



Our head weights are made with a material known as **Geoprene** rubber. Unlike Neoprene, Geoprene is a non petro chemical based product made from limestone whose organic structure is 99.7 percent calcium carbonate. The benefits of Geoprene are numerous from both a health and performance standpoint. Most notably, Geoprene disburse no toxic chemicals into the skin through absorption. As for performance, the manufacturer of Geoprene (Yamamoto Corp.) claims that Geoprene will last almost twice as long as Neoprene. Additionally, Geoprene is considered a green product (ecologically safe for the environment).

All of our products come with a 60-day full money back guarantee. Halo Posture is hand made in the USA.

**To View our Products,
Please Visit our Website.**

**HALO
POSTURE™
.com**

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**HALO
POSTURE™
.com**



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

Halo Posture head weights were designed for the primary purpose of providing health care professionals and their patients with a comfortable, easy to use and cost effective product that focuses on the correction of forward head posture while restoring normal cervical lordosis.

Patients who have experienced whiplash and other soft tissue trauma to the cervical spine can benefit from use of the Halo Posture as a tool for rehabilitating weak or injured muscles and restoring the cervical lordosis.

In this pamphlet, we have included some of the most commonly asked questions from health care professionals. We welcome any additional questions you may have.

Q. What weight sizes are available?

- A. Halo Posture head weights come in five standard weights ranging from 1-5 lbs. The 1 lb Posture is designed for children and those adults who find 2 lbs of initial weight uncomfortable. Head weights 2 through 5 lbs have the ability to attach a 1 or 2 lb soft weight to the top of the tubular portion of the head band. The attachable weight design allows the doctor to start their patient at a lower weight and gradually increase the weight (if desired) as muscle strength improves. It is also cost effective for the patient as they avoid the cost of purchasing a second head weight.

Q. What is the recommended weight size a patient should use?

- A. The most commonly used weight is 2 and 4 pounds.

Perform a simple stress test on the patient starting with 2 lbs of head weight. Increase the weight to 4 lbs and measure the degrees of reduced FHP from both head weights. This will give you an indication of which head weight the patient responds best to.

It is always recommended to start with a lighter head weight. Heavier weight is not always better. Use the lightest head weight that creates the most reduction in FHP.

Q. How long should the patient be expected to wear the head weights?

- A. Although results vary from patient to patient, most health care professionals agree that to achieve maximum long-term results, a patient should wear the head weights daily for a minimum of 20 minutes for 60 to 90 days. Activities such as walking, using a treadmill, exercise ball or vibration board will initiate proprioception and accelerate stimulation of the righting re-

flexes. It is important to stress to the patient that continued use (once or twice a week) of the Halo Posture is important to maintain the results they achieve after 60-90 days.

Q. Are these head weights effective when addressing Lateral Translation or Tilt?

- A. They can be effective for Tilt. Simply turn the head weight emphasizing more weight to the side of the head with Tilt and visually establish whether Tilt has improved.

Q. Do the Halo Posture head weights adjust for varying head sizes?

- A. Yes. All the Halo Posture head weights (except the 1 lb Posture) have two velcro adjustable straps to accommodate all head sizes. The 1 lb Posture has one adjustable strap.

Q. Are the head weights and its protocol billable to insurance?

- A. Yes. Please contact us at 888-884-4256 and we will provide you with the billing codes.

Q. How can I learn more about head weighting protocol?

- A. Please visit our website, www.HaloPosture.com to obtain general user information or contact us at contact@HaloPosture.com.



MADE IN THE U.S.A.

www.haloposture.com