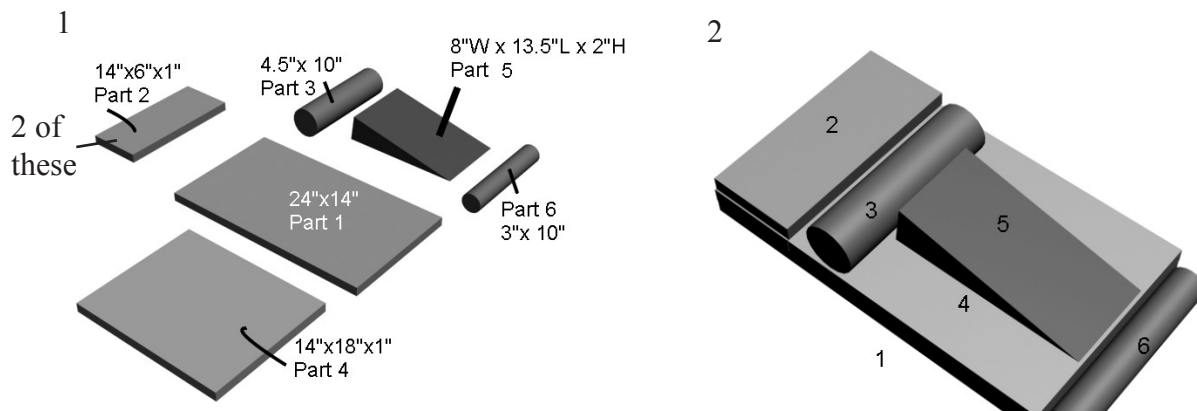


Posture Blocks™ Instructions

You have received one of the most dynamic methods of changing your posture, Posture Blocks. This system of foam pieces of different shapes and densities helps correct your Forward Head Posture by providing specific areas of “give” and other areas of resistance to the weight of your body and pull of Gravity. Just like a custom insert for your shoe, Posture Blocks require a break-in period. Because Posture Blocks actually causes certain muscles and joints to stretch, doing too much too soon can cause soreness. The break in period will greatly reduce this and help you get the maximum benefits from using Posture Blocks.



Your package should contain a total of 9 foam pieces, similar to picture #1. You received two cylinders, a 3” and a 4.5” diameter. The 3” is for youths and the 4.5” is for adults. You will never use both cylinders at the same time, except you may use part 6 as an extra low back cushion as shown in picture 2. When assembled Posture Blocks will look like picture #2.

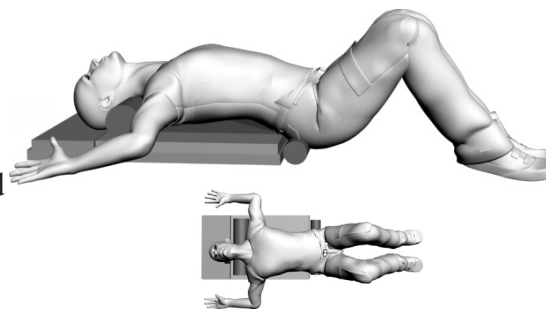
NOTE: Posture Blocks should always be used with the enclosed cushion cover. The cover is machine washable.



If you received your Posture Blocks from a health care professional you should have been given instructions regarding set-up of your Posture Blocks. Follow those instructions. Do not change the configuration of Posture Blocks until told by your health care professional.

If you did not receive any instructions, the following are some general guidelines for Posture Blocks use.

1. If an adult, start with all the foam cushions in place, except cushion #6. Use the 4.5” cylinder. Lay on the cushion as shown in picture on the right. Have the cylinder cradle the neck. If the back of the head is touching cushion 2a remove that cushion so cushion 2b is the topmost cushion. The idea is to let the weight of the head gently stretch the neck. You only want a gentle pull. If the head position is too uncomfortable replace one or more cushions #2.

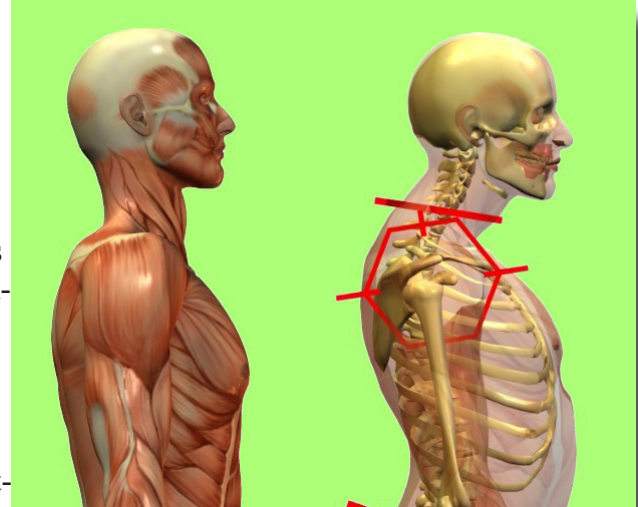


Make sure your arms are as close to the position as shown in the picture as possible. This may be very uncomfortable at first but over time will feel comfortable. Bring your knees up so that the bottom of your feet are flat on the floor. This flattens your low back. Unless directed otherwise by your health care professional, use Posture Blocks for 15-20 min. per day, every day. After two weeks of use you can use cushion #5, which will provide more stretching in the chest area. You can also remove additional cushion 2 pieces to allow more head drop. Continue to use Posture Blocks to counteract work and play activities that tend to place your body into Forward Head Posture.

Welcome to Posture Blocks™

The purpose of Posture Blocks is to help reduce the effects of Forward Head Posture on the muscles, tendons, ligaments and joints of the upper back. Holding bad posture for a long period of time causes muscles and joints to react in a very predictable manner. See the difference in the two pictures? The one on the near right shows normal neutral posture. The one on the far right shows Forward Head Posture.

Posture Blocks was specially designed and constructed to use your body weight, and the special shapes of the Posture Blocks to reverse the effects of FHP in the upper body.



Your posture developed gradually over a period of time. Don't try to change it overnight. Follow the instructions on the back side, or the instructions given by your health care professional.

The purpose of Posture Blocks is to move and stretch certain muscles and joints. You may experience some soreness after using Posture Blocks. That is normal. Posture Blocks puts your body into a reversed FHP position in an effort to nudge it to normal. You are not supposed to feel comfortable while using the cushion. It places you in an exaggerated position. However you do not want to experience pain during or after a Posture Blocks session. If you do experience significant soreness or pain, stop using Posture Blocks immediately and contact your health care professional for an adjustment of the blocks.

How long will you have to use Posture Blocks? Use PB until your posture from the side looks like the normal picture above. However, your work and play habits may mean that you continue to use PB to counteract the effects of those things. This can mean using PB for months or even years to stay the effects of Forward Head Posture

Questions or Comments?

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