

### Read Before Use

The T-rack is only to be used for conditions that are of a non traumatic nature. Anyone who has pain that has been caused by an accident or any trauma should first consult their health Practitioner before use of the T-rack.

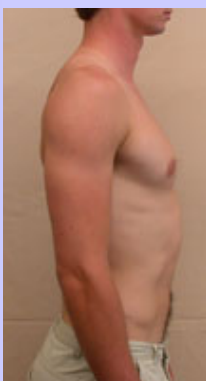
Any person who is suffering from Chronic disease, such as Osteoporosis, should first consult their health practitioner before using the T-rack.

The T-rack is only to be used as the directions suggest.



Poor posture

Stiff Thoracic Spine



Good posture

Mobile Thoracic Spine



### Instructions for use

#### What is it for?

The T-rack is designed to mobilise your thoracic spine, the portion of your spine that has the ribs attached to it. This portion of your spine is the most immobile. Stiffness in this region puts undue load onto the other portions of your spine and furthermore to your shoulder girdle and pelvic girdles. Hence, when it becomes stiff, it causes discomfort and eventually pain to many areas of your body, including your lower back, neck and even causing headaches.

Mobilising this area is time dependant. What does this mean? The type of tissue that becomes stiff (the connective tissues about the joints) need to be stretched for prolonged periods to become mobile. Small time frame stretches will only make changes for brief periods. Hence, the T-rack is made for you to rest on for minutes to achieve this goal.

#### What type of conditions should I use it for?

The T-rack is designed for stiff thoracic spines (middle of your back—ribs attached). Because this area of your spine can contribute to so many painful conditions, there are numerous conditions that can be treated. Postural headaches, shoulder immobility (stiffness), neck pain and stiffness, nerve related arm pain and many more conditions.

The T-rack is also excellent for performance enhancement for athletes. Mobility of your thoracic spine is highly desirable for many sports including, swimming, triathlon, tennis, cricket bowling, and any other activity where overhead activities are needed.

#### Why the two raised curves?

The boney portion of your spine should not be placed on hard surfaces for obvious reasons, hence the T-rack is designed so that the exposed boney portion of your spine sits in between the two raised curves.

#### Why that angle?

Research into the thoracic spine indicated that the angle of the rack was the optimal angle of extension necessary for 'normal' movement capabilities.

#### Why the hard surface?

Soft surfaces such as a Swiss Ball will conform to your spine. Hence if your Thoracic spine is stiff then the ball will simply conform to this stiffness—not mobilizing it. Moreover, the already hypermobile (very flexible) portions of your spine will do all the mobility, further loading this area, eventually causing pain or injury.

Therefore the surface needs to be hard so that the stiff portions of your spine will have to conform to the shape of the rack, and hence mobilise them.

#### Why the head rest?

There are two reasons for the head rest. Firstly, everyone's back is a different length. By sliding the head rest you can adjust the rack to your length back.

Secondly, it is important to avoid putting your neck into too much extension (back of your head going towards your back—looking up) as this position can compress important soft tissue structures at the base of your spine. Hence, the very back of your head sits flush on the head rest to avoid this extension of your cervical spine (neck).

**The T-rack is light and easy to store. Travel with it in your gym bag or store it under your desk at work.**

### **Warning !!!!!**

**The T-rack is to be stored away from children. Do not allow children play with T-rack. Do not store in a high place to avoid falls and breakage of the T-rack.**



### **How often do I use it?**

Begin with small time frames on a regular basis. Two minutes is ample the first time you use the T-rack. This gives you an idea of how stiff your spine is and how your body reacts to the T-rack. **Avoid long time frames to begin with.** Your aim is to reach ten minutes on the rack in a single session. This does not need to be reached in the first session, nor the first week. Aim to reach this within the first month. Of course everyone's spine will be different, some may lie comfortably on the T-rack within 2-3 days, some two months. Be patient and only take what your body wants to give.

Initially use the T-rack everyday. If you have the capability, once at lunch and once at night for 2-3 minutes will be ideal. As time goes on, go to once at night for prolonged periods—working from 3 minutes to 4 to 6 and eventually 10 minutes. Once you have reached ten minutes you can use the T-rack less frequently. Eventually, three times a week for ten minutes would be ideal. Of course, if you are in an environment which puts you in a poor posture (prolonged desk work for example) and this stiffens you up, then use it when you feel symptoms.

### **What position should I start in?**

While sitting on the ground, place the T-rack at the base of your spine. Gently, slowly lie back on the T-rack. Adjust the head rest to the length of your spine so that the back of your head rests flush on the head rest.

Start with your arms crossed on your chest. If this position is quite comfortable then try placing your hands on your head. Again if this position is quite comfortable then stretch your arms out above your head. This position should increase the stretch noticeably. If this position eventually becomes quite comfortable, then add a small weight to your hands—like a book. This will again increase the stretch.

Going through this sequence may take a week, or may take three months. Don't force it. Allow your body to tell you when it is ready for the next position. And note, you must also consider each time frame during these posi-

tions.

Your legs can be in a bent position to begin with. As your spine becomes more mobile, straighten them out to increase the stretch.

### **What type of feeling can I expect?**

The most immobile portion of your spine will sit on the rack with more weight. This portion may feel uncomfortable while lying on the T-rack. As time goes on, this will subside as your spine mobilises. If this feeling increases or it is too much to handle, remove yourself from the T-rack. This is quite normal. This will be the section of your spine that the T-rack will target to mobilise. Every time you get back on the T-rack you should be able to last longer and the feeling will subside.

When getting off the T-rack you will notice that you feel like you are 'standing to attention'. This is what it feels like to have a mobile thoracic spine!

### **How do I get off the T-rack?**

To get off the T-rack, use one of your hands to grab the opposite knee. Put your other hand on the floor. Now pull on your knee while using the other hand to push into the floor. In this position you can lever yourself off the rack. A small amount of discomfort when getting off the rack is quite normal. This will only last a very short time.

### **Enjoy the T-rack**

The T-rack is simply and easy to use. You simply lay on it!! Enjoy the benefits of lying about.

### **Storing the T-rack**

The T-rack is to be stored safely to avoid falling from high places and to keep out of the reach of children.

### **Warranty**

There is a five year warranty on the T-rack. This is void if used in a manner other than described. Please retain your proof of purchase.