

## HOW TO USE THE HaloPosture™

- The HALO should be worn like a crown.
- Place Halo on to your head with the weighted chambers positioned over the forehead. (see picture below)
- The sleeve portion should slide comfortably on to your head.
- Maintain a neutral head position. (Do not elevate or lower your chin) You should feel immediate muscle stimulation in the back of your neck.
- Sit, stand or walk while wearing the Halo.
- Consult with your clinician for schedule of use.



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 training device for properly instructed adults only, please use only as directed.

If a user of this product experiences pain in the head, neck, and/or shoulder area, this could be a sign of a more significant head, neck, and/or shoulder problem 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.

This product contains carbon steel particles surrounded by nylon and geoprene. If broken or leaking contents, do not use - immediately dispose of properly. Never use as a pillow, necklace, flotation device, or toy. Not a life saving device. Not a flying toy; do not throw. Do not puncture or tear. Keep away from fire or flames. Do not use in microwave oven.

DO NOT MACHINE WASH OR DRY.

DO NOT SUBMERGE IN WATER.

To Clean: Gently hand wash the sleeve portion of the HALO in mild soapy warm water.

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

Patent(s) Pending.

Manufactured by:  
Halo Products Inc.



MADE IN THE U.S.A.

# HALO POSTURE™ POSTURE.com



**DO YOUR PATIENTS  
SUFFER FROM FORWARD  
HEAD POSTURE?**

*A clinically-proven, effective  
product for correcting  
Forward Head Posture,  
restoring the normal  
cervical curve, and rehabilitating  
weak or injured cervical muscles.*

### Research & References

- 1) Andry, *Orthopaedia*, 1:88-119.
- 2) Lennon et al: Postural and respiratory Modulation of Auto-nomic Function, Pain and Health, *American Journal of Pain Management*, Vol. 4, No. 1, Jan. 1994, pp 36-39.
- 3) Woggon et al: Improvement of Cervical Lordosis and Reduction of Forward Head Posture with Anterior Head Weighting and Proprioceptive Balancing Protocols, *JVSR*, 2003, Jan. Vol. 5, #1 Issue.

## HOW DOES IT WORK?

The concept of using weights to correct imbalances in posture was first described by Nicolas Andry, the father of orthopaedics, in 1741.<sup>1</sup>

When the HaloPosture™ is worn, the body reacts to the weight by shifting its center of mass in the opposite direction, to compensate for the increased load.



The nervous system of the body adapts in time and need to its environment. When a weight is placed on the body in the appropriate manner, and worn for a period of time, the body will adapt to this new position and gradually develop a permanent, healthier, and more balanced position. This reduces stress and strain upon the muscles and can also help low back pain.<sup>2</sup>



## WHY IS THE HaloPosture™ SUPERIOR TO SIMILAR PRODUCTS ON THE MARKET?

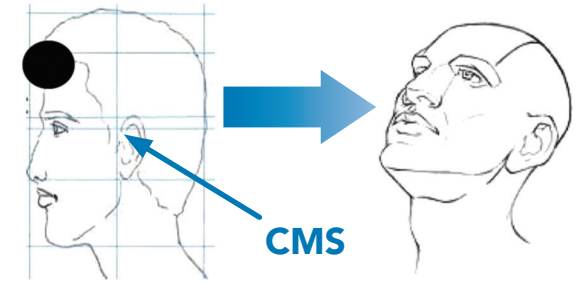
**SAFETY & COMFORT**— The HaloPosture™ is made with a material known as Geoprene, which is soft, elastic, and completely non-toxic. Artificial or synthetic fibers can be irritating or harmful. Doctors have observed that patient compliance with spinal weighting protocols increases dramatically when the HaloPosture™ is recommended over other head-weights that are less comfortable and use non-natural materials.

**DURABILITY**— Geoprene is more than twice as durable as its synthetic cousin, neoprene, and will outperform any other cloth material on the market.

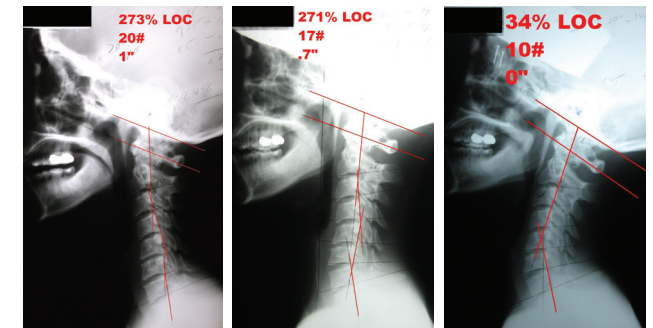
**EARTH-FRIENDLY**— Neoprene is made with petroleum chemicals and byproducts. In comparison, Geoprene is an organic compound made from lime-stone whose molecular structure is 99.7 percent calcium carbonate. This means biodegradable materials and a healthier future for our children.

**BACKED BY RESEARCH** — Dr. Dennis Woggon, the founder of the CLEAR Scoliosis Institute, has conducted numerous clinical trials and published research verifying the benefits of headweighting.<sup>3</sup> His research continues to be incorporated into new designs of the HaloPosture, continually improving its effectiveness. The x-rays and diagrams on the adjacent page demonstrate how the HaloPosture™ out-performs the competition.

For additional information and videos, please visit [www.HaloPosture.com](http://www.HaloPosture.com).



The positioning of the weights can dramatically affect the results of spinal weighting. A weight positioned too high over the center mass of the skull (CMS) will create a "tipping" effect rather than a pure translation.



These x-rays are evidence of the effectiveness of the HaloPosture design. A patient with a 273% loss of curve (LOC), 20 lbs. apparent head weight (AHW), and 1" of Forward Head Posture (FHP) experiences a 2% improvement in LOC and a 30% reduction in AHW and FHP with a different product. In the same patient, the HaloPosture achieves a 239% improvement in LOC and a 100% correction of FHP.

# HALO POSTURE.com

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