Basic Home Care Kit

Proven Spine and Posture Correction System

The Pettibon System

Spinal Rehabilitation Exercises:

- Portable Wobble Chair™
- Cervical Traction
- Fulcrum Exercise Program
- Spinal Molding
- Pettibon Body Weighting™:
  - Directions provided by your practitioner

(Portable Wobble Chair™, Cervical Traction, Fulcrum Kit, Head Weighting)
Warm-Up #1
1. Sit on chair, hands on thighs or hold onto chair arms.
2. Inhale while forcing stomach out and looking up at ceiling (curving low back).
3. Hold for count of five.
4. Exhale forcefully, relax, bend forward toward knees looking at floor (arching low back).
5. Hold for count of five.
6. 10 Repetitions. Start with 5, work up to 10 within 3 days.

Warm-Up #2
1. Sit on chair, posture erect, stomach out, chin up with both hands above head (inside of arms touching ears, if possible).
2. Bend from waist, as far RIGHT as possible.
3. Without stopping, bend from waist, as far LEFT as possible.
4. Keep movements fluid as a willow in the breeze.
5. 10 Repetitions. Start with 5, work up to 10 within 3 days.

Warm-Up #3
1. Sit on chair, posture erect, stomach out, chin up with both arms dangling to side.
2. Bend from waist, as far LEFT as possible.
3. Without stopping, bend from waist, as far RIGHT as possible.
4. As you become more mobile add some speed.
5. 10 Repetitions. Start with 5, work up to 10 within 3 days.
Warm-Up #4

1. Sit on chair, posture erect, stomach out, chin up with both elbows raised level with shoulders, finger tips touching.
2. Bend from waist, as far LEFT as possible.
3. Without stopping, bend from waist, as far RIGHT as possible.
4. Keep movements fluid with no waist to the RIGHT, arm to the LEFT.
5. 25 Repetitions. Start with 15, ALWAYS performed last

Warm-Up #5

1. Sit on chair, posture erect, stomach out, chin up with both shoulders, finger tips touching.
2. Slowly turn from the waist to the LEFT with the head turning to look backward.
3. Without stopping, turn from the waist to the RIGHT with the head turning to look backward.
4. As you become more mobile, add some speed.
5. 10 Repetitions. Start with 5.

Warm-Up #6

1. Sit on chair, posture erect, stomach out, chin up with both elbows raised level with shoulders, finger tips touching.
2. Slowly turn from the waist to the LEFT with the head turning to look backward.
3. Without stopping, turn from the waist to the RIGHT with the head turning to look backward.
4. As you become more mobile, add some speed.
5. 10 Repetitions. Start with 5, work up to 10 within 3 days.

Warm-Ups
Therapeutic Wobble Chair™

Warm Up Exercises

1. Inhale deeply. Shift pelvis & stomach toward right knee.
2. Shift pelvis straight back as far as possible from right knee. Exhale forcefully.
4. Shift pelvis straight back as far as possible from left knee. Exhale forcefully.
5. Repeat figure 8 motion slowly for 12-15 minutes.
1. Perform cervical warm-up, joint lubrications, and cartilage nourishment exercises.

2. Adjust the connection so that the curved piece hangs slightly lower than the back of the neck.

3. Pull handles down until stopped by curved neck piece with handles at shoulder height. Elbows and knees are against the wall, and feet are shoulder-width apart.

4. Place curved piece behind neck and padded handle under chin or on forehead (TMJ-diagnosed patients use large padding). Place one hand on each handle end, with palms toward face.

5. Hold handles firmly; relax the knees so some body weight is supported by the traction. Traction is applied and controlled by bending the knees.

6. Begin with 10 and work up to 60 repetitions per session.

7. Add deep diaphragmatic breathing with traction, then exhale completely and forcibly when the traction is released.

8. Ice the neck for 10 minutes if any pain is experienced.

Cervical Traction
1. Attach the traction unit to the door stop and pull the loop snug by inserting the rope into the lower loop and then over the door stop. Once looped, pull to loop snug by inserting the rope into the lower loop.

2. Depending on patient/door height you may need to:
   - Adjust to insure that curved piece hangs slightly lower than the back of the head.

3. Pull the traction door stop over the door and close the door stop to make the stopper snug to the closed door (Fig. 4).

4. View from opposite side of the door (Fig. 5).

5. To adjust the height: Remove traction unit from door (Fig. 5).
It is critical that you bring this exercise worksheet to the office on every visit once you begin the fulcrum exercises. If you are assigned pre-adjustment exercises in the office, bring your own supplies in a bag to insure proper hygiene. All of the following prescribed exercises are performed on the floor at all times for safety and to provide maximum resistance during the exercises.

Spinal correction and rehabilitation must be performed in concert. Your spinal anatomy and physiology dictates that rehabilitative and corrective care be performed together. Research has proven that your in-office and home care rehabilitative procedures must be performed as prescribed for the outcome both you and your doctor desire.

