

Spynamics Sacro Aligner - Spine Alignment Positions:

The Spynamics Sacro Aligner can also be used on different areas of the body to gently align and stretch other parts of the spinal column and to apply therapeutic pressure onto acupuncture points along the Bladder Meridian along the spine and along the back of the head.

Best to start at the lower positions and work your way upwards.

For the **lower position** place the head of the Aligner into the lumbar curve and the humps higher at the spine so you do not feel the head pressing uncomfortable onto the spinal column.

For the **higher position** place the head of the Aligner into the cervical (neck) curve and the humps lower at the spine so you do not feel the head pressing uncomfortable onto the spinal column.

» Only the humps part of the Aligner should press next to the center of the spine!

Spine Alignment Movements:

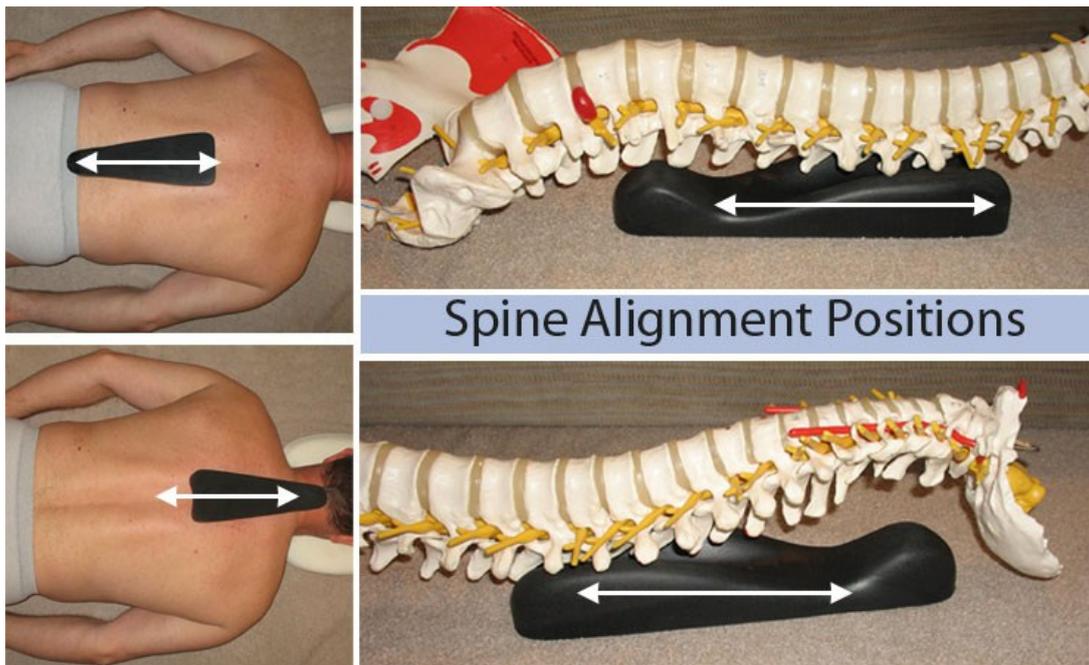
Stay in each position you choose for a few moments (15 seconds to 1 minute is recommended) and make some gentle but dynamic movements to achieve alignment.

These movements should be done with the arms coming from the shoulder like slowly boxing (pushing) upwards (towards the ceiling).

» **Caution:** This may be quite uncomfortable in the beginning because of the often existing tension in these areas.

Breathe normal and stay relaxed. Change positions to cover most of the spinal column step by step if desired.

These exercises are like a very firm Shiatsu Self Massage! This will help to mobilize and re-align the Facet joints of the spine, relax trigger points and strengthen the back muscles.



» Note: Always stay relaxed and breathe normal. Do not exercise if it is too uncomfortable or causing pain!

Caution: At the end stand up slowly and carefully to avoid dizziness!

Caution: During the first few days using this tool the body may show some adjustment reactions which can occasionally be a little unpleasant. This is usually a healing reaction and should be gone latest after one week.

If you are not sure about these reactions please consult your doctor first before you continue the exercises.