

The Straight & Tall Posturepole

Purpose: To improve your posture and reduce tension in neck, jaw, shoulders and low back.



Who can do this: Almost anyone. With regular use these simple stretches may help re-align spinal joints, re-fresh muscles and ease the tension of a 'head-forward posture'- the most common and unsightly postural dysfunction.

The Posturepole can improve how you look and feel and assist your health professional's postural advice and care.

Starting Relaxation Position:



- Sit down on the Posturepole so it is lined up along the full length of your back.
- Gently lay along the Posturepole so your head is supported.
- Carefully tuck your chin in so your neck is lengthened.
- Let your shoulders relax and let your arms turn out so that your palms face the ceiling.
- Bend your knees and position your feet on the floor so you are comfortably balanced. Now slowly raise your bottom and spine off the pole and then gently lay back down, starting from your middle back – like laying down a string of pearls – so that your spine lengthens.
- Relax for 5-10 mins - breath quietly or practice a quiet meditation - repeat 1-2 times daily.



For More Stretch or for Bigger Adults:



- Start with your arms at your side, let the muscles stretch and relax and slowly raise your arms overhead so that the stretch is felt across the front of your chest.
- Hold for 20-30 seconds, return your arms to your side and repeat slowly 2-3 times.

For Balance & Core Stability Exercise:



- Start with the Relaxation Position. Gently raise one foot so that your lower leg becomes horizontal. Hold for 20 seconds while trying to remain still. Repeat 3 times for each leg.
- To make the exercise more challenging repeat the routine but this time hold both legs up, or both legs and one arm. As the routine becomes easier you might try balancing in the "dead bug" position with both arm and legs raised.

Making the most of your Posturepole:

- If your neck feels uncomfortable while lying on the pole check that your chin is correctly tucked in and that your head is comfortably supported.
- If you can't keep your chin tucked and your head tilts back too far - common in people who have a marked curve in their mid-back - place a small folded towel under your head.
- Place a soft towel over the Posturepole if you feel that it is too firm or uncomfortable on your tail bone or spine.
- If you are too tall or your tail bone feels sensitive, place a thick book on the floor at the end of the pole and rest your bottom on that and lay along the pole.
- Use of the Posturepole may reveal spinal areas that require attention so seek professional health care advice if you can't find a comfortable position or if you have any specific concerns about your posture.



Care of your Posturepole:

- For best results your Posturepole has been designed for use on a floor or very firm flat surface – is not suitable for use on beds, couches or sofas.
- With use the Posturepole may develop small dents along its surface – this is common and doesn't interfere with the pole's effectiveness.
- The Posturepole may gradually lose its shape and need replacement – how quickly this occurs depends upon the user's weight and how often and how carefully it is used.
- The Posturepole may be wiped clean with mild soap and water solution.

General Product Advice:

- While every care is made in the preparation of this product and advice for its use, the manufacturer can accept no responsibility for the consequences of any person using the product or following advice.
- Seek professional advice if you have any specific postural or health concerns.

