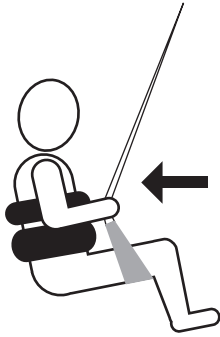


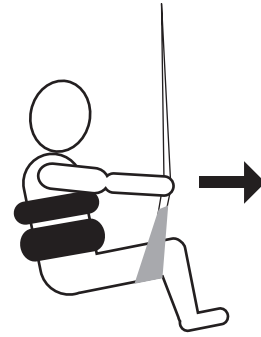
protecspine

PROTEC FLOATING LUMBAR SUSPENSION ACTIVE MOTION THERAPUDIC METHOD

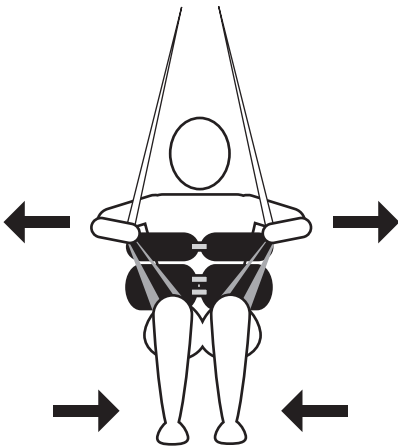
- Get situated on the PROTEC machine and sit/stretch for 5-10 minutes to remove lumbar spine tension and to relax the muscles.
- Slowly begin exercises.
- Caution: do not proceed with the following therapy if you feel any discomfort or pain.



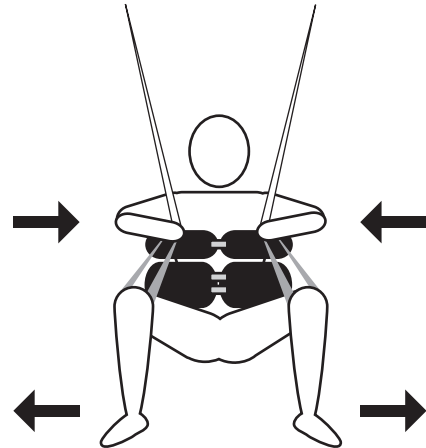
Pull on the leg harnesses with both hands



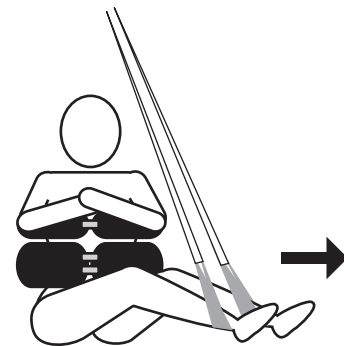
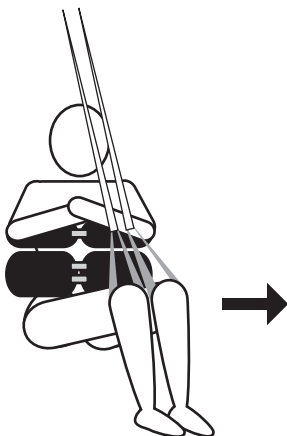
Push on the leg harnesses using both hands



Pull apart the leg harnesses while closing legs



Push together the leg harnesses while opening legs



Slowly swing both legs to the left and right