

PETTIBON FULCRUM EXERCISES

INTERMEDIATE DORSAL-LUMBAR EXERCISES USING THE LUMBAR FULCRUM & THE 1" LIFTER

These Exercises may be started once you are performing all of the fulcrum exercises in Part One without any problems, and at the recommendation of your Doctor.

USING THE PETTIBON LUMBAR FULCRUM, Perform one of each of the lumbar-dorsal (L-D) 1,2 & 3 exercises as part of your warm-up protocol. ADD THE 1" LIFTER BY PLACING IT DIRECTLY UNDER THE LUMBAR (L-D) FULCRUM. This may initially feel uncomfortable. Lay on the fulcrum, take a few deep breaths, and within minutes you will begin to relax over it. Perform 5 repetitions of each new exercise, get up to 10 within three days of adding each new exercise.

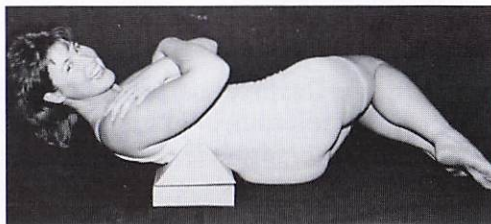
◆ EXERCISE FOUR (LD-4)

Starting Position:

1. Same as LD-3

Exercise:

1. Inhale & raise upper body 6" off of floor
2. Rotate head to right
3. Turn entire upper body to right
4. Turn knees to left
5. Exhale, relax to floor
6. Repeat, alternating to the left & right



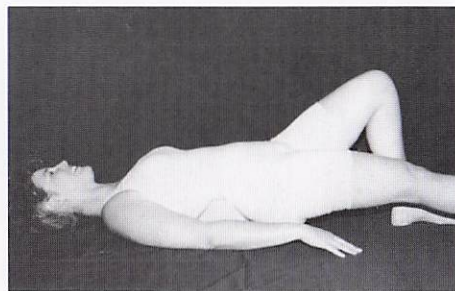
◆ EXERCISE FIVE (LD - 5)

Starting Position:

1. Same as LD-4, except arms are at sides or extended out for stability

Exercise:

1. Raise the right foot about 6" off floor
2. Straighten right leg & hold leg so that the right foot remains 6" from the floor.
3. Hold for a count of five
4. Alternate left & right until all repetitions are completed.



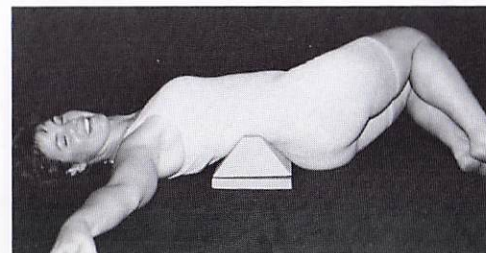
◆ EXERCISE SIX (LD - 6)

Starting Position:

1. Same as LD-5

Exercise:

1. Rotate head to the right
2. Bend Knees & legs to left
3. Using smooth, fluid motion, rotate head to left, knees & legs to the right
4. Alternate, without stopping until all repetitions are completed.



PETTIBON FULCRUM EXERCISES

BEGINNING CERVICAL-DORSAL EXERCISES USING CERVICAL-DORSAL FULCRUM

These Exercises start IMMEDIATELY following completion of all ten repetitions without exacerbation of the Lumbar (L-D) Fulcrum Exercises.

Place the Pettibon Cervical Dorsal Fulcrum (C-D) under your neck, with the slanted side facing AWAY from your body & the flat side against your shoulder. This fulcrum should be as far down on your neck as possible, forcing your chin & head backward. Place the Pettibon Lumbar Fulcrum under your low back as previously instructed.

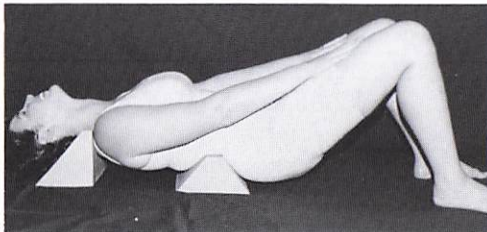
◆ EXERCISE ONE (CD - 1)

Starting Position:

1. Knees Bent, feet 16" apart
2. Hands on top of thighs

Exercise:

1. Force the head back over cervical (C-D) fulcrum, chin up, pushing back with arms and body as far as you can go.
2. Hold for a count of five
3. Return to resting position
4. Repeat



