

Spynamics Sacro Aligner - Sacrum Alignment Instructions:

To use the Spynamics Sacro Aligner as Self Help Tool for the proper alignment of the sacrum simply lay onto it with the head of the Aligner just under the coccyx area and the two humps exactly left and right of the lower lumbar spine. Try to find the position that feels most correct and relax. Do 3 different movements for a total of 1-3 Minutes and approx. 15 seconds each single movement. Stay relaxed for a while before standing up slowly. Do this sequence as often as you can try minimum 2 x day.



Sacro Alignment Movements: Once in place start by making 3 different movements each for approx. 15 seconds and a total of 1 - 3 minutes and then simply rest and relax on the tool for up to 10 minutes (or less if uncomfortable). Do this as often as desired during the day (Min. 2 x day).

» You may start with any of the featured movements first however if you have trouble doing more active movements we recommend to start in the following sequence:

1. Move Hip (Pelvis) in a rocking motion downwards and upwards (towards feet and back towards head)



2. Move (rock) Hip (Pelvis) slightly left to right.

Do this for approx. 10-15 seconds

Do not tilt more than 30 degrees
(i.e. knees must not touch the floor!)

Do not hold your breath

Repeat the complete sequence 3 times best several times a day.



3. Move legs (from the hips) up and down.

Do this for approx. 10-15 seconds

It is possible with angled knees (easier) or stretched out legs (more difficult).

The movement amplitude can be around 30cm (1 foot) more or less as desired.

Repeat the complete sequence 3 times best several times a day.



» **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.

Caution: Do not use this tool in cases of recent accidents, severe osteoporosis, high fever, acute stroke, acute heart trouble cerebral hemorrhage, cerebral aneurysm, brain and spine tumors. If you suffer from any other serious health condition check with your physician or a professional health care provider first before using this tool!