

## HaloPosture Instructions:

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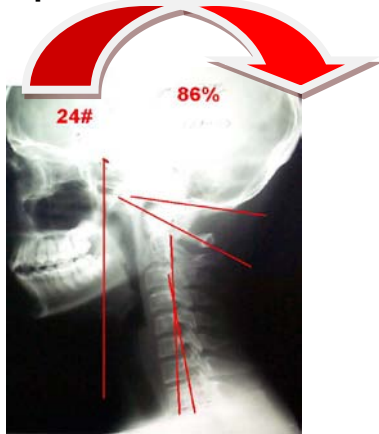
The HaloPosture is effective in reducing forward head posture and improving the cervical Lordosis. It is classified as both exercise therapy and neuro-muscular re-education (NMR).

The anterior weighting activates the cervical extensor muscles and then rebalances with the eye righting reflex, which then activates the cervical flexor muscles. The upright or inverted position of the HaloPosture can also have a positive effect on the position of the occiput and the atlas in the lateral dimension.

In the normal or upright position, the weight is above the center of mass of the skull, which will cause a rotational motion. This is effective with a superior occiput.

When the HaloPosture is in an inverted or upside down position, it will be even with the center mass of the skull and cause posterior translation. This is effective with an inferior occiput.

### Superior occiput - Normal upright position



### Inferior Occiput - Inverted or upside down position



**Note: If the patient doesn't have x-rays and has suboccipital pressure, invert the HaloPosture.**