

How to Use the Fulcra for Spinal Molding:

If you have a portable wobble chair at home, wobble for 10 minutes before using your fulcra. This will warm up the spine and prepare it for fulcra molding. Ideally, you will do fulcra molding right before you go to sleep at night.

1. Initially you will begin using the fulcra on your bed for 2-5 minutes. Always listen to your body and only endure comfortable discomfort. If at any time you feel you cannot tolerate the fulcra, dismount and talk to your chiropractor on your next visit.
2. You may place either the neck or low back fulcra under your spine first. The order is not important; however the proper position **IS** important.
3. The cervical neck fulcrum should be lying with the flat side **against** your shoulders, as low as you can place it on your lower neck/upper back. Your face should be parallel to the ceiling. Your neck muscles should be relaxed and your chin should not be tucked in any way.
4. To place the beginner low back fulcrum, lift up your pelvis and place the fulcrum underneath you with the “bump” of the “P” shape at your last rib. Place one finger on your belly button and then two fingers above that finger. Drag your two fingers across your abdomen to the side of your body-this is where the “bump” of the fulcra should be; lined up with the space between your last rib and your naval. It should never be lower than your naval.
5. Relax and keep your knees **bent**. If you are using the advanced low back fulcrum, use the same guidelines.
6. **SET A TIMER!!!** Start by lying on the fulcra (on a soft surface) for 2-5 minutes, and work your way up in 1-2 minute increments to a maximum of 20 minutes- at your own pace. Once you can tolerate 20 minutes on the fulcra on your bed, you can move to the floor. When you move to the floor with your fulcra, decrease your time to 2-5 minutes and work your way back up to the full 20 minutes.
7. When your timer goes off, **do not** sit straight up. Lift your pelvis up and remove the beginner low back (or advanced) fulcrum out from underneath of you. Next, take the cervical neck fulcrum out from underneath your neck, without engaging your neck muscles-use your hand to lift the weight of your head.
8. Remain in the resting position for 1-2 minutes once you have taken the fulcra away. Never sit straight up immediately following spinal molding/ fulcra exercises. Notice the curve in your spine.
9. