

Spynamics Spine Aligner Instructions - Head Positions:

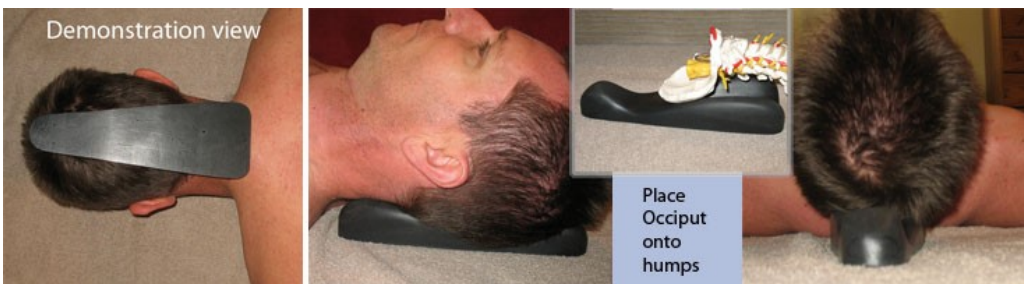
1. Acupressure Therapy on Bladder Meridian Point BL 10: (using the Spynamics Spine Aligner!)

Place the head with the occiput area onto the humps of the Spine Aligner. The tool can be placed pointing upwards (head) or downwards (feet). Simply try it out!



1. Acupressure Therapy on Bladder Meridian Point BL 10: (using the Spynamics Sacro Aligner!)

Simply rest the head onto the aligner with the occiput at the humps and the skull in the cradle (see photo). Stay there as long as you feel comfortable and we recommend a few minutes but not longer than 15 minutes to avoid discomfort.



2. Still Point Position:

The Spynamics Sacro or Spine Aligner provides suboccipital inhibition which produces a relaxation in the deep suboccipital muscles that are often the culprits in many cases of headaches and migraine.

To achieve this simply rest the head onto the aligner in-between the ears. Relax, breathe normal and stay there up to 10 minutes. Do this maximum twice daily. This is similar to a still point like in some cranio-sacral treatments.

This is also an excellent migraine therapy!



» **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!