



Dr. Erin McLaughlin, B.Sc., D.C. | Dr. Pierre Paradis, B.Sc., D.C.

8-484 Hazeldean Road | Kanata, ON K2L 1V4 | hazeldeanchiropractic.com | T (613) 831-9665 | F (613) 831-1865

## **Your Corrective Spinal Exercise Program**

### **Weight Belt**

Prepared For: \_\_\_\_\_ Date: \_\_\_\_\_

- Place one of the ½ pound weights in the center pouch of the belt.
- Place the belt on your forehead with the fabric side against your skin. Draw the elastic strap tightly around your head and secure the Velcro closure.
- Wear the belt for just 5 minutes, while slowly walking, for the first exercise session.
- If no reaction (lasting soreness or pain or headache) is experienced, the weight, the time, and the speed of walking can be gradually increased.
- Add 1 bar per exercise session, and walk wearing the belt for 5 minutes.
- Add weight from the center pouches outward and as evenly from side to side as you can.
- When maximum weight is achieved (6 bars for women, 8 bars for men, children – your Chiropractor will determine the number of bars), start increasing your walking time from 5 minutes by adding a minute per day to a maximum of 15 minutes for each exercise session.

\*Please note\*

You are encouraged to walk while performing this rehabilitative treatment. This motion helps to increase the traction effect on the tight contracted soft tissues and strengthens weak postural muscles while reeducating your nervous system to your new improved posture.

### **Important**

The exercising of tight constricted tissues can cause some mild soreness after the exercise procedure. This feeling is normal and should not be confused with true pain and should not linger for more than a day or two after the belt session.

**CAUTION: DO NOT SHARE THESE INSTRUCTIONS WITH ANYONE. POSTURAL EXERCISES ARE VERY SPECIFIC AND ARE BASED ON YOUR OWN X-RAY AND POSTURAL FINDINGS. IF YOU FEEL PAIN, DIZZINESS, A LIGHT HEADED SENSATION, OR OTHER SYMPTOMS, DISCONTINUE THE EXERCISE AND INFORM YOUR CHIROPRACTOR**