



Dr. Erin McLaughlin, B.Sc., D.C. | Dr. Pierre Paradis, B.Sc., D.C.

8-484 Hazeldean Road | Kanata, ON K2L 1V4 | hazeldeanchiropractic.com | T (613) 831-9665 | F (613) 831-1865

Your Corrective Spinal Exercise Program **2 Way Extension Compression**

Prepared For: _____ Date: _____

Step 1 – Bungee Only: Patient starts sitting with the **chair at 36”** measured from the door to the back leg of the chair. Place bungee behind neck at indicated angle. *Only use the angle indicated by your Chiropractor.

Do not try other angles. Extend head backwards (relaxing neck as much as possible).

- Start with 3 minutes increasing 1 minute per day.
- Increase the time until you can tolerate 10 minutes.

Step 2 – Bungee with Weight Bag: Once you can tolerate 10 minutes with the bungee, you can now add the head band with the weight bag. Start with the **chair at 30”** measured from the door to the back leg of the chair **AND put 3lbs of water in the bag**. Place bungee behind neck at indicated angle. *Only use the angle indicated by your Chiropractor. **Do not** try other angles. Place the head band on your head and hang the water bag from the hook. Extend head backwards (relaxing neck as much as possible).

- Start with 3 minutes increasing the time by 1 minute per day.
- Increase the time until you can tolerate 10 minutes.
- You do not need to empty the water bag after each session.

Step 3 – Bungee with Weight Bag – Changing Chair Distance and Amount of Water in the bag: Once you are able to tolerate 10 minutes at 30”, move the **chair back to 36”** from the door to the back leg of the chair and **add a total of 5 lbs of water** in the bag. Place bungee behind neck at indicated angle. *Only use the angle indicated by your Chiropractor. **Do not** try other angles. Place the head band on your head and hang the water bag from the hook. Extend head backwards (relaxing neck as much as possible).

- Start with 3 minutes increasing the time by 1 minute per day.
- Increase the time until you can tolerate 10 minutes.

Step 4 – Bungee with Weight Bag – Changing Chair Distance and Amount of Water in the bag: Once you are able to tolerate 10 min at 36” start over at 3 minutes and move the chair from the door to the back leg of the **chair back to 51” and add a total of 10lbs** of water in the bag. Place bungee behind neck at indicated angle. *Only use the angle indicated by your Chiropractor. **Do not** try other angles. Place the head band on your head and hang the water bag from the hook. Extend head backwards (relaxing neck as much as possible).

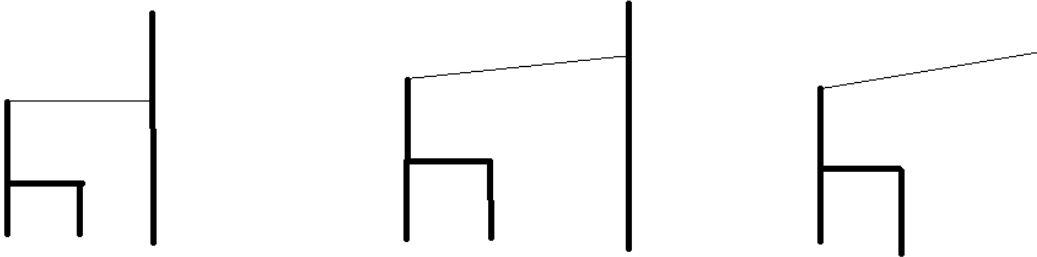
- Start with 3 minutes increasing the time by 1 minute per day.
- Increase the time until you can tolerate **20 minutes** and then continue doing the traction **daily**.

Position

#1 . 0 degrees

#2 . 10 – 20 degrees

#3 . 20 – 30 degrees



It is not uncommon to experience discomfort during and after spinal rehabilitation exercises. Please note that intense pain, dizziness, nausea, and sharp or shooting pain are not acceptable. Please inform your doctor if any of these symptoms occur. If you are sore following your exercises, apply an ice pack wrapped in a thin cloth for up to 15 minutes after completing the exercise. The Doctor will periodically check your progress to ensure you are on track to achieve your goals.

CAUTION: DO NOT SHARE THESE INSTRUCTIONS WITH ANYONE. POSTURAL EXERCISES ARE VERY SPECIFIC AND ARE BASED ON YOUR OWN X-RAY AND POSTURAL FINDINGS.



- Use a chair with back support
- Keep feet flat on the floor
- Measure to the back leg of the chair
- Do not change the angle indicated by your Chiropractor



- Do not add the water bag until Step 1 has been completed
- Remember to change the distance of the chair and the amount of water in the bag
- You do not need to empty the water bag after each use