Your **compliance is mandatory for results**. You have only one spine and it has to serve you a lifetime. If you are committed to your health and put aside a few minutes each day to follow these exercises, your investment in care at this office will be returned to you.

**Staff Special Instructions Check Off List:**

1. Spondylolisthesis Placement (LD placed higher than shown)  
   Yes _____ No ____

2. Cryotherapy  
   Yes _____ No ____

3. Perform Fulcrum Exercises before bed followed by Spinal Molding.  
   Yes _____ No ____

**IMPORTANT NOTICE**

I agree to cease all exercises and consult my Doctor immediately if I suffer an injury on the job, in the vehicle, at home, or aggravate my condition in any manner.

Patient's Signature:______________________________

Date:________________________________________

Staff Signature:______________________________

Date:________________________________________

*Place copy in patient file*
**Beginning Lumbo-Dorsal Fulcrum Exercises**

Perform all Wobble Chair Warm-Ups Prior to any Fulcrum use.

Using the LD Fulcrum.

Start with 5 Repetitions and Increase to 10 Within 3 Days.

Place Lumbo-Dorsal Fulcrum (LD) under low back, feel the last rib, the fulcrum top should be placed at this point. When exercises are complete, roll to one side, do not sit straight up. Advise clinic 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 5.
4. Return left knee to starting position, and repeat exercise with right knee.
5. Hold for a count of 5. 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 5.
5. Bring right knee back to starting 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 5.
6. Exhale and lie back down.

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**Beginning Cervical Fulcrum Exercises**

Perform all Wobble Chair Warm-Ups Prior to any Fulcrum use.

Using the LD Fulcrum and CD Fulcrum.

Start with 5 Repetitions and Increase to 10 Within 3 Days.

Place the Cervical-Dorsal Fulcrum (CD) under the neck, slanted side facing AWAY from the body, flat side against your shoulder. Place CD Fulcrum as close to shoulders as neck will allow, forcing the head backward with the chin up. Place 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 CD Fulcrum, chin up, hands pushing on thighs forcing head back.
3. Hold for a count of 5.
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 5.
4. Return to the neutral resting position (chin up toward ceiling).
5. Force head back and then rotate to the left.
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, as if to touch ear to shoulder (as shown).
5. Return to neutral position.
6. Repeat to left and alternate until all repetitions are completed.
### Intermediate Lumbar-Dorsal Fulcrum Exercises

Perform all Wobble Chair Warm-Ups Prior to any Fulcrum use.
Using the LD Fulcrum and 1” Lifter.
Start with 5 Repetitions and Increase to 10 within 3 Days.

Add 1” Lifter by placing it directly under LD Fulcrum. Lay on the fulcrum and take a few deep breaths. Within minutes you will relax and become more comfortable.
Communication with clinic staff is vital during the rehabilitation and reconstruction phase of your care.

**EXERCISE FOUR (LD-4)**
1. Knees bent, feet 16” apart.
2. Arms across chest (as shown).
3. Inhale and raise upper body 6” off floor.
4. Rotate head to the right (as shown).
5. Rotate entire upper body to the right (not shown).
6. Rotate knees to the left (as shown).
7. Exhale and relax to the floor.
8. Repeat exercise in opposite direction.

**EXERCISE FIVE (LD-5)**
1. Knees bent.
2. Arms at side or extended for stability.
3. Raise the right foot about 6” off floor.
5. Alternate with left and right leg until all repetitions are completed.

**EXERCISE SIX (LD-6)**
1. Knees bent.
2. Arms at side or extended for stability.
3. Rotate head to the right.
4. Bend knees and rotate legs to left.
5. With smooth, fluid motion, rotate head to left, knees and legs to the right.
6. Alternate, without stopping, until all repetitions are completed.

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### Intermediate Cervical-Dorsal Fulcrum Exercises

Perform all Wobble Chair Warm-Ups Prior to any Fulcrum use.
Using the LD Fulcrum and CD Fulcrum.
Start with 5 Repetitions and Increase to 10 within 3 Days.

Add one of LD 1,2,3 and one of CD 1,2,3 as permanent warm-up additions. Place the CD Fulcrum under neck, slanted side facing AWAY from the body, flat side against your shoulder. LD Fulcrum under low back, feel the last rib, the fulcrum top should be placed at this point.

**EXERCISE FOUR (CD-4)**
1. Arms at sides or extended out.
2. Knees bent, feet 16” apart.
3. Rotate head to the right without bending or raising the neck.
4. Turn knees and legs to the left.
5. With a smooth, fluid motion, turn head to the left, legs to the right, repeat and alternate head to the right and legs to the left.

