

HOW DO WE KNOW IT WORKS?

Dr. Michael Bucknell developed the Posture Trainer and has documented his patients pre and post results through digital motion xray. "We have been testing the Posture Trainer in combination with head weights since early 2015 on our DMX". Some of these studies can be seen at Facebook.com/InnatelInnovations. "We always reevaluate the amount of weight the patient is using after patient adaptation by having them adjusted, walk around, then go through flexion and extension before capturing the adapted still images seen. The overwhelming majority of patients respond best as predicted to the combination of a Halo Posture head weight and Posture Trainer. In my view, this is because most other weight systems tend to force correction which may look impressive in still x-rays but can cause other long term complications due to the fact that the spine is not adapting but rather buckling."

"As both a corrective clinic and wellness clinic our objective is to enhance the spines function whereby these improvements can be viewed via x-ray as permanent. Regular use of the Posture Trainer and Halo Posture head weights have provided consistent results for our patients."

RECOMMENDED USE

The Posture Trainer should be worn for five to ten minutes daily for one week. If the wearer does not experience any unusual or immediate discomfort, daily use should be increased by ten minutes per week.

Ultimately, the wearer should be able to use the Posture Trainer for several hours of ADL (activities of daily living).

Should the wearer experience sudden or unusual pain during the course of use, immediately discontinue use of this product and seek immediate medical attention from a licensed Health Care Practitioner.

These instructions are provided for informational purposes only, and are not a substitute for professional medical advice, examination, diagnosis or treatment. Always seek the advice of your physician or other qualified health professional before using this device or starting any new treatment or making any changes to existing treatment.

Do not delay seeking or disregard medical advice based on these instructions. No health-related information provided herein is regulated or evaluated by the Food and Drug Administration and therefore the information should not be used to diagnose, treat, cure or prevent any disease without the supervision of a medical doctor or other qualified health professional. Not responsible for direct, indirect, incidental or consequential damages resulting from any defect, error or failure. Use at your own risk.

Additional Warnings:

This product is intended as a neck/upper thoracic training device for properly instructed individuals, please use only as directed.

If a user of this product experiences pain in the head, neck, and/or back area, this could be a sign of a more significant head, neck, and/or back problems and the product should no longer be used and the user should consult a Health Care Practitioner immediately.

Do not use while operating or riding in a motor vehicle or heavy equipment. Remove before driving. Remove before sleeping.

WARNING: CHOKING HAZARD; KEEP AWAY FROM CHILDREN AND PETS.

DO NOT MACHINE WASH OR DRY.

To Clean: Use a 50/50 mix of alcohol and water on foam cushion roll.

Under penalty of law, the manufacturers tag on product not to be removed.

Manufactured by:
Halo Products Inc.



MADE IN THE U.S.A.

POSTURE TRAINER™



The Posture Trainer was specifically designed to support the upper thoracic spine as well as promote improved curvature of the cervical spine. This product has proven to be safe, easy to use, affordable and most importantly, effective.

The Posture Trainer is recommended for patients who exhibit a combination of poor upper body (rolled shoulders) and forward head posture.

WHY THE POSTURE TRAINER?

While there are an array of posture improving products and exercises, the Posture Trainer is unique in that it provides dual support (upper back and neck) and incites active recruitment of the small twitch muscles which are responsible for retraining the larger postural muscles which support the spine. The unique design of the Posture Trainer allows the wearer to sit, walk, run or workout comfortably for extended periods of time.

INSTRUCTIONS FOR USE

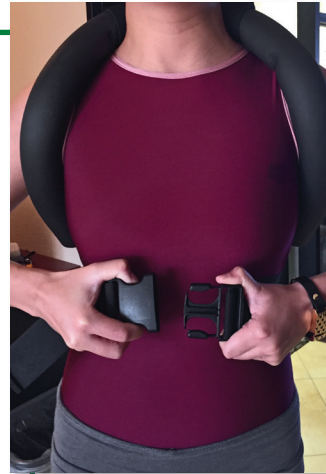
1. While holding the Posture Trainer in your hands, be sure that the "Halo Posture" logo located on the protective cover(which rests on the users neck) reads upside down.



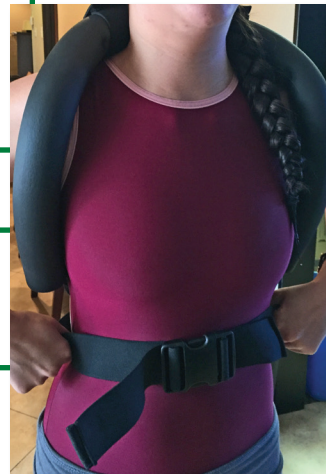
2. Proceed to put the Posture Trainer on as you would a backpack.



3. Once the Posture Trainer is on, look in a mirror to insure that the protective neck cover is centered on the back of your neck. Now locate the elastic waist straps and bring the buckle and insert clip around to the front of your waist. (female clip should be in your right hand and male clip in the left hand).



4. Proceed to insert the male clip into the female clip.



5. To insure a comfortable fit, be sure that the elastic waist straps(where fed through the silver ring) appear as in the photo.



6. Now proceed to adjust the Posture Trainer foam tubes which travel under the armpits so that they are snug.



7. Reach back with both hands and firmly grasp the elastic waist bands just below the silver ring and pull the elastic waist bands forward. Then adjust the tension of the waist bands by pulling on the ends of the waistbands.



For additional explanation, please view the Posture Trainer video at HaloPosture.com.

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