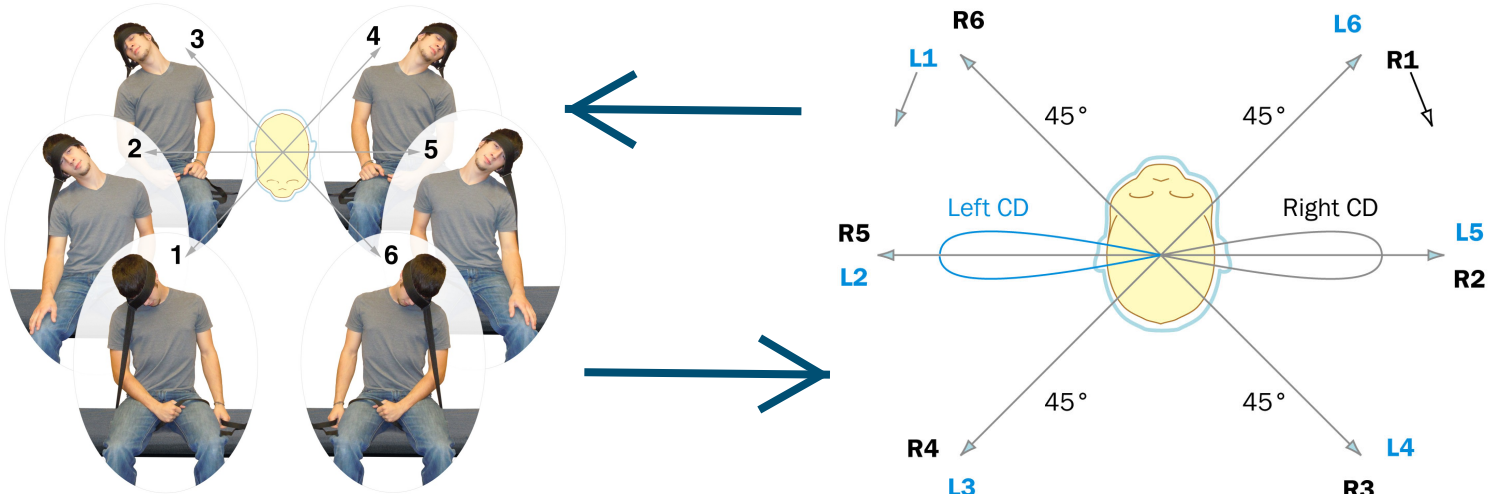


## 6-Way Cervical Dorsal Stretch Strap



1. Sit upright, place headband around forehead and start in position 1 or 6 by pulling the strap under the thigh slowly increasing tension. This pushes the head and entire spine into forward flexion. Your chin should be angled toward your chest pointing away from the strap, forehead pulling down and towards the strap. Hold up to 40 seconds.
2. Move the strap closer to your hips, under the thigh and make sure it is behind the shoulder. Slowly increase tension pulling the ear towards the shoulder into position 2 or 5. Hold up to 40 seconds.
3. Move the strap under your buttocks, behind your back and pull between the legs. Slowly increase tension, pulling spine into extension, moving the ear down and behind your shoulder into position 3 or 4. Hold up to 40 seconds.
4. Repeat step 3 on the opposite side.
5. Repeat step 2 on opposite side.
6. Repeat step 1 on opposite side.

**MAINTENANCE:** Pettibon System recommends replacing products as needed – especially if they are under continuous use. If wear is noticed, replace IMMEDIATELY. Clinic use: replace often for maximum benefits.

We recommend consulting with your physician before beginning use of this product. Stop use immediately if any pain is experienced. No part of this form may be reproduced in any form without written permission from The Pettibon System®. © 2016, 2021, The Pettibon System. The Pettibon System is a registered trademark. All rights reserved. (Rev. 2/2016 - FOR CTS-EN)

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