

Spinal Molding Exercises

PART I: Spinal Molding restores spinal curves. This is an entirely passive exercise and the only exercise you may perform if you are in pain. Once the warm-ups are completed at night, lie on neck and low-back supports with chin facing the ceiling and crown of the head on the bed for only 20 uninterrupted minutes. *It is the only exercise performed in bed.* During the 20 minutes, the fluid in the discs, previously warmed, will cool to a hydro-gel 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 if needed.



PART II: Fulcrum Stretch replaces Spinal Molding when doctor orders. Start with three minutes using the lumbar fulcrum building up to 15 minutes. Replace with Low Back Support for the remaining 15 minutes until no longer needed. 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.

PART III & IV: Once Fulcrum Stretch is comfortable, doctor may order a one-inch or two-inch Lifter to be placed under the lumbar fulcrum. These Lifts will help restore the normal curvature of the spine in a more aggressive way. Doctor will also instruct you on Individualized Pettibon Fulcrum Exercises to increase your mobility & functions.

