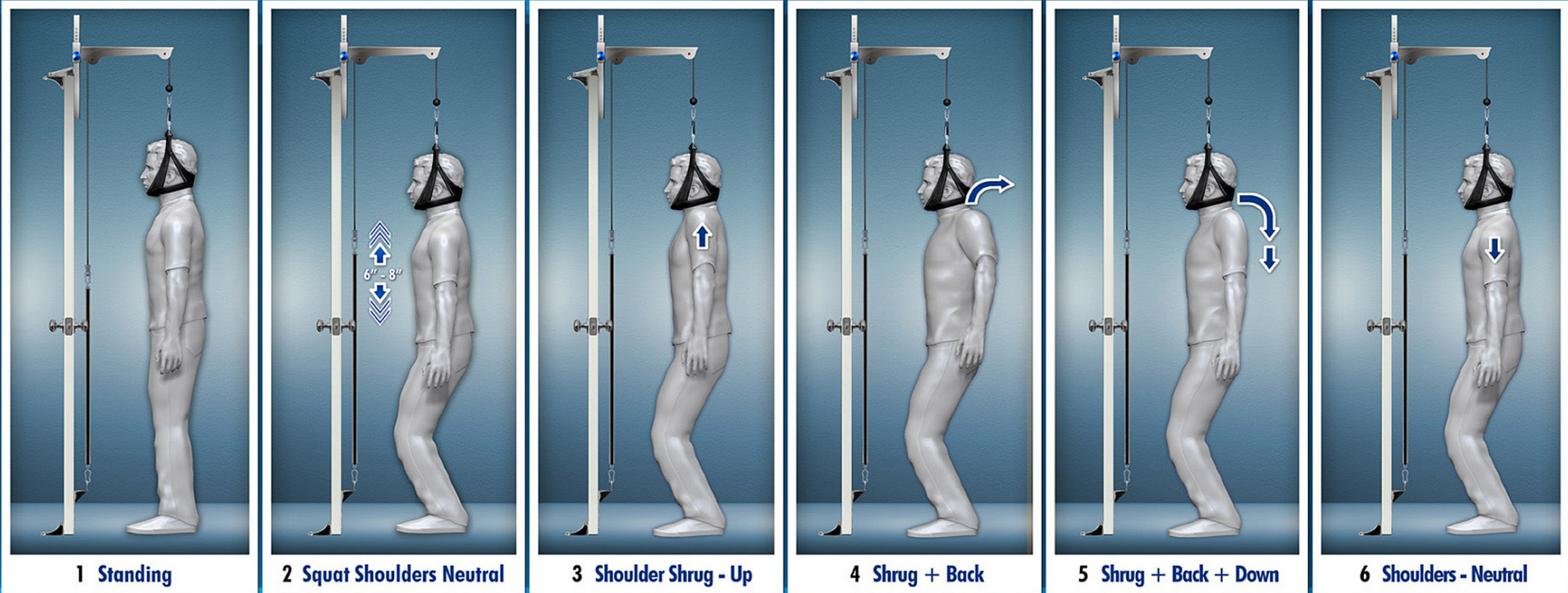


Dr. LeRoy Perry's
Active Neck Traction™
 Isokinetic Cervical Decompression™

SQUAT AND REVERSE SHOULDER SHRUG



1 Standing

2 Squat Shoulders Neutral

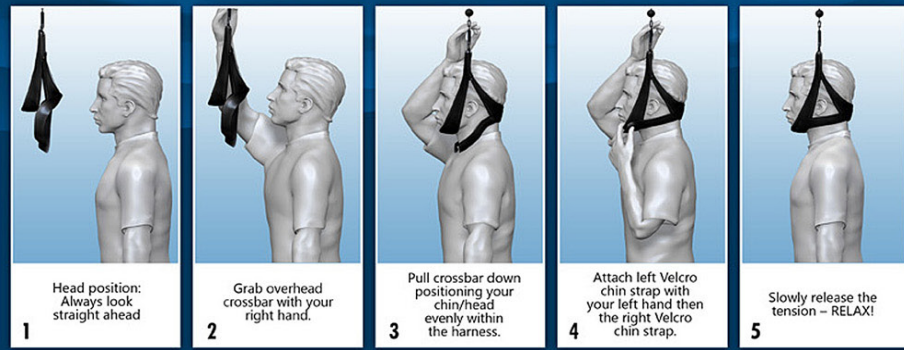
3 Shoulder Shrug - Up

4 Shrug + Back

5 Shrug + Back + Down

6 Shoulders - Neutral

HOW TO PUT ON THE NECK HARNESS



1 Head position:
Always look
straight ahead

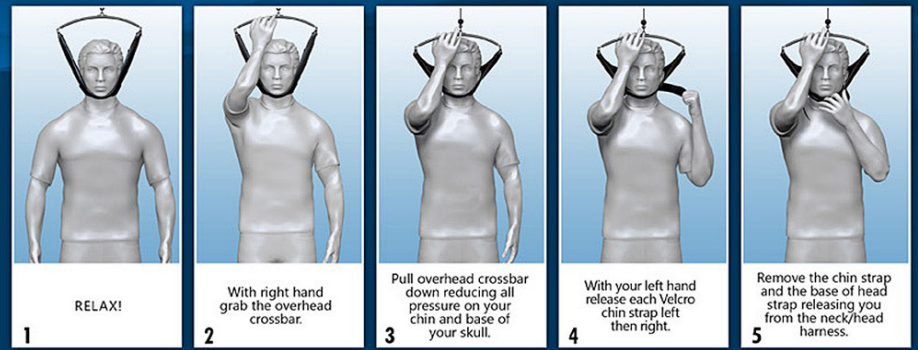
2 Grab overhead
crossbar with your
right hand.

3 Pull crossbar down
positioning your
chin/head
evenly within
the harness.

4 Attach left Velcro
chin strap with
your left hand then
the right Velcro
chin strap.

5 Slowly release the
tension - RELAX!

HOW TO TAKE OFF THE NECK HARNESS



1 RELAX!

2 With right hand
grab the overhead
crossbar.

3 Pull overhead crossbar
down reducing all
pressure on your
chin and base of
your skull.

4 With your left hand
release each Velcro
chin strap left
then right.

5 Remove the chin strap
and the base of head
strap releasing you
from the neck/head
harness.