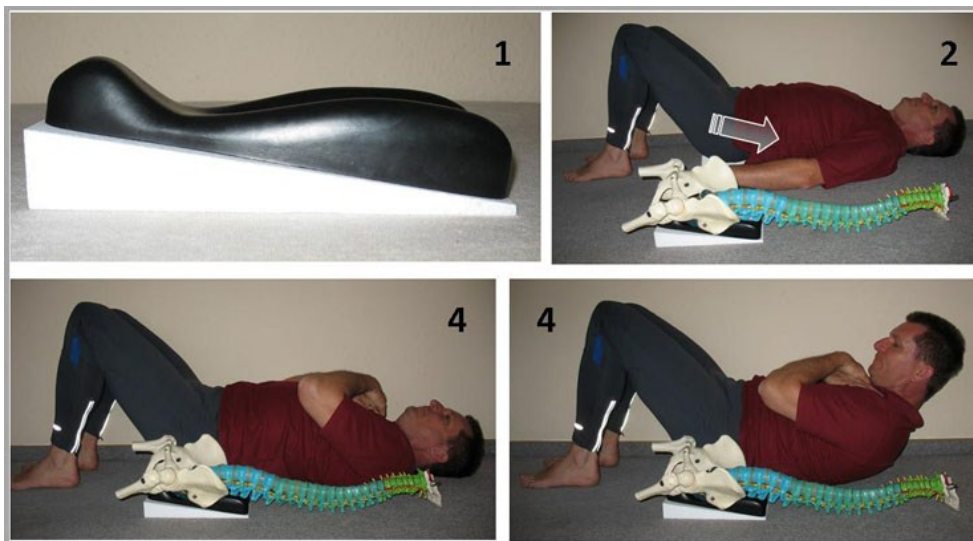


# Spynamics Sacro Aligner - Instructions - Spinal Decompression

It is advised to visit your physician prior to use the Spynamics Sacro Aligner as Back Pain may have other causes than Misalignments in the structural system.

1. Place the Spynamics Sacro Aligner onto the wedge with the head part elevated.
2. Lay onto the tool with the lower sacrum just touching the head of the tool.
3. Relax, breath normal and allow body weight to start decompression of the lumbar spine.
4. For additional decompression gentle crunches (elevating the chest) can be made.
5. Stay in this position for around 1 to 2 minutes.
6. Remove the wedge and reposition the sacrum onto the Spynamics Sacro Aligner.
7. Start with the normal routine (active movements) using the Spynamics Sacro Aligner following the instructions for a few minutes (~ 3min) before standing up slowly and carefully.



After the relaxing position with the decompression wedge the normal exercise routine can begin.

**Pictures show** positions and movements done with the Spynamics Sacro Aligner under the Sacrum but **without wedge!** » featured for quick reference only.

1. Up / Down from Hips
2. A little side to side
3. Rocking motions (feet - head)

**» If problems arise try to start with exercise No. 3, then No. 2, then No. 1**



» Note: Always stay relaxed and breathe normal . Do not exercise if it is too uncomfortable or causing pain!

Caution: At the end stand up slowly and careful to avoid dizziness!

Caution: During the first few days using this tool the body may show some adjustment reactions which can occasionally be a little unpleasant. This is usually a healing reaction and should be gone latest after one week.

If you are not sure about these reactions please consult your doctor first before you continue the exercises.