

SPINAL MOLDING

Spinal Molding allows you to be an active part of your improvement. It is designed to begin restoration of your spinal curves. It is the only exercise that you may perform even if you are in pain. Warming up prior to molding allows the fluid in your discs to cool to a hydrogel state and sets them up for the night in the curves that are necessary for spinal stability. Therefore, spinal molding relaxes the spine allowing you to enjoy a more restful and soon, pain free sleep.

While you are sleeping, the innate intelligence which runs our body slows down so it can use all of its energy to perform tissue cell regeneration. This process is continuous throughout life and is how the body heals itself. Innate intelligence does not heal sick cells, but replaces them with new ones. This is why we encourage healthy sleep patterns.

Eventually, your spinal molding will lead you to a healthier spine.

- Roll up a bath towel and place it in the center of your neck to allow for maximum extension. Your chin will be facing the ceiling and crown of your head on the floor or bed
- Keep your legs straight.
- If using a towel it is recommended that you lay on a hard service like the floor. If using a spinal molding cushion recommended below you may lay on a hard service or in your bed.
- Begin spinal molding only after you have warmed up with your stretches and it most effective when done at night before bed.
- NEVER FALL ASLEEP
- Start off with 10 minutes and work your way up to 20 minutes at each uninterrupted session.
- For maximum improvement molding should be done 3 x a week. If you would like to maintain healthy achievements molding and stretching should continue to remain a part of your daily routine.

Upper cervical



Lower cervical



Upper cervical with wedge



Lower cervical with wedge



Although the towel works just fine, if you would like to purchase a more professional molding wedge we sell the foam wedge (pictured above) for \$15.00.

Discontinue using and contact us if you experience any of the following while in session:
Dizziness, numbness, weakness, blurred vision, severe headache, or severe pain.

630-858-9780