



All of our exercises were created by **Dr. Steph Dorworth**. Steph Dorworth is a Doctor of Physical therapy with a Certified Strength and Conditioning Specialist Certification from the NSCA. Dr. Dorworth also demonstrates the proper form for the exercises at PostureMedic.com and in our User manual.

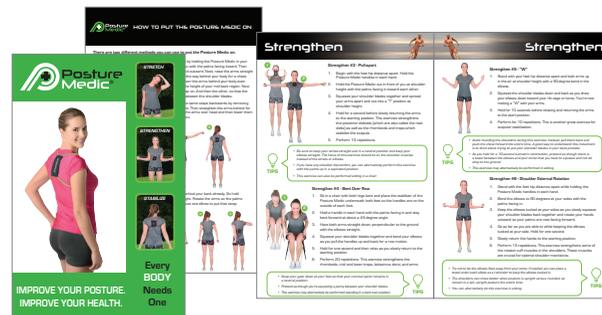
Exercise videos conveniently timed to suit most lifestyles can be found on our website, posturemedic.com. They are timed at 4 - 6 - 8 - 10 and 12 minutes and have been translated into over 10 languages.



Many people would think a 4 minute exercise program is not effective but we can assure you that in as little as 4 minutes a person can get the heart rate up and relieve tension and stress on the spine. All the exercises are structured to be as effective as possible with the time you have available at that moment.



Every Posture Medic comes with a fully detailed user guide including all our exercises and great tips on lifestyle posture improvements.



- **SIMPLE**
- **CONVENIENT**
- **TARGETED**
- **EFFECTIVE**

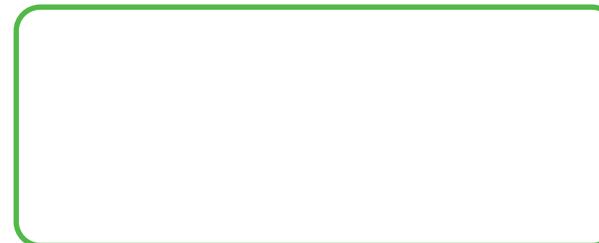
One can not simply rely on being conscious of poor posture by periodically remembering to sit or stand up straight. To offset our modern lifestyles, we need to actively care for our postural muscles.

The Posture Medic was created for this purpose.

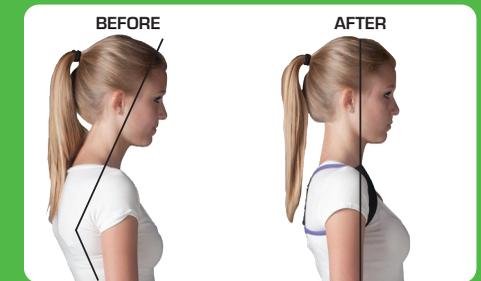
Makes a awesome gift.



Patented. Sold globally.



www.posturemedic.com



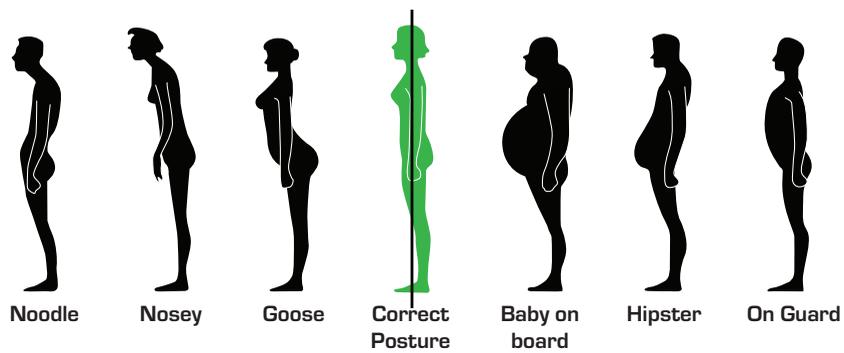
**IMPROVE YOUR POSTURE.
IMPROVE YOUR HEALTH.**

STRETCH • STRENGTHEN • STABILIZE

Office



Where do you stand?



Car



Home



Our modern lifestyles are negatively impacting our bodies due to long periods of sitting, inactivity, and repetitive tasks.

Maintaining good posture, flexibility and muscle tone are essential elements to preserving your quality of life.

Improving your posture can:

- Reduce pain in your back and neck
- Reduce migraines
- Improve blood pressure
- Improve breathing
- Improve muscle tone
- Increase range of motion
- Promote proper growth development in children
- Reduce fatigue and improve sleep
- Improve digestion
- Improve concentration and mental acuity

The Posture Medic is not a static brace designed to pull your shoulders back so you look like you have good posture. Braces like that immediately restrict your tonic muscles which are responsible for holding your posture and your

phasic muscles which are essential for maintaining dynamic movement.

Many healthcare professionals are actually concerned that these pull back static posture braces can actually create atrophy in your muscles.

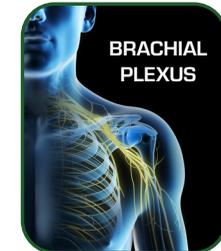
TONIC
PHASIC



The Posture Medic when properly sized is dynamic and designed to not restrict your muscles or interfere with your brachial plexus.

When worn you should only feel a slight pressure while in a good postural position. If you begin to lapse back into a poor posture position the Posture Medic begins to gently create more resistance which reminds you to move back to a better posture alignment.

The patented dynamic concept of the Posture Medic is not the only reason that separates it from other posture braces. Other posture braces are just that, a posture brace while Posture Medic is a multi functioning posture improvement tool designed to be used as a stretching and exercise device also.



Regular Strength Posture Medic is recommended for most individuals. PLUS Strength is recommended for athletes or for people who are regularly engaged in strength training.

	lbs	70	80	90	99	110	121	132	141	150	160	170	180	190	200	209	220	231	240
	KG	32	36	41	45	50	55	60	64	68	73	77	82	86	91	95	100	105	109
4'8"	142 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'9"	145 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'10"	147 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'11"	150 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'	152 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'1"	155 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'2"	157 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'3"	160 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'4"	163 CM	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
5'5"	165 CM	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
5'6"	168 CM	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
5'7"	170 CM	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
5'8"	173 CM	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
5'9"	175 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
5'10"	178 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
5'11"	180 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
6'	183 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
6'1"	185 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'2"	188 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'3"	190 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'4"	193 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL

- Regular Strength
 - LIGHT BLUE X-Small
 - RED Small
 - GREEN Medium
 - YELLOW Large
 - BLACK X-Large
- PLUS Strength
 - PURPLE Small
 - BLUE Medium
 - SILVER Large
 - ORANGE X-Large

STRETCH



STRENGTHEN



STABILIZE



One Simple Tool Does It All

For broad shoulder Individuals, order up 1 Size; for narrow shoulder individuals, order down 1 size.