

# NECK BRIDGE

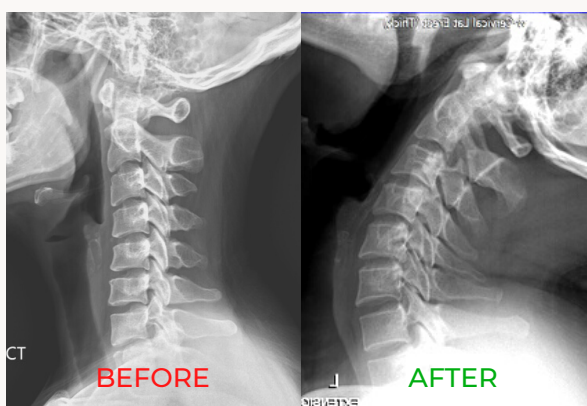
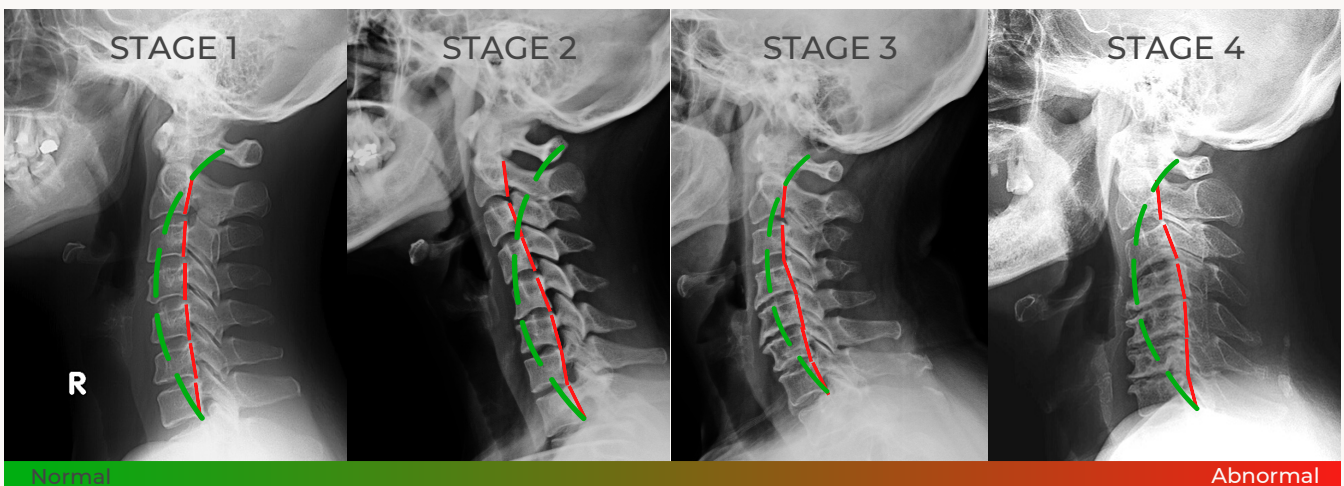


## WHAT IS A *HEALTHY* NECK?

Healthy alignment from the side as viewed from an x-ray should have a semi-circular curve known as the cervical lordosis, ideally 42 degrees according to studies. Head should be stacked on top of shoulders and postural muscles around neck and shoulders should be strong.

## WHAT IS AN *UNHEALTHY* NECK?

Any deviation of the neck curve from the ideal which can be from injuries, car accidents, falls and years of poor posture. The healthy curve can straighten up and even reverse in the opposite direction which will put your spine under increased stress and greater risk of adverse nerve, disc, muscle and ligament function.



## HOW DOES THE NECK BRIDGE HELP?

The neck bridge aids to regain normal curvature back into the spine. The neck bridge is designed at a 42 degree angle to provide an optimal yet gentle stretch to the neck. It can assist in pain, tension and function to improve health.

## WHERE TO PLACE?

Depending on your neck curve, there are 3 positions where you can place the neck bridge: Lower, Mid and Upper neck. Place it on a firm surface like the floor or a bench. Your health professional will determine which area is right for you.

If you have not consulted a health professional first, we recommend starting at the upper neck (as seen in pic) and progressively working down in increments of 2cm until you reach the lower neck.



## HOW LONG & OFTEN DO I USE IT?

Your health professional will determine your recommended time and frequency for best results. For the patient user record go to <https://vigourone.com/bridge-user-record-2/>

If you have not consulted a health professional first, we recommend you start with 3 minutes then add a minute each day until you reach 15-20 minutes. If you can't reach the goal time, gradually increase the time at your own pace until you reach 15 -20 minutes. You should be using it everyday for 12-16 weeks while you have tension and pain depending on your neck curve. After that maintenance would be 2-4 times per week, depending on your lifestyle.

## WHAT CAN I EXPECT?

You should feel a stretch within the neck and the structures around it. There may be some discomfort while stretching (like any stretch), but there should be no pain.

## POSSIBLE SIDE EFFECTS

You may get pain and/or numbness in the neck or down the arms in longer times, it means your body is not ready for this length of time so slowly get off. If you start getting pain in the first 30 secs move the neck bridge up the neck by 2cm. If pain persists, consult your Health Professional. Individuals who suffer from vertigo or low blood pressure may experience dizziness. If you start getting pain/dizziness slowly get off.

## WHAT NOT TO DO

**DO NOT USE FOR AN ACUTE INJURY.**

When getting off, roll your body over to the side **DO NOT** raise your head straight up.

Do not fall asleep on it.

