

Synamics Sacro Aligner - Instructions - Other Positions: Standing

As Alternative for the Sacrum and Spine positions in a laying position users who have difficulties with that may do the exercises in a standing position.

The aligner is positioned against the flat part of a door-frame and the body is leaning against the aligner so it is pressed against the frame and stable.

In the Sacrum position (same as the laying down position) the hands are pressed onto the other side of the door frame while swinging relaxed with one leg (« alternate the swinging leg)

» In the thoracic area lean backwards against the humps of the aligner while swinging with both arms alternate. (change positions along the spine!)



» 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.