

## TRACTIONING YOUR LIFE BACK



All function and health is controlled by the spinal cord and nervous system. A vital life message is generated by the brain and travels down the spine and out the nerves to all cells of the body. This life command directly determines the development and action of all of the organs, cells, muscles, and tissues of your body.

Studies of the nervous system show that the most vital area of the spinal cord is the cervical (neck) region. The closer you get to the brain, the more vital the cord becomes. From a lateral (side) view of the cervical vertebrae there must be a 43 degree curve. Literally every organ in the body is some how effected by this part of the cord. This explains why if you break your neck, you're usually dead. That is why the cervical curve is known as the "arc of life." **The 43 degree arc is the normal cervical lordotic curve.** Any variance in this curve is abnormal and has shown to be the most dangerous condition that can exist in your nervous system and will eventually play a role in pain, illness and disease. People who lose their arc of life also do not live as long as those who have an arc in their neck.

**There are only 2 proven methods of restoring the normal cervical curve back to the spine and nervous system.**

1. Dr. Alfred Brieg has performed studies in which a curved steel rod was surgically hammered into patients spines. While quality of life was obviously effected, when the arc was restored the majority if patients recovered from serious disease.



2. **Using the right scientific, specific Chiropractic Adjustments of the stress vertebra in the cervical spine, coupled with regular cervical extension tractioning, will consistently restore or improve the cervical lordosis.**

**Cervical traction is an essential part of spinal correction and vital to your longevity.**

Note: The exercises/stretchers contained within this website are solely for the use of existing, active patients of our clinic who have received a prescription for these exercises/stretchers. Other individuals do not have our permission to perform the exercises/stretchers contained within. Attempting to perform these exercises/stretchers, unless explicitly prescribed by our office, could result in serious injury or a worsening of existing conditions.

### **Pre-Traction Exercises:**

#### **Neck Flexion & Extension Exercises**

Start by looking straight ahead. Slowly lower your chin toward your chest. Hold for five seconds then return to starting position. Without arching your back, slowly move your head backward so you are looking upward. Hold for five seconds. Return to starting position. Do ten repetitions. This is a good exercise to do during work, especially if you have to keep your head in a steady position for extended periods, as in working at a computer. Do this exercise every half hour to prevent neck strain.



### **Mad Cat Exercise**



**Position:**  
Hands and knees on floor in "cat" position.

**Movement:**  
Slowly arch the back upwards and tuck the chin by flexing the head forward and tightening the abdominal muscles - the "mad cat" position. Hold this position for a count of 8-12 counts or seconds\*.

Then, lift the head upwards and extend the lower back so that the abdominal section hangs downward (reversed position). Hold this position for a count of 8-12 seconds\*. Perform a total of 3 repetitions\*.

### **"On All Fours" - Arms and Legs**



**Position:**  
Hands and knees on floor.

**Movement:**  
In the "on all fours" position, tighten the abdominal muscles and flatten the back to maintain a "neutral spine" position. Next, slowly extend one arm in front of the body while simultaneously extending the opposite side leg backwards, hold for a count of 8-12 seconds\*, then return to the starting position. Repeat this movement with the opposite arm and leg. Perform a total of 3 repetitions\*.

### **Prone Press-Up Exercise**



**Position:**  
Face down position.

**Movement:**  
While keeping the pelvis and legs in contact with the floor, slowly push the torso off the floor and into extension using either the elbows or hands. Be sure to keep the buttocks and back relaxed, and keep the hips in contact with the floor. Hold when in a comfortable position for 8-12 seconds\*, then return to the starting position. Perform a total of 3 repetitions\*.

### **Bridge - Standard**



**Position:**  
On back with knees bent and arms at side.

**Movement:**  
Tighten the abdominal muscles and slightly squeeze the buttocks. Then, tilt the pelvis into a "neutral" position and raise pelvis off the floor. Hold this position for a count of 8-12 seconds\*, then return to the starting position. Perform a total of 3 repetitions\*.