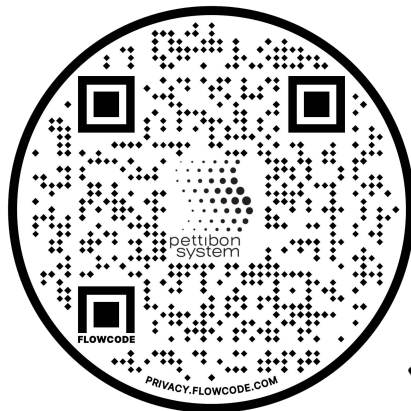




Scan the QR code to follow along with the step by step video

When you can comfortably lie on the Low Back Fulcrum and Cervical Dorsal Fulcrum for 20 minutes twice a day, you are ready to progress to the Advanced Low Back Support also known as the Lumbo-Dorsal Fulcrum.

Advanced Spinal Molding:



Like the beginner spinal molding exercises you will want to place the Cervical Dorsal Fulcrum under your neck and lift your hips to slide the Advanced Low Back fulcrum under your low back. The apex of the fulcrum should be placed at the base of your rib cage.

If you can't comfortably tolerate the advanced stretch for the full 20 minutes, lift your hips and swap back to the Low Back Fulcrum to continue for the remainder of the 20 minutes.

If you would like an even more intense stretch, you can try turning the Cervical Dorsal Fulcrum so your neck is laying over the edge without the notch, still making sure it is flat against your shoulders.

Again, if you can't comfortably tolerate the advanced stretch, turn the fulcrum back to the notched side and continue for the remainder of the 20 minutes. Lifters are also available to increase intensity.

Spinal Molding with Fulcrums

Spinal molding helps to restore your spinal curves, it is a passive activity done by laying on the Pettibon System fulcrums. Here is how to get started at home.

Beginner Spinal Molding:

1. To begin, ensure your muscles are warmed up. Pettibon System recommends following the Wobble Chair Warm ups which can be done with or without the Wobble Chair.
2. Lay on your back on a flat surface such as the floor or bed.
3. Lift your head and place the Cervical Dorsal Fulcrum with the flat side against your shoulders and the notch supporting your neck. Scoop the fulcrum tight against your shoulders so your head is extended over the fulcrum.
4. Once the Cervical Dorsal Fulcrum is positioned correctly, bend your knees and lift your hips to slide the Low Back Fulcrum under you. The rounded portion of the fulcrum should be placed near the base of your rib cage with the flat portion under your low back.
5. You can lay with your arms at your side or cross them over your chest to release your shoulder blades.
6. When you first begin, lay on the fulcrums as long as you can tolerate. Work incrementally towards 20 minutes per session.

If you are struggling with beginner spinal molding, you may want to try our Mini Cervical Dorsal or Mini Low Back support.



Fulcrum Exercises

Before performing any fulcrum exercises, make sure that you are warmed up.

Start with 5 repetitions of each exercise, work your way up to 10, when you can perform 10 repetitions of each exercise comfortably you are ready to move to the intermediate exercises.

Beginner Low back Fulcrum Exercises:

Lay on your back, lift your hips and place the Advanced Low Back Fulcrum (Lumbo-Dorsal Fulcrum) under your low back, the apex of the fulcrum should be placed just below your last rib.

If you find the Advanced Low Back Fulcrum too intense, these exercises can also be done with the Low Back Fulcrum or the Mini Low Back Fulcrum.

EXERCISE ONE (LB-1)



1. Start with your arms at your sides or extended out for stability.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Bring your left knee up towards your chest without using your hands and hold for count of 5.
4. Return to the starting position, and repeat the exercise with your right knee.
5. Hold for a count of 5.
6. Complete 5-10 repetitions.

EXERCISE TWO (LB-2)



1. Start with your arms at your sides or extended out for stability.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Externally rotate your hip pointing your right knee out away from your right side. Your right heel should be level with your left ankle, keep your left knee bent with your left foot on the ground.
4. Bring your right knee back to the starting position.
5. Repeat the exercise with your left leg.
6. Complete 5-10 repetitions.

EXERCISE THREE (LB-3)



1. Fold your arms across your chest.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Take a deep breath in and pull the upper body about 6" off the floor in a crunch position. Hold for a count of 5.
4. Exhale and lower back to the ground.
5. Complete 5-10 repetitions.

When exercises are complete, roll to one side to remove the fulcrum, do not sit straight up. You may experience rib soreness and some muscle reaction after performing the exercises.

Beginner Cervical Fulcrum Exercises:

Lay on your back, lift your head and place the Cervical–Dorsal Fulcrum under your neck with the flat portion against your shoulders and the slanted side facing away from your body. With a scooping motion pull the fulcrum as close to your shoulders as possible. Allow your head to fall over the fulcrum with your chin up. This is considered the neutral position.

Place the Advanced Low Back Fulcrum (Lumbo–Dorsal) under your back.

If the Cervical Dorsal Fulcrum or Advanced Low Back Fulcrum is uncomfortable or too intense, you can use the mini options.

EXERCISE ONE (CD-1)

1. Place your arms at your sides with your hands on your thighs.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Push your head toward the ground with your chin up, you can increase the stretch by straightening your arms and pressing on your thighs.
4. Hold for a count of 5 then return to the neutral position.
5. Complete 5–10 repetitions of exercise.



EXERCISE TWO (CD-2)

1. Place your arms at your sides with your hands on your thighs.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Turn your head to the right while pushing your head back over the fulcrum. You can increase the stretch by straightening your arms and pressing on your thighs.
4. Hold for a count of 5, then return to a neutral position.
5. Repeat on your left side.
6. Complete 5–10 repetitions of exercise.



EXERCISE THREE (CD-3)

1. Place your arms at your sides with your hands on your thighs.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Tip your head as if touching your right ear to your right shoulder, continue pushing your head back over the fulcrum.
4. You can increase the stretch by straightening your arms and pressing on your thighs.
5. Hold for a count of 5, then return to a neutral position.
6. Repeat on your left side.
7. Complete 5–10 repetitions of exercise.



When you can perform 10 repetitions of each exercise comfortably you are ready to move to the intermediate exercises.

Intermediate Low Back Fulcrum Exercises:

When progressing to the intermediate fulcrum exercises, use the beginning low back and cervical exercises as your warm up.

Lay on your back, lift your hips and place the Advanced Low Back Fulcrum (Lumbo-Dorsal Fulcrum) under your low back, the apex of the fulcrum should be placed just below your last rib.

When you are ready to progress add a 1" Lifter under the Low Back Fulcrum. These exercises can also be done with the Low Back Fulcrum or the mini low back fulcrum with the 1" Lifter if you find the Advanced low back fulcrum and 1" Lifter too intense.



EXERCISE FOUR (LB-4)

1. Fold your arms across your chest.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Take a deep breath in and pull your upper body off the floor up to 6" in a crunch position. Hold for a count of 5.
4. Exhale and twist your upper body and head to the right, bring your left elbow toward the right side of your body.
5. Rotate knees toward the left, come to neutral position and exhale.
6. Repeat on your left side.
7. Complete 5-10 repetitions of this exercise.



EXERCISE FIVE (LB-5)

1. Start with your arms at your sides or extended out for stability.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Turn your head to the right, straighten your right leg raising your foot about 6" off floor, hold for a count of 5.
4. Bring your knee back into a bend with your foot flat on the ground.
5. Repeat on your left side.
6. Complete 5-10 repetitions of this exercise.



EXERCISE SIX (LB-6)

1. Start with your arms at your sides or extended out for stability.
2. Bend your knees, keep your feet flat on the floor and about hip width apart.
3. Turn your head to the right, and allow your knees to gently fall to your left side.
4. Repeat on your opposite side.
5. Complete 5-10 repetitions of this exercise.

Intermediate Cervical Fulcrum Exercises:

Lay on your back, lift your head and place the Cervical–Dorsal Fulcrum under your neck with the flat portion against your shoulders and the slanted side facing away from your body. With a scooping motion pull the fulcrum as close to your shoulders as possible. Allow your head to fall over the fulcrum with your chin up. This is considered the neutral position.

Lay on your back, lift your hips and place the Advanced Low Back Fulcrum (Lumbo–Dorsal Fulcrum) under your low back, the apex of the fulcrum should be placed just below your last rib.

When you are ready to progress add a 1" Lifter under the Low Back Fulcrum and Cervical Dorsal Fulcrum. These exercises can also be done with the Low Back Fulcrum or the mini low back fulcrum with the 1" Lifter if you find the Advanced low back fulcrum and 1" Lifter too intense.

EXERCISE FOUR (CD-4)

1. Start with your arms at your sides or extended out for stability.
2. Bend your knees, keep your feet flat on the floor about hip width apart.
3. Gently turn your head to the right without bending or raising the neck.
4. Let your knees drop over to the left side of your body.
5. Gently turn your head to the left and let your knees drop to the right side of your body.
6. Repeat 5–10 repetitions of this exercise.



EXERCISE FIVE (CD-5)

1. Start with your arms at your sides.
2. Bend your knees, keep your feet flat on the floor about hip width apart.
3. Lift and pull your right knee with both hands in toward your chest.
4. Push your head back toward the floor over the fulcrum.
5. Increase the stretch by pulling your knee in until the buttocks lift off the ground.
6. Repeat on your left side.
7. Repeat 5–10 repetitions of this exercise.



Advanced Low Back Fulcrum Exercises:

Lay on your back, lift your hips and place the Advanced Low Back Fulcrum (Lumbo-Dorsal Fulcrum) with the 2" Lifter under your low back. The apex of the fulcrum should be placed just below your last rib.

If you find the Advanced low back fulcrum with the 2" Lifter too intense, remove the lifter, these exercises can also be done with the Low Back Fulcrum or the Mini Low Back Fulcrum . If you are ready to progress add a lifter under the Low Back Fulcrum.



EXERCISE SEVEN (LB-7)

1. Start with your arms at your sides or extended out for stability.
2. Bend your knees, keep your feet flat on the floor about hip width apart.
3. Lift your feet off the floor and bring your knees to your chest.
4. Hold for a count of 5, then slowly lower your feet to the ground.
5. Repeat 5-10 repetitions of this exercise.



EXERCISE EIGHT (LB-8)

1. Fold your arms across your chest.
2. Bend your knees, keep your feet flat on the floor about hip width apart.
3. Take a deep breath in and pull the upper body off the floor up to 6" in a crunch position. Hold for a count of 5 and exhale.
4. Twist your upper body and turn your head to the right, bring your left elbow toward your right side and drop your knees to the left.
5. Alternate sides, and move the Low Back Fulcrum and lifter 2" up spine.
6. Continue moving the fulcrum up your spine until it is near the top of shoulder blades.
7. Repeat 5-10 repetitions.

Advanced Cervical Fulcrum Exercises:

Lay on your back, lift your head and place the Cervical–Dorsal Fulcrum and 1" Lifter under your neck with the flat portion against your shoulders and the slanted side facing away from your body. With a scooping motion pull the fulcrums as close to your shoulders as possible. Allow your head to fall over the fulcrum with your chin up. This is considered the neutral position.

Lay on your back, lift your hips and place the Advanced Low Back Fulcrum (Lumbo–Dorsal Fulcrum) with 2" Lifter under your low back, the apex of the fulcrum should be placed just below your last rib.

EXERCISE SIX (CD–6)

1. Place your arms at your sides with your hands on your thighs
2. Bend your knees, keep your feet flat on the floor about hip width apart.
3. Press your hands into your thighs and raise your buttocks off the ground into a bridge position.
4. Turn your head to the right and then to the left.
5. Repeat for 5–10 repetitions.



EXERCISE SEVEN (CD–7)

1. Place your arms at your sides with your hands on your thighs
2. Bend your knees, keep your feet flat on the floor about hip width apart.
3. Press your hands into your thighs and raise your buttocks off the ground into a bridge position.
4. Tip your head as if touching your right ear to your right shoulder, continue pushing your head back over the fulcrum.
5. Hold for a count of 5, then return to a neutral position.
6. Repeat on your left side.
7. Complete 5–10 repetitions of exercise.



EXERCISE EIGHT (CD–8)

1. Start with your arms at your sides or extended out for stability.
2. Bend your knees, with your feet flat on the floor about hip width apart.
3. Lift your feet up off the floor pulling your knees to your chest with your hands.
4. Push your head back over the Cervical Fulcrum, while gently rocking side to side.
5. Hold for a count of 5, then slowly lower your feet down.
6. Repeat 5–10 repetitions of this exercise.



MAINTENANCE: Pettibon System recommends replacing products as needed – especially if they are under continuous use. If wear is noticed, replace IMMEDIATELY. Clinic use: replace often for maximum benefits.

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