

## THORACIC SPINE REHABILITATIVE GUIDELINES TRACTION WEDGE PROTOCOL

Congratulations, you are now well on your way to making the desired changes to your spine and nervous system. The wedge has been specifically designed to be used in conjunction with your spinal corrective care plan to help restore normal Thoracic (upper back) posture.

### How to use the wedge:

1. Find a firm surface to use the wedge i.e. your bedroom floor. (Not your bed/couch)
2. Sit up and place the wedge in the middle of your upper back. This position is dependent on the shape of your spine, so please ask your Align Chiropractor if you are unsure of where to position it.
4. Lie back gently on the wedge. This may be difficult at first, if it is, a rolled-up towel can be used as an alternative.
5. Relax in this position.
6. When your time is up you should gently roll over onto your side before sitting up.



You may experience some discomfort during this exercise, however you **should not** experience any major dizziness, pain, pins and needles or nausea. If you are unsure please speak to your practitioner.





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**Recommended frequency of use:**

- 1. Start by using the wedge for 30 Seconds.** Increase by increments of 30 seconds, until you can comfortably tolerate 2min (Within the first week).
- 2. Increase the time at your body's tolerance after the first week.**
- 3. Use the Thoracic Traction Wedge at least 5 days per week**
- 4. The goal is to spend 20 minutes of sustained traction per day.** Speak to your Align Chiropractor should you require any more information.

