

Pettibon Systems

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THE WARM - UPS

TO STAFF: CIRCLE IN RED THE EXERCISES PRESCRIBED. INSTRUCT THE PATIENT TO ONLY PERFORM THOSE CIRCLED STARTING WITH 1/2 REPETITIONS.

GOALS

To The Patient:

When you are assigned an exercise it is intended that you begin with half of the repetitions that are set as the goal. For example: The Flexion/Extension Exercise goal is 10. Start with 5 and work your way up to 10 within approximately 3 days.

If you have any problem, DO NOT add more repetitions or more exercises. Each person is different in both their spinal configuration and their ability to tolerate exercise. Please do not compare yourself to anyone else. Report any unusual soreness or difficulty to your Doctor immediately.

PERFORMANCE TIPS FOR EXERCISES 2-5:

Find an imaginary spot on the wall across from you that forces you to keep your chin up and your eyes straight ahead. Do not take your eyes off of that spot while performing these warm-ups. Your chin is NOT to turn in either direction.

Important Notice:

If you suffer an injury or an aggravation, DISCONTINUE all exercises until you speak with your Doctor and receive clearance to resume.

I agree to cease all exercises and consult my Doctor should I suffer an injury on the job, in a vehicle or at home, or aggravate my condition. _____

Date _____

Warm-Up #1



STARTING POSITION: Seated on the edge of the Wobble Chair™ or in a chair, posture erect, head held high, hands on the top and middle of the thighs.



EXERCISE: Sit up straight, force your stomach out, which places a curve in your low back. Take a deep breath, force your head backwards as if to look at the ceiling, maintaining the arch in the low back, and count to five. Exhale, relax, and bend forward toward the knees.

PERFORM SLOWLY AT FIRST, AND BUILD UP SPEED UNTIL YOU ARE ABLE TO PERFORM TEN OF THESE WITHIN THREE MINUTES.

GOAL: 10 repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #2



STARTING POSITION: Seated on the edge of the Wobble Chair™ or in a chair, posture erect and stomach out, chin up, with both arms above your head with the inside of the arms touching the ears.



EXERCISE: Bending from the waist, move as far to the left side as possible, and then to the right without stopping. Think of yourself as a willow in the breeze, smooth, fluid movements from side to side. Start out slowly and then pick up speed as you become more mobile.

GOAL: 10 repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #3



STARTING POSITION: Seated on the edge of the Wobble Chair™ or in a chair, posture erect and stomach out, chin up with both arms dangling to the side.



EXERCISE: Force the stomach out, chin up, allow both arms to dangle as if they are lead, to the floor. Sitting up straight, bend from the waist to the left and then to the right with smooth, fluid movements. As you become more mobile, add some speed.

GOAL: 10 repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #4



STARTING POSITION: Seated on the edge of the Wobble Chair™ or in a chair, posture erect, chin up, with both elbows raised level with your shoulders, fingers of the right hand touching fingers of the left hand.

EXERCISE: Sitting up straight, move to the left as far as possible with smooth, fluid movement, then to the right. As you become more mobile, pick up speed, alternating left and right.

GOAL: 10 repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #5



STARTING POSITION: Seated on the edge of the Wobble Chair™ or in a chair, posture erect, chin up, with stomach out, with both arms raised behind your head as if you are being held up. Cup your head with the left palm and have the right palm cup the right side of the head.

EXERCISE: Gently force the head to move to the left as the body moves, thereby actually pulling the head toward the left side of the room. Repeat to the right.

GOAL: 10 repetitions. Start with five, work up to 10 within 3 days.

Warm-Up #6



STARTING POSITION: On this exercise, do not look straight ahead. You allow your head to turn. Seated on the edge of the Wobble Chair™ or in a chair, posture erect, chin up, with both elbows out from the body at shoulder height, hands touching.

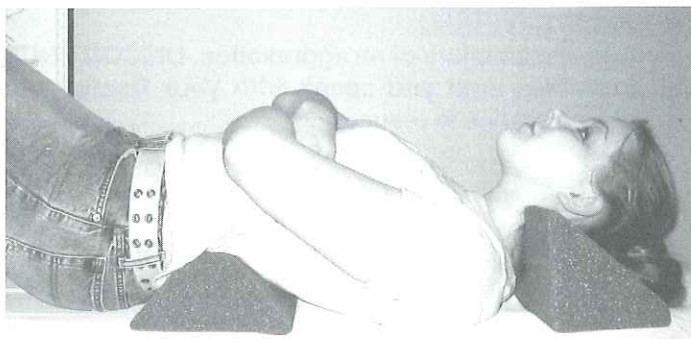
EXERCISE: In *slow motion* at first, turn from the waist to the left, with the head turning as if to look behind you, make smooth fluid motions with no ballistic stops, then turn to the right without stopping. This exercise is to be performed last, always.

GOAL: On exercise #6, start with 15 total counts and work up to 25 repetitions.

SPINAL MOLDING



Phase 1: Spinal Molding begins on the first day of your care. It is designed to begin restoration of spinal curves. It is the only exercise that you may perform even if you are in pain. It is an entirely passive exercise performed, uninterrupted, for at least 20 minutes, with the chin facing the ceiling and crown of the head on the bed. It is the only exercise that you may perform in bed. Once the warm-ups are completed at night, lie on the neck support and low-back support 20 minutes only. During the 20 minutes, the fluid in the discs previously warmed will cool to a hydrogel state and set up for the night in the curves that are necessary for spinal stability. Spinal Molding relaxes the spine, thereby preparing for rest and sleep. **DO NOT SLEEP ON THESE SUPPORTS!** Set an alarm clock for 20 minutes.



Phase 2 - Fulcrum Stretch:

When Doctor orders, this replaces the low back support for Spinal Molding. Start with three minutes with the lumbar fulcrum, lift buttocks, and then replace with Low Back Support until a total of 15 minutes is achieved. Build up to a total of 15 minutes with the lumbar fulcrum. From this point on, use the low back support in your automobile to continue the Spinal Molding process. Remember to continue using the cervical support with the Fulcrum Stretch.

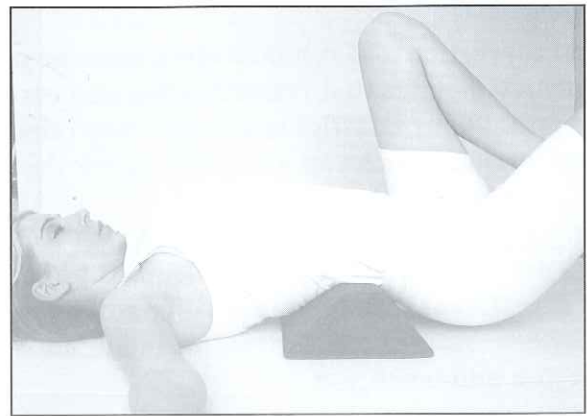
Beginning Lumbo-Dorsal Fulcrum Exercises

USING THE LD FULCRUM,
PERFORM ALL 6 WARM-UP EXERCISES **PRIOR** TO ANY FULCRUM USE.

1. Place Lumbo-Dorsal Fulcrum (LD) on the floor.
2. Feel the last rib, the fulcrum top should be placed at this point.
3. Start with **FIVE** of each new exercise given with a goal of **TEN** repetitions within three days.
4. When exercises are completed, **roll to one side**, do not sit straight up!
5. Advise the staff of any *unusual* soreness, symptoms or problems immediately. Rib soreness and some muscle reaction is completely normal and should be anticipated.

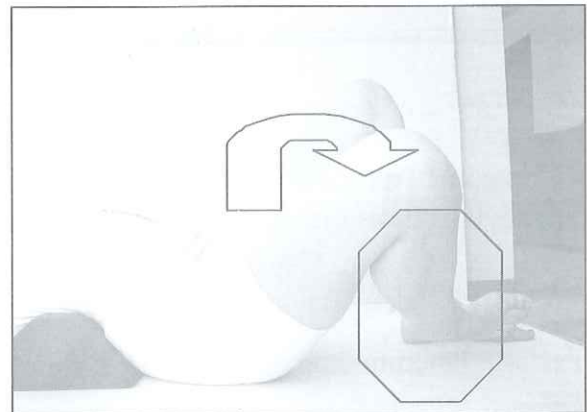
◆ EXERCISE ONE (LD-1)

1. Arms at sides or extended out for stability.
2. Knees bent, feet 16" apart.
3. Bring left knee to chest and hold for count of five.
4. Return left knee to starting position, and repeat exercise with right knee.
5. Hold for a count of five. Do not use hands to hold knee.



◆ EXERCISE TWO (LD-2)

1. Arms at sides or extended out for stability.
2. Knees bent, feet 16" apart.
3. Externally rotate right knee as if to point toward wall to the right. Right heel should be at level of left ankle, but not touching.
4. Hold to a count of five.
5. Bring right knee back into position. Perform same exercise with left knee and heel, alternating between left and right legs.



◆ EXERCISE THREE (LD-3)

1. Knees bent.
2. Arms folded across chest.
3. Inhale.
4. Raise upper body 6" off floor as if to sit up.
5. Hold for a count of five.
6. Exhale and lie back down.



Beginning Cervical-Dorsal Fulcrum Exercises

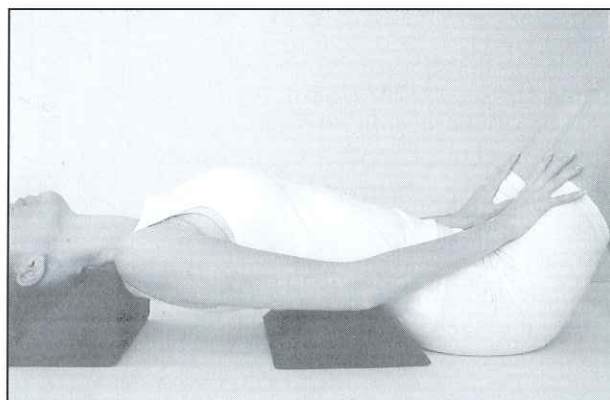
USING THE CD FULCRUM, BEGIN WHEN ALL REPETITIONS OF LD 1,2,3
ARE PERFORMED WITHOUT DIFFICULTY.

PERFORM ALL WARM-UP EXERCISES PRIOR TO FULCRUM USE.

Place the Cervical-Dorsal Fulcrum (CD) under the neck, *slanted* side facing AWAY from the body and the *flat side* against your shoulder. Place fulcrum as close to shoulders as neck will allow, forcing the head backward with the chin up. Place Pettibon Lumbar Fulcrum (LD) under the low back. After each CD exercise return head to a neutral position (chin facing ceiling).

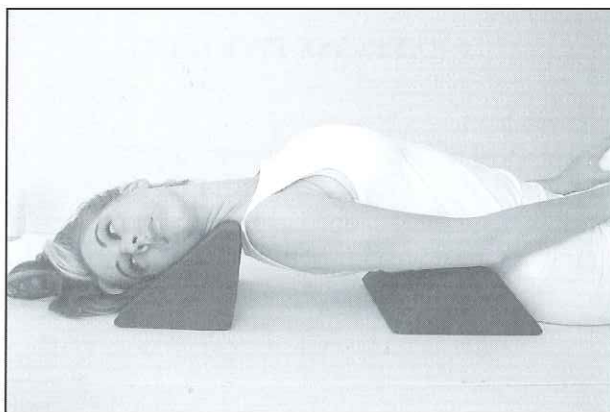
◆ EXERCISE ONE (CD-1)

1. Knees bent, feet 16" apart, hands on top of thighs.
2. Force the head back over the cervical (CD) fulcrum, chin up, hands pushing on thighs forcing head back.
3. Hold for a count of five.
4. Return head to neutral position.
5. Repeat.



◆ EXERCISE TWO (CD-2)

1. Knees bent, feet 16" apart, hands on thighs.
2. Force head back and rotate to the right while pushing on thighs with hands.
3. Hold for a count of five.
4. Return to the neutral resting position (chin up toward ceiling).
5. Force head back and then rotate to the left.
6. Hold for a count of five.
7. Return to neutral resting position.
8. Repeat and alternate until all repetitions are completed.



◆ EXERCISE THREE (CD-3)

1. Knees bent, feet 16" apart, hands on thighs.
2. Force the head back over CD Fulcrum, chin up pushing back with arms and body.
3. Turn head to the right then touch right ear to shoulder (as shown).
4. Hold for count of five.
5. Return to neutral position.
6. Repeat to left and alternate until repetitions are completed.

