

Name: \_\_\_\_\_

## GUIDELINES FOR SPINAL CORRECTION

Your time and money are valuable. If you are on a spinal corrective care program, we are committed to getting you healthy and your spine to its *optimal state* as quickly as is physically possible. The biggest variable, and the one you have the most control over, is how closely you follow your treatment schedule and the recommendations given below. These recommendations have been tested over the past 18 years and on tens of thousands of people receiving **ADVANCED BIOSTRUCTURAL CORRECTION™** spinal correction. They work, and you will feel the difference.

*Please initial and date* each guideline when you have (a) understood it and (b) are implementing it regularly. This will greatly aid your journey to spinal health!

	<u>RECEIVED AND UNDERSTOOD INSTRUCTIONS</u>	<u>AM DOING REGULARLY</u>
<b><u>SITTING/ DRIVING</u></b>		
1) WITH HIPS HIGHER THAN KNEES, USING WEDGE(S) IF NECESSARY	_____	_____
2) ELEVATED SLIGHTLY ON MY BREAKDOWN SIDE WITH TOWEL, TILTED WEDGE, ETC.	_____	_____
3) NO RECLINERS OR SOFAS (Unless I have tons of money to waste getting treated all the time.)	_____	_____
<b><u>SLEEPING</u></b>		
1) FIRM GOOD QUALITY BED	_____	_____
2) TOWELS INSTEAD OF PILLOWS	_____	_____
<b><u>STANDING/WALKING</u></b>		
1) REMOVE ALL ARCH SUPPORTS	_____	_____
2) BAND-AIDS (OR OTHER PADS) UNDER HIGHEST PART OF ARCH ON BREAKDOWN SIDE	_____	_____
3) WIDE ENOUGH SHOES	_____	_____
4) HEELS OR HEEL LIFTS	_____	_____
5) NO BIRKENSTOCKS	_____	_____

Thank you!