



Place Progressive Roll on bridge of the nose and push your forehead down into the Progressive Roll. Make sure to only use your front neck muscles and do NOT extend your chin.

Cervical Dorsal Exercise



Push your head into your hand without moving your head.

Cervical Extension Exercise



Look up and put your hands behind your head. Pull slightly with arms and use neck muscles to hold your head while looking up.

Cervical Traction Pull



30° Down

1. Pull at a 30° angle down and out with the Cervical Traction Unit.
2. Look slightly down.
3. Tuck your chin back until your eyes become level again.



30° Down Shoulder Roll

1. Pull at a 30° angle down and out with the Cervical Traction Unit.
2. Look slightly down.
3. Tuck your chin back until your eyes become level again.
4. Roll shoulders forward, but not up.



Straight

1. Pull straight out with the Cervical Traction Unit.
2. Look slightly down.
3. Tuck your chin back until your eyes become level again.



Straight Shoulder Roll

1. Pull straight out with the Cervical Traction Unit.
2. Look slightly down.
3. Tuck your chin back until your eyes become level again.
4. Roll shoulders forward, but not up.

ISOMETRICS-THORACIC

Chest Expander Exercise



Push hands together while bringing them down in front of your chest. Hold this position for the recommended time.

Praying Mantis Exercise



Maintain hands and elbows together while pushing your hands upward.

ISOMETRICS-PELVIC/LUMBAR

Psoas Stretch



Lean forward to stretch the down leg. You will feel the stretch on the front of the hip.

Psoas Lift



Place the foot on the middle of a resistance band, the other end of the band should go on the opposite knee. Lift the knee up and away from the body, then relax. Follow your doctor's prescribed amount of time you should keep the knee up.

Lumbar Extension Exercise



Push your stomach out; use arms to pull forward and force extension into low back. You should feel the stretch in the low back.

L-5 Spondylo Exercise

Position 1: While laying on your Progressive Rolls: Lay flat on your back, roll your knees to your chest and pull your knees to your chest with your arms. You will feel the stretch in the low back.

Position 2: While on your knees, bend forward and extend your arms out in front of you while touching your chest to your knees. Push your body down into your heels. You will feel the stretch in the low back.

Position 1



Position 2



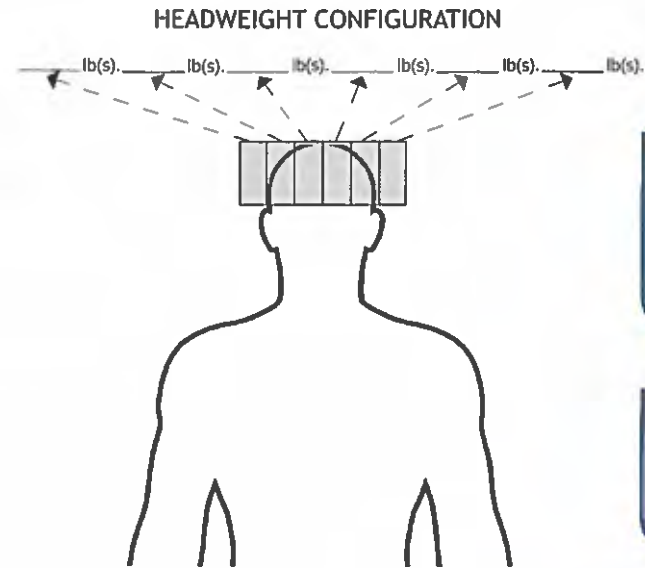
NEUROMUSCULAR RE-TRAINING

Head-Weighting

Proper placement of the Head-Weights for **your** subluxations is what makes them an extremely useful tool in supporting the specific adjustments done by your ML Doctor.

Please follow the prescribed configuration for best results.

Do not share or use someone else's configuration!



PASSIVE MOLDING

Pelvic Rotation Blocking

Place the high Pelvic/Lumbar Wedge with the thick part towards the head, and thin part towards the feet. Place the low Pelvic/Lumbar Wedge with thick part towards the feet and the thin part towards the head. Lay on the Pelvic/Lumbar Wedges for the prescribed setup and time.

NOTE: Pelvic/Lumbar Wedges are to be used for up to 20 minutes each night. After the allotted timeframe, remove the Pelvic/Lumbar Wedges and continue to use the Progressive Rolls as indicated on page 11.

Posterior Left/Anterior Right Pelvic Rotation



Posterior Right/Anterior Left Pelvic Rotation