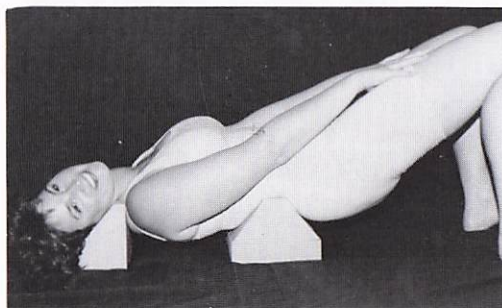
◆ EXERCISE TWO (CD - 2)

Starting Position:

1. Same as CD - 1

Exercise:

1. Force head backward & then turn to the right.
2. Hold for a count of five
3. Return to resting position
4. Force head backward and then turn to the left.
5. Hold for a count of five.
6. Return to resting position
7. Repeat exercise until all repetitions are completed.



◆ EXERCISE THREE (CD - 3)

Starting Position:

1. Same as CD-1

Exercise:

1. Force the head back over cervical (C-D) fulcrum, chin up, pushing back with arms and body as far as you can go.
2. Turn head to the right as if to touch the right ear.
3. Hold for a count of five.
4. Return to resting position
5. Force the head back over cervical (C-D) fulcrum, chin up, pushing back with arms and body as far as you can go.
6. Turn head to the left as if to touch the left ear.
7. Hold for a count of five.
8. Return to resting position
9. Repeat until all repetitions are completed.



PETTIBON FULCRUM EXERCISES

ADVANCED CERVICAL-DORSAL EXERCISES USING THE CERVICAL FULCRUM & 1" LIFTER

Perform one repetition of cervical (C-D) fulcrum exercises, 1, 2, 3, 4, & 5 as part of the warm-up protocol. Place 1" lifter under cervical (C-D) fulcrum, perform 5 repetitions increase to 10 within three days of adding each new exercise. REPORT any unusual soreness to your Doctor immediately. Starting Position remains the same as all previous exercises.

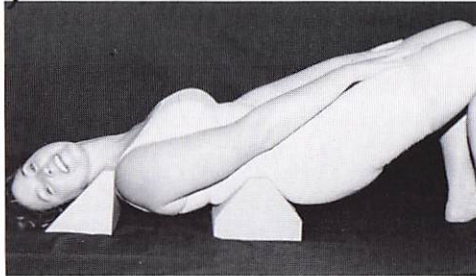
◆ EXERCISE SIX (CD - 6)

Starting Position:

1. Same as previous exercises.

Exercise:

1. With hands pressing on middle of thighs, raise the buttocks.
2. Rotate the head to the right and then to the left without stopping, with smooth, fluid motions. Each turn left to right is one repetition.



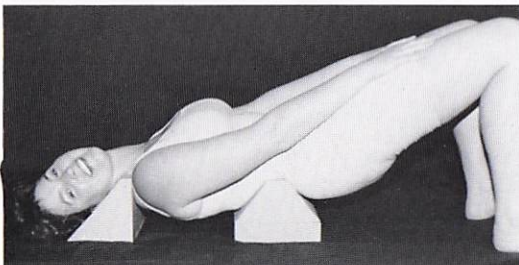
◆ EXERCISE SEVEN (CD - 7)

Starting Position:

1. Same as previous exercises

Exercise:

1. With hands pressing on middle of thighs, raise the buttocks
2. Turn the head to the left as if to touch the left ear to the left shoulder, then,
3. WITHOUT STOPPING, turn your head to the right as if to touch the right ear to the right shoulder. Each turn, left to right, is one repetition.



◆ EXERCISE EIGHT (CD - 8)

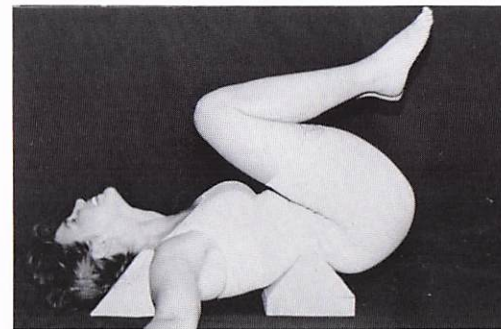
Starting Position:

1. Same as previous exercises

Exercise:

1. Lying over the fulcrum, with both hands on the floor.
2. Bend knees and then grasp with both hands.
3. Push head down toward floor over fulcrum while pulling knees to the chest.
4. Raise & rock the buttocks over the fulcrum. Lower the legs & repeat.

NOTE: Perform with hands on the floor, & then perform by grasping knees with both hands.



PETTIBON FULCRUM EXERCISES

INTERMEDIATE CERVICAL-DORSAL EXERCISES USING THE CERVICAL FULCRUM

Perform one repetition of cervical (C-D) fulcrum exercises, one, two, three, as part of the warm-up protocol. Perform 5 repetitions of each new exercise, get up to 10 within three days of adding each new exercise. REPORT any unusual problems to the Doctor immediately.

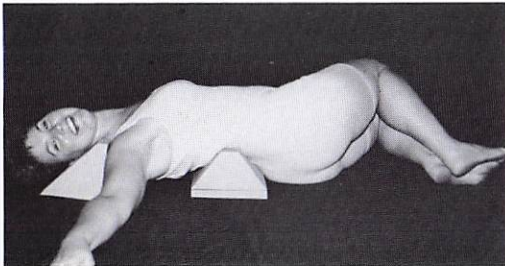
◆ EXERCISE FOUR (CD - 4)

Starting Position:

1. Same as C-D exercises 1-3

Exercise:

1. Rotate head to the right without bending or raising the neck.
2. Turn knees & legs to the left.
3. In smooth, fluid motion, turn head to the left, legs to the right, head to the right & legs to the left.



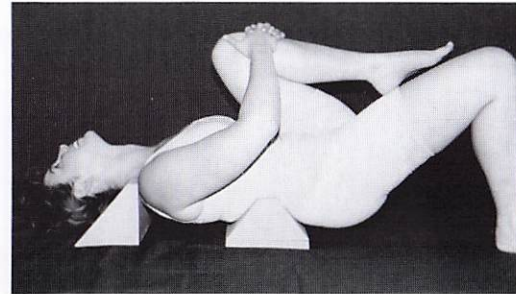
◆ EXERCISE FIVE (CD - 5)

Starting Position:

1. Same as C-D exercises 1-3

Exercise:

1. Lift right leg up, grasp right knee with both hands, fingers around knee.
2. Push head backward and toward floor over neck (C-D) fulcrum
3. Pull the right leg toward chest until buttock rises and rocks over low back (L-D) fulcrum. Repeat with left leg.



PETTIBON FULCRUM EXERCISES

ADVANCED LUMBAR USING LUMBAR FULCRUM & 2" LIFTER

Perform one each of low back (L-D) fulcrum exercises, 1,2,3,4,5,6, as part of the warm-up protocol.
ADD: 2" lifter to the lumbar fulcrum. Perform each exercise 5 repetitions, increase to 10 after 3 days.
REPORT any unusual problems to the Doctor immediately.

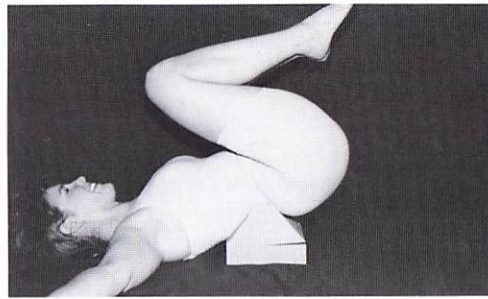
◆ **EXERCISE SEVEN (LD - 7)**

Starting Position:

1. Lumbar-Dorsal Fulcrum & 2" Lifter placed below rib cage
2. Arms at sides OR extended out for stability

Exercise:

1. Lift both legs off of floor
2. Bring knees to chest
3. DO NOT use arms to pull legs up. Hold for count of 5, lower the legs & repeat.



◆ **EXERCISE EIGHT (LD - 8)**

Starting Position:

1. Lumbar-Dorsal Fulcrum & 2" Lifter placed below rib cage
2. Arms crossed over chest

Exercise:

1. Rotate the head to right.
2. Rotate knees to left
3. Lift upper body 6" off floor and with smooth, fluid motion, move back & forth without stopping.



◆ **EXERCISE NINE (LD - 9)**

Starting Position:

1. Lie down with the L-D fulcrum placed in the midback area and the 2" lifter placed underneath the L-D fulcrum.

Exercise:

1. In this new position, rotate the head to right.
2. Rotate knees to left
3. Lift upper body 6" off floor and with smooth, fluid motion, move back & forth without stopping.
4. Move the fulcrum up the spine 2" & repeat the exercise.
5. Remove lifters, then move the fulcrum up the spine about 2" and repeat exercise.
6. Then move fulcrum up another 2" and repeat exercise. Continue moving fulcrum up about 2" at a time and repeating exercise until T4 area is reached (around top of the shoulder blades)

