

The Pettibon System™

Proven spine and posture correction

Clinic Protocols & Home Care

Content Listing & Educational Objectives

- Integrated spinal disc rehabilitation
- Application of The Pettibon Weighting System
- Mobilization procedures
- Use of instruments and rehabilitation equipment

Upon its completion, *Clinic Protocols & Home Care* will enable participants to identify:

- Procedures for testing: stress test, spirometer evaluation, cervical flexor muscle strength.
- The application of head, shoulder, and hip weights for The Pettibon Weighting System.
- Reasons for adequate hydration, essential minerals, whole-body vibration, and disc decompression.
- The use of the 6-Way Cervical-Dorsal Exercise Strap, Repetitive Cervical Traction™, and Wobble Chair™.
- The use of the Negative Z™.
- The use of the Multiple Digital Toggle Mobilization Instrument™ (MDT).
- The use of the Pettibon Tendon Ligament Muscle Stimulator™ (PTLMS) and Diaphragmatic Breathing
- The use of the DUD Thoracic Mobilizer™.
- Y-A and Y hand mobilizations.
- The application of #1, #2, and #3 mobilizations.
- The use of the Y-Traction Strap.
- Mobilization procedures for Posture #1, Posture #2, and Posture #3.
- The application of spinal molding.
- The fulcrum stretch.
- Fulcrum exercises.
- The use of the Linked Exercise Trainer™.