

The Pettibon System™

Proven spine and posture correction

Soft Tissue Clinic Protocols & Home Care

Content Listing & Educational Objectives

- Principles of lordosis restoration
- Thoracic and lordotic rehabilitation
- Pre-examination preparation and stretching
- Post-mobilization proprioceptive exercises
- Pettibon Tendon Ligament Muscle Stimulator™ (PTLMS)
- Diaphragm pump and diaphragmatic breathing
- Spinal decompression
- Water and nutritional intake
- Spinal molding
- Fulcrum stretch
- Testing neck flexor strength; exercises for strengthening
- Psoas strengthening
- Cervical Lordosis Posture Strap
- Fulcrum stretch exercises
- Physiology of scar tissue formation
- Linked Exercise Trainer™
- Patient progression through phases of care

Soft Tissue Clinic Protocols & Home Care will enable participants to meet the following educational objectives:

- Identify the purpose of soft tissue rehabilitation protocols and equipment and apply them in the clinic.
- Prescribe home care exercises that help accelerate spine and posture correction.