**EXERCISE FIVE (CD-5)**
1. Knees bent, feet 16” apart.
2. Arms in position to grasp knee.
3. Lift right leg up, grasp right knee.
4. Push head backward and toward floor over fulcrum.
5. Pull the right leg toward chest until buttock rises and rocks over LD Fulcrum.
6. Repeat with left leg.
Advanced Lumbar-Dorsal Fulcrum Exercises

Perform all Wobble Chair Warm-Ups Prior to any Fulcrum use. Using the LD Fulcrum and 2” Lifter.
Start with 5 Repetitions and Increase to 10 within 3 days.

Perform one each of LD 1-6 and CD 1-5 prior to performing LD 7-9. Add 2” Lifter by placing it directly under LD Fulcrum. Place LD under the low back.

EXERCISE SEVEN (LD-7)
1. LD Fulcrum and 2” Lifter placed below the rib cage.
2. Arms at sides or extended out for stability.
3. Bend knees and lift legs off floor.
4. Bring knees to chest.
5. DO NOT use arms to pull legs up. Hold for count of 5, lower the legs and repeat.

EXERCISE EIGHT (LD-8)
1. LD Fulcrum and 2” Lifter placed at last rib.
2. Arms across chest.
3. Lift upper body 6” off the floor and with smooth, fluid motion, move back and forth without stopping.

EXERCISE NINE (LD-9)
1. Move LD fulcrum and 2” Lifter up toward mid back.
2. Arms across chest.
3. Lift upper body 6” off floor.
4. Rotate head to the right. Rotate knees to the left.
5. With smooth, fluid motion, move left then right without stopping.
6. Remove lifter.
7. Keep moving fulcrum up in 2” increments until fulcrum is near top of shoulder blades.

Advanced Cervical-Dorsal Fulcrum Exercises

Perform all Wobble Chair Warm-Ups Prior to any Fulcrum use. Using the CD Fulcrum with 1” Lifter & LD Fulcrum with 2” lifter. Start with 5 Repetitions and Increase to 10 within 3 days.

Perform one each of LD 1-6, CD 1-5 prior to performing CD 6-8. Place neck in neutral position over CD Fulcrum with 1” Lifter directly under CD Fulcrum. Low back over LD Fulcrum with 2” Lifter directly under LD Fulcrum.

EXERCISE SIX (CD-6)
1. Knees bent, feet 16” apart.
2. With hands pressing on middle of thighs, raise the buttocks.
3. Rotate the head to the right and then to the left.
4. With smooth, fluid motion, move left then right without stopping. (Each turn left to right is one repetition.)

EXERCISE SEVEN (CD-7)
1. Knees bent, feet 16” apart.
2. With hands pressing on middle of thighs, raise the buttocks.
3. Turn the head to the left as if to touch the left ear to the left shoulder.
4. Without stopping, turn your head to the right as if to touch right ear to right shoulder. Each turn left to right is one repetition.

EXERCISE EIGHT (CD-8)
1. Knees bent, feet 16” apart.
2. Bring knees to chest grasping them with both hands.
3. Push head down toward the floor over the CD Fulcrum while raising and rocking the buttocks over the fulcrum. Lower the legs.
4. Repeat.
Spinal Molding:
Once the Warm-Ups are completed at night, with the chin facing the ceiling and crown of the head on the bed, lie on the Cervical Dorsal Fulcrum and Low Back Support for 20 minutes. The fluid in the discs previously warmed will cool to hydrogel state and set up for the night in the curves that are necessary for spinal stability. Spinal Molding relaxes the spine, preparing it for rest and sleep. Set a timer for 20 minutes.

Fulcrum Stretch: When the Clinician orders, the Lumbo Dorsal Fulcrum replaces the Low Back Support. Starting with 3 minutes use the Lumbo Dorsal Fulcrum, lift buttocks, and replace with Low Back Support until a total of 20 minutes is achieved. Continue building up to a total of 20 minutes with the Lumbo Dorsal Fulcrum. From this point on, the low back support. Spinal Molding: Once the warm-ups are completed at night, with the chin facing the

DO NOT SLEEP ON THESE SUPPORTS! Set a timer if needed.

Phase 1 - Spinal Molding
Beginning on the first day of your care, Spinal Molding is an activity designed to start restoration of spinal curves. It can be performed even if you are in pain. It is an entirely passive process done

Phase 2 - Fulcrum Stretch

Set a timer if needed.
Spinal Rehabilitation Videos:

If this instruction booklet leaves you with questions, we do have videos available for viewing. They can be found in two locations:

http://pettibonsystem.com/institute/multimedia

http://youtube.com/user/PettibonSystemVideos

Please Note:
Your Practitioner may prescribe additional spinal rehabilitation exercises based on your condition.

We recommend the use of a pulse ox while doing these procedures as times/repetitions may vary if neurological response occurs.

For more information on neurological responses contact your clinician or call 800-766-4885.

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System for Spinal and Posture Examination and Treatment US Patent # 6,788,968 B2

Therapeutic (Wobble) Chair US Patent # 6,481,795 B1

Cervical Traction Device & Method US Patent # 6,517,506 B1

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