

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.



Sacrum Alignment Positions



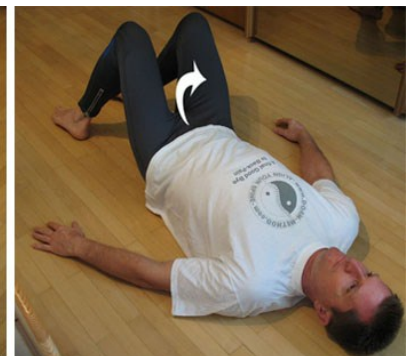
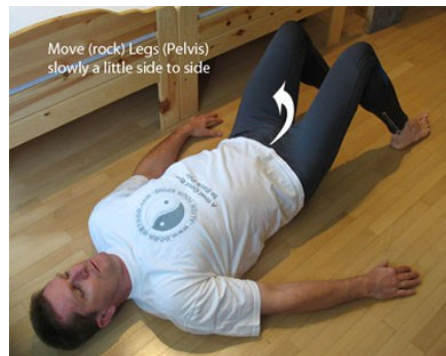
Sacrum Alignment Movements: Once in place start by making 3 different movements each for approx. 15 seconds and a total of 1 - 3 minutes and then simply rest and relax on the tool for up to 10 minutes (or less if uncomfortable). Do this as often as desired during the day (Min. 2 x day).

» 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:

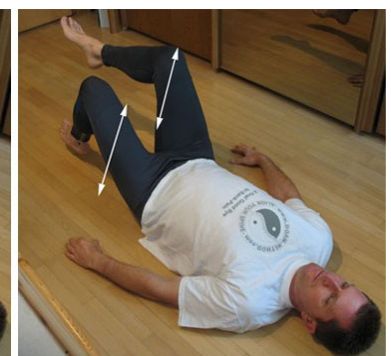
1. Move Hip (Pelvis) in a rocking motion down and up (towards feet and back towards head)



2. Move (rock) Hip (Pelvis) slightly left to right, do not tilt more than 30 degrees (i.e. knees must not touch the floor!)



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



» 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.