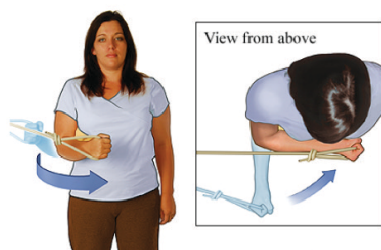
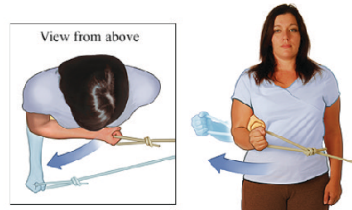


To change your posture: wear your BAX-U posture support corrector 2-6 hours per day for 6-12 weeks.



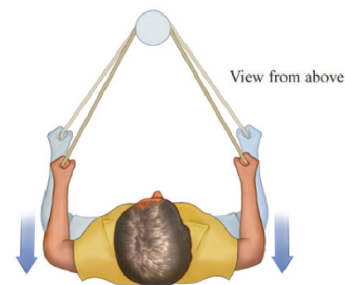
**TERESE MINOR,
INTERNAL ROTATION:**
3 sets of 10 perform 1-2x
per day for 4-12 weeks.

- Body comfortable up right
- If standing, knees relaxe and not locked
- Elbows at 90' angle next to the torso
- Secure the tension resistive band, at a stable anchor.
- Grab on one ends of resistive band.
- Contract your abdominal muscles. (squeeze in)
- Pull elbows inside toward your abdomen/ belly, as you far as comfortable (with no pain / strain)
- Hold for 1-3 seconds
- Release & Relax back to 90 degrees



**TERESE MINOR,
EXTERNAL ROTATION:**
3 sets of 10 perform 1-2x
per day for 4-12 weeks.

- Body comfortable up right
- If standing, knees relaxed and not locked
- Elbows at 90' angle next to the torso
- Place a Rolled Towel between your arm and torso
- Secure the tension resistive band, at a stable anchor.
- Grab on one ends of resistive band.
- Contract your abdominal muscles. (squeeze in)
- Pull elbows outward away from your body.
- DO NOT lift your elbow to increase your motion.
- Pull away as far (5-20' degrees) as comfortable.
- Hold for 1-3 seconds
- Release & Relax back to 90 degrees



**SCAPULAR EXERCISE
RETRACTION:**

3 sets of 10 perform 1-2x
per day for 4-12 weeks.

- Body comfortable up right
- If standing, knees relaxed and not locked
- Elbows at 90' angle next to the torso
- Secure the tension resistive band, at a stable anchor.
- Grab on both ends of resistive band.
- Contract your abdominal muscles. (squeeze in)
- Pull elbows back as you far as comfortable (no pain / strain)
- Hold for 1-3 seconds as you contract the muscles between shoulder-blades
- Release & Relax



To stabilize your posture correction: perform these exercises daily for 6-12 weeks.

Should you feel any discomfort or aggravation of pain stop and consult your health care practitioner.

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