

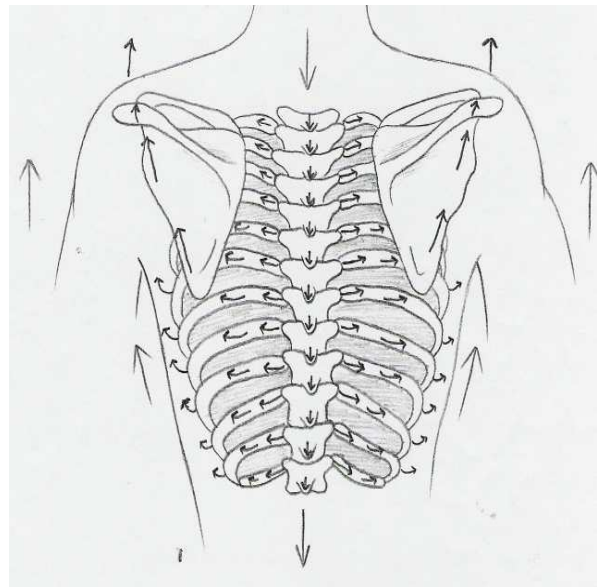
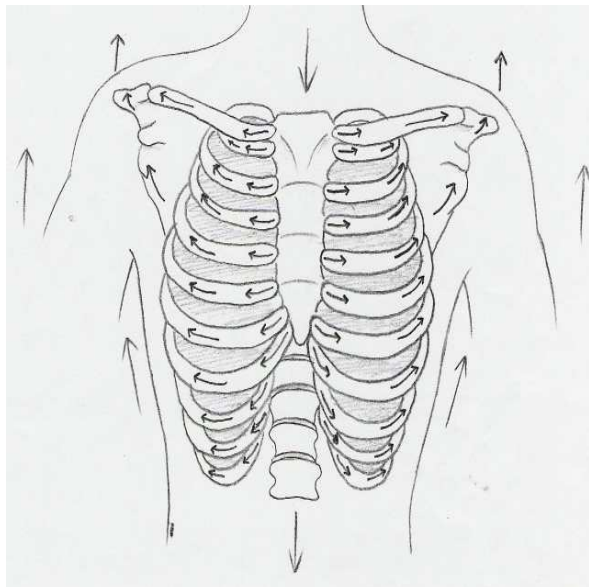
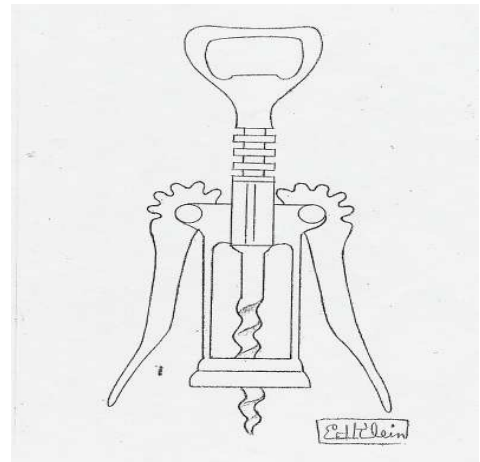


How the PostureJac™ Works

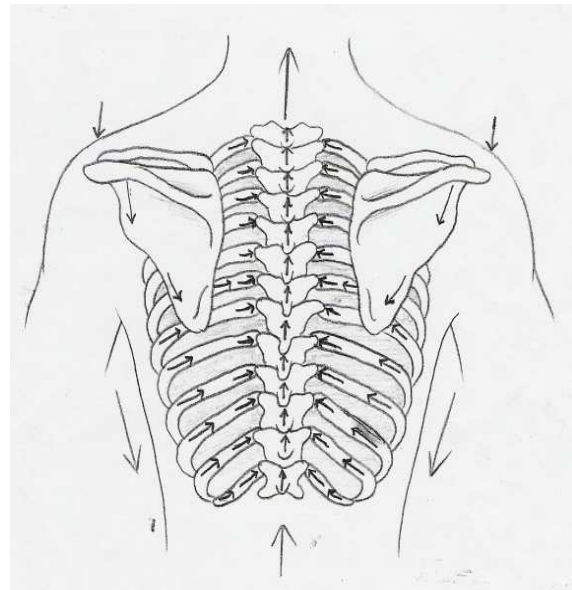
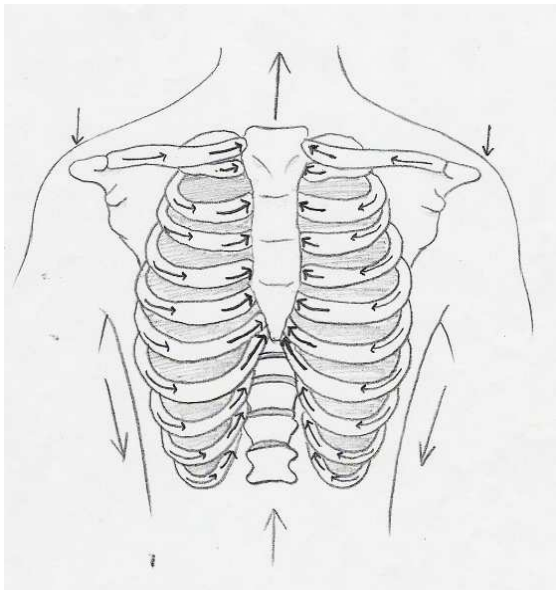
The Spinal Corkscrew Principle

The Spinal “Corkscrew” Principle provides an explanation as to how the axial skeleton provides postural support in the body. It explains “**upward direction**” in the human body (Newton’s Third Law of Motion).

Upward movement of the shoulders releases inward force on the ribs and upward force on the spine. Consequently the spine moves down.

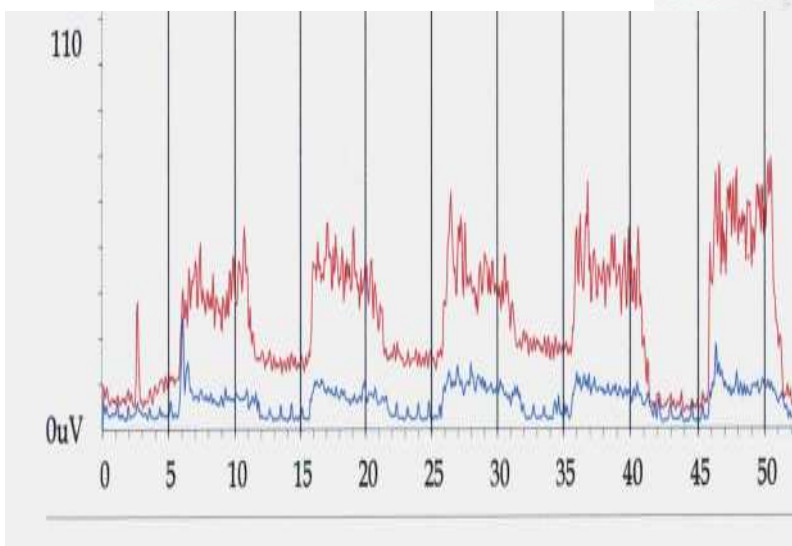
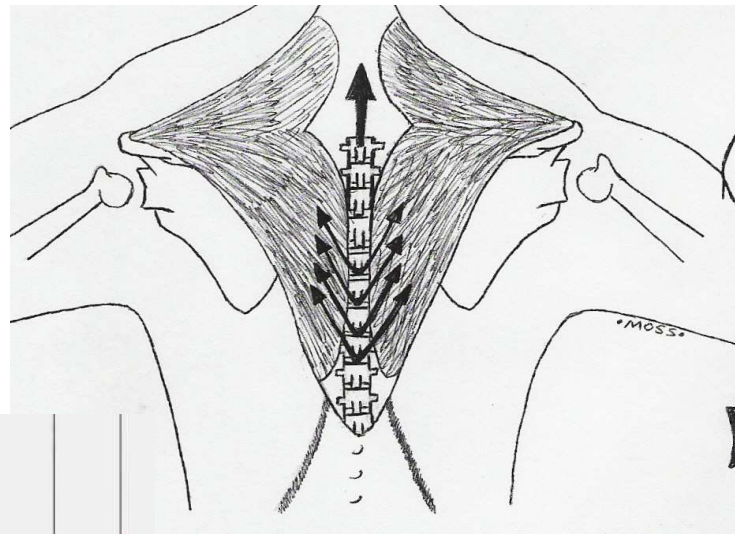


Downward pressure from the shoulders puts inward pressure on the rib cage and upward pressure on the spine. The spine is being “jacked up”.



In addition, when activated, the lower trapezius muscles pull on the thoracic vertebrae to create an upward force while the upper trapezius muscles remain at rest.

The electromyograph below shows the relative activity of the upper (blue) and lower trapezius muscles (red) in work and rest phases while engaging the PostureJac.



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