

Frequency of PostureJac Use

By

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The PostureJac is a “4 in 1” portable exercise device. By this I mean that it can be used to achieve the following 4 effects:

1. Stretch shortened muscles/mobilize stiff spinal joints.
2. Strengthen weak and inactive postural support muscles.
3. Normalize faulty sensory awareness of body posture.
4. Eradicate painful myofascial trigger points.

Regarding the question of exercise frequency, the answer must be given within the context of the aforementioned effects.

1. Stretch shortened muscles/mobilize stiff spinal joints.

For this purpose it is suggested that the user stretch and self-mobilize at least 6 times per day. However, it suggested that the user ramp up to this frequency over a period of 2 weeks (eg. 2 x per day for the first week, 4 x per day for the second week and 6 x a day by week 3). Otherwise unnecessary muscle soreness may be experienced. Stretching/self-mobilizing exercises should be performed 3 x and held up to 30 seconds. **Be careful never to stretch into pain and review medical contraindications covered on the website and in the exercise brochure before commencing exercise with the PostureJac.**

2. Strengthen weak and inactive postural support muscles.

Strengthening exercises should be performed no more than 3 x per day. Each of 10 repetitions should be held for 5 – 10 seconds.

3. Normalize faulty sensory awareness of body posture.

The purpose of this retraining process is to enhance a more normal kinesthetic awareness of body posture. Some describe it as finding their “center.” This happens with such exercises as the “Rocket” and the “Piston.” It can also be reinforced by simply wearing the PostureJac through the day and intermittently/briefly engaging the handles in a downward direction while the spine is “jacked up.” Over time, the old habits will be broken as new ones are formed.

4. Eradicate painful myofascial trigger points.

This application can be used on a PRN or as needed basis. Simply align the MyoPresser(s) over the “contraction knot” (aka trigger point) and compress by engaging the handles for up to 30 seconds (extra MyoPressers are available from the manufacturer). To manage stress-related myofascial pain, headaches, etc., this procedure can be performed from 1 to 10 or more times a day. As mentioned in the exercise brochure, pressing can be combined with stretching (i.e., press and stretch).

These guidelines are just that, **guidelines**. Over time the PostureJac user will settle into a routine that is geared to what works best for him or her. In addition, many of the suggested exercises (eg. The Rocket, Piston, JacRetract, etc.) simultaneously stretch, strengthen, and enhance kinesthetic awareness. Consequently, the question of exercise frequency becomes more difficult to address. If the emphasis is on restoring flexibility, follow the guidelines for stretching (i.e., 6 x per day). However, if the emphasis is on strength training refer to the guidelines for the strengthening effect (i.e., 3 x per day). If the user prefers wearing the PostureJac all day as a kinesthetic reminder, go for it!