

CTExerciser

General Instructions

It is extremely important that practitioners and patients understand the need to exercise throughout the day! Using the CTExerciser a couple of times a week will not provide maximum benefits.

In addition to using your CTExerciser and CTFlexer, we recommend 30/30 breaks:

This entails working for 30 minutes, and taking a 30 second break. During this break, you may stand up and stretch, get a drink of water, or use the restroom etc. It is not important what you do, just as long as you BREAK from the project you were working on.

Throughout the day rotate your breaks. For example, use the CTExerciser for one break, the CTFlexer for the next, then any 30/30 break. Make sure you use the CTExerciser and CTFlexer several times per day, and take 30/30 breaks throughout the day!

**If you have a more severe case, you may not be able to do the 'Extended Protocol' at first...so begin with the 'Tucked Protocol'.*