The Therapeutic Wobble Chair™ is designed to help put motion back into the lumbar/thoracic spine, restore disc height and eliminate pain. These motions, referred to as loading and unloading, are necessary to deliver nutrients into and remove waste products from tendons, ligaments and discs. It also lowers the lumbar and thoracic spine’s resistance to mobilization and rehabilitation.

Kapandji states that “the aging discs that are not rehabilitated on a daily basis lose their internal fluid content and pressure.” Further, “the un-rehabilitated aging annulus loses tension and its self-correcting ability”. “In addition, its fibers and the un-rehabilitated annulus can be more easily injured and/or destroyed by sudden applied forces.”

Spinal discs and other white tissues have a blood supply up until about the age of 12 when the blood supply begins to atrophy. Once that happens there is no longer a way to deliver nutrients and eliminate wastes without motion. The body’s mass is 60% intracellular and extracellular fluids which are rich in oxygen and nutrients and have the ability to transport and eliminate tissue cell waste when pumped into and out of white tissues by specific rehab motions.

As we age and/or post-injury, due to the increased workload, these white tissues need as much, if not more oxygen and nutrients delivered and waste eliminated. With no blood supply, a series of full-range loading and unloading, pumping maneuvers are required multiple times a day to deliver the needed oxygen and nutrients in and waste products out of white tissues.

After injury, rehabilitation procedures should start as soon as the patient can tolerate motion and increase until full, pain-free range of motion is re-established.

Rehabilitation procedures should accompany specific spinal mobilizations and eventually replace other treatment procedures as soon as practical.
Using Wobble Chairs

Find pain relief from stiff and sore backs while enhancing spine form and function. These simple motions decrease risk of injury and the severity should an injury occur. Make this part of your daily routine to maintain a healthy spine by wobbling twice daily.

Patients who purchase these from their clinicians use them at home to continue care. Easy to pack when traveling.

Following some chair warm ups (flex stomach, pelvis and low back forward then back; clockwise/counter clockwise pelvis rotation, etc.) move into full ranges of motion (figure 8 pattern). Inhale while flexing pelvis toward left knee and exhale moving backward. Inhale while flexing pelvis toward right knee and exhale moving backward. Work up to 120 repetitions of figure 8 pattern per session.

Ideal for in clinic prior to treatment and at home for spinal health maintenance.

The therapeutic goal rather than the equipment determines the billing code along with whether it is performed 1-on-1 or in a group setting. Several options 97110, 97112, 97150, 97530, etc.

For more information, our On-Demand Webinars include a PDF on selecting the right CPT code for your Therapeutic Services.

https://PettibonSystem.com/Webinars

The pivot point is the difference. The size within the chair is the same as the nucleus of the spine with the inflatables, it is the size of the buttocks. Due to this difference, the chair has greater range of motion and more nutrient exchange than inflatables which impact only a small portion of lower lumbar discs.

www.PettibonSystem.com
The Pettibon System®
2118 Jackson Hwy—Chehalis, WA 98532
888-774-6258

Therapeutic Wobble Chair™ ~ Figure 8 Exercise

US Patent #6,481,795 B1