



What is the PostureJac™ ?



The PostureJac™ is an 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. 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.”

The PostureJac™ has been used effectively in clinical settings to treat conditions associated with poor postural alignment. **Unlike many postural support devices, the PostureJac™ is an active support device that increases strength.**

Using it, as designed, will activate and strengthen postural support muscles and enhance core stability. Balancing and strengthening antagonistic core muscle groups supports improved alignment, reducing Kyphosis. This brings prolonged relief from related symptoms such as Shoulder Impingement, TMD, and Thoracic Outlet Syndrome.

Restoring vertical alignment relieves thoracic compression. The increased lung capacity that results, brings relief

to many who suffer from thoracic and rib cage constrictions; relevant to patients with chronic breathing disorders.

The PostureJac™ is unobtrusive enough to be worn in daily activity or worn for periodic exercise. **Wearing it gives a kinaesthetic awareness of proper postural alignment and enables frequent stretching and strengthening exercise.** Patients are able to extend the benefits of treatment beyond the clinic and accelerate improvement.

In addition, the accompanying MyoPressers can be fastened under the strap lines, over myofacial trigger points, often associated with conditions such as chronic headache,

shoulder pain and Fibromyalgia.

The PostureJac™ is attractively packaged for retail in four sizes; S,M,L,XL and comes with a four panel exercise card and a pair of MyoPressers. **Correct sizing is important.** Sizing guidelines are available on the website.

The PostureJac™ can be purchased directly by consumers and professionals at the [BUY](#) section of the website address below or through retailers and distributors. Professionals can register and receive price reductions that increase with purchase history.



For a dynamic demonstration of therapeutic exercises with the PostureJac™ and Dr. Makofsky’s lecture and notes on the theory, be sure to check out the website at
www.posturejac.com

Applications of the PostureJac™

For Training

EMG studies show that the muscles in the back are engaged. They are important for core strength and balance. These muscles work against the anterior muscles that tend to pull the shoulders forward.

Performance in athletics such as swimming, golf, tennis and a wide range of occupational activities will be enhanced.

Good posture also improves appearance. We look better when we stand erect!

For Protection

Good posture is better maintained than recovered. Active living and load carrying will cause stress on alignment.

From young people who are in danger of poor postural habits, to the tendency to sag that comes with age, the message is the same: **Use it or lose it!**

Good postural alignment is a key component to wellness. The exercises provided are designed to develop a stronger core from top to bottom.

For Correction

After prolonged periods of poor posture, the body adapts. Unhealthy alignment feels like the normal position.

Weak and passive muscles require engagement and strengthening. Tight muscles require stretching.

Clinicians testify that wearing the PostureJac, patients have an immediate feeling of proper alignment. **Kinaesthetic awareness** can bring about permanent change.

For Support

When engaged, the PostureJac stabilizes the spine. This is valuable when the spine is under strain such as

- carrying a load/backpack
- prolonged standing
- bending and sitting actions
- horizontal leg lifting exercise
- deteriorating back conditions such as Osteoporosis.

Corrected alignment improves lung capacity. This brings significant benefits to the cardiopulmonary system.



Key Words

- Orthopedic Support Device
- Kinaesthetic Awareness
- Forward head/rounded shoulders posture
- Kyphosis
- Postural alignment/correction
- Posterior muscle activation
- Trigger points/Myofascial release
- Chronic headaches
- Fibromyalgia
- TMD
- Thoracic outlet syndrome
- Shoulder impingement
- Thoracic cavity release
- COPD/Restrictive Lung Disease
- Osteoporosis
- Tech back
- Lower trapezius engagement

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.



Testimonial

World travel is one of my passions, and PostureJac has been with me from Shanghai to Moscow. PostureJac gently but significantly eases the lower back discomfort of osteoarthritis. This travel companion straightens my spine and reduces compression stress as I wander and wonder. It's been said that your body pays a price not for the miles you travel, but from the roads you've traveled on. PostureJac surely smoothes the bumps for me.



Bill Siren, San Diego Captain, USN (Ret.)