



Optimal Alignment for Optimal Performance

The PostureJac™ is a portable orthopaedic support and exercise device that lifts or “jacks up” one’s body posture. It does this through the “spinal corkscrew principle” which operates according to Newton’s Third Law of Motion. Similar to that of a wine corkscrew, as the shoulders are pushed down with the arms, the spinal column is lifted up (i.e., decompressed). The PostureJac™ assists in realigning the body. In contrast to forward head/rounded shoulders posture, which places the body in a position of mechanical stress, the PostureJac™ encourages head, neck and spinal alignment that is symmetrical, flexible, and comfortable. In addition, the more vertically oriented posture improves one’s physical appearance, confidence, and human performance. It’s that simple! The result is alignment that is taller, lighter and stronger.

“The PostureJac™ provides the means whereby individuals can stretch what’s tight, mobilize what’s stiff, and strengthen what’s weak.”
Dr. Howard Makofsky, Creator of the PostureJac

The fitness industry serves clients of all ages who intend to retain or regain a level of fitness for personal function. While many achieve a level of fitness, a significant percentage face challenges to their core alignment that will limit their potential.

Sustained fitness requires optimal alignment.

The PostureJac is a valuable tool for the skilled trainer, physiotherapist, chiropractor, etc. to imprint a new awareness of proper alignment. Unlike passive restraint devices, the PostureJac dynamically involves the body systems in finding a new reference point for body alignment. It does this by gently stretching and strengthening muscles and mobilizing the spine to facilitate ideal body posture.

This process introduced in a training session is ideally sustained if the user has a personal device for regular use.

Benefits of PostureJac™ Fitness

Training Effect

- Kinaesthetic awareness
- Core stability

Enhanced flexibility/mobility and strength gains sustain postural realignment and optimize:

- Strength and Power
- Breathing
- Balance
- Pain Management
- Appearance
- Stress reduction



For a comprehensive explanation of the PostureJac and dynamic flash demonstrations and explanations visit the website at

www.posturejac.com

Applications of the PostureJac™

- Recreational athletes
- High performance athlete - *gymnastics, soccer, golf, tennis, swimming, weightlifting,, etc.*
- Performing artists - *dancers, actors, musicians, models, etc.*
- Hiking and backpacking
- Physical fitness for seniors
- Body work—*Yoga, Pilates, Tai Chi, Feldenkrais, Alexander Technique, Hanna Somatics, etc.*
- Therapeutic tool for the personal trainer, physiotherapist, chiropractor, etc.
- Chronic pain—low back pain, tension headaches, TMD, shoulder impingement (eg. swimmer's shoulder), etc.



Professional Endorsements

The PostureJac is extremely user-friendly and educates the patient in correct postural alignment. It also helps maintain proper alignment while exercising.

Deborah K. White, P.T.

The PostureJac is an excellent device for those patients suffering from posturally-related TMD, myofascial pain, tension-type headaches, etc. It is just what the doctor ordered for the correction of forward head posture.

Leonard B. Goldstein, DDS, PhD.

I've been using the PostureJac for the past one and a half years in all my offices. The results have been remarkable for all age groups.

Wayne Hatami, P.T.

Your web site looks AWESOME! We have been using the website videos to orient the staff. The videos work well to ensure proper form and to stimulate creativity on their part to the multiple ways the PostureJac can be used. My patients who are working on lumbar stability and are in the protective stage of rehab are responding very well to the hip hinge exercises. We will continue to pass on the website info to our patients.

Dr. Ed Bezkor, P.T,



PostureJac™ is currently under patent and trademark application. SomatoCentric Systems Inc. is the exclusive manufacturer and distributor of the PostureJac™ under agreement with Dr. Howard Makofsky.