

# STRETCH

Our bodies were not designed for our modern lifestyle

Our physical evolution did not prepare us for long periods of sitting in unnatural positions. Most people do not maintain proper posture while using a computer, driving, watching television or during other daily activities.

To offset our modern lifestyle, we need to actively care for our postural muscles. The PostureMedic was created for this purpose. We cannot only rely on being conscious of our poor posture. Simply remembering periodically to sit up straight will not create lasting effects. When you stretch, strengthen and stabilize with the PostureMedic, the short and long term health benefits will become immediately apparent.

Poor posture arises for two main reasons:

**Tonic Muscles** - Your tonic muscles are responsible for holding your posture. They can constrict and tighten reducing your range of motion and ability to maintain correct posture.

**Phasic Muscles** - Your phasic muscles are used for dynamic movement. They can weaken and lengthen making you more prone to slouching.



## Stretch

Stretches your tonic muscles

# STRENGTHEN



Home



Office



Car

- Use & Wear Anywhere
- Immediate Results
- Suitable for All Ages
- Simple to Use
- Available in 4 Sizes & 2 Strengths

Just 10 minutes to Better Posture & Better Health



## Strengthen

Strengthens your phasic muscles

# STABILIZE

Every **BODY** Needs One

The Posture Medic is recommended for anyone over the age of 12, who sit or stand for long periods of their day. It can be used practically anywhere and by people with every level of physical ability.

User Manual includes instructions for stretch and strengthening exercises and a program that allows you to graduate to different levels.

The Original Strength PostureMedic is recommended for individuals with either inactive or mildly active lifestyles.

PLUS Strength is recommended for individuals with athletic lifestyles, or those individuals who are regularly engaged in sports and sports training.



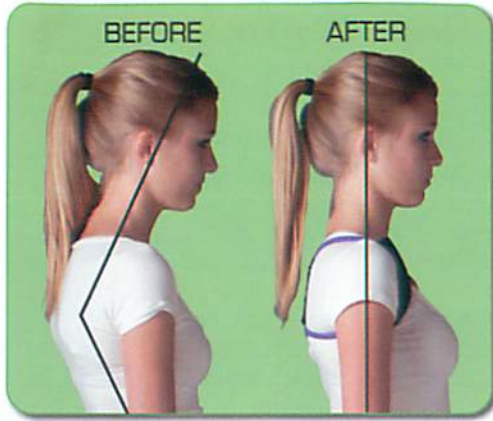
## Stabilize

Gently reminds you to make posture corrections.

Correcting your posture can dramatically effect your overall health and well being.

**Posture Medic™**  
One Simple Tool Does it All

**Posture Medic™**



Incorrect Posture causes more than just neck and back pain

Correcting your posture can:

- Increase blood flow to and from the heart
- Reduce blood pressure and increase circulation
- Improve breathing and diaphragm function
- Open throat and windpipe
- Reduce stress on lower and upper back
- Increase range of motion
- Reduce the liklihood of spinal conditions like herniated discs
- Reduce pressure to kidneys, stomach, colon & other organs
- Improve cerebrospinal (brain stem) fluid flow
- Reduce dizziness, headaches and "pins & needles"
- Reduce the risk of osteoporosis and other joint damage
- Improve nerve signals from the spine
- Promote proper growth development in children
- Reduce fatigue and positively impact sleep

ORIGINAL STRENGTH		PLUS STRENGTH	
LIGHT BLUE	X-Small	PURPLE	Small
RED	Small	BLUE	Medium
GREEN	Medium	SILVER	Large
YELLOW	Large	ORANGE	X-Large
BLACK	X-Large		

HEIGHT	WEIGHT																			
	70	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	250
4'6"	XS	XS	XS	XS	XS	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
4'8"	XS	XS	XS	XS	XS	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
4'10"	XS	XS	XS	XS	XS	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
4'11"	XS	XS	XS	XS	XS	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'0"	XS	XS	XS	XS	XS	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'1"	XS	XS	XS	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'2"	XS	XS	XS	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'3"	XS	XS	XS	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'4"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'5"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'6"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'7"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'8"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'9"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'10"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
5'11"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
6'0"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
6'1"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
6'2"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
6'3"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
6'4"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
6'5"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L
6'6"	S	S	S	S	S	S	S	M	M	M	L	L	L	L	L	L	L	L	L	L

[WWW.POSTUREMEDICUSA.COM](http://WWW.POSTUREMEDICUSA.COM)

A healthcare provider should be consulted before you begin any exercise or stretching regimen. Safety Precautions: The Posture Medic is not a toy. Keep away from children under the age of 12 years old. The Posture Medic is designed to be used ONLY as detailed in this instruction manual. Use of the Posture Medic in any other way is the sole liability of the user. The Posture Medic is not meant or designed to cure, treat, or heal any disease or illness.



Every  
**BODY**  
Needs  
One

**BETTER POSTURE.  
BETTER HEALTH.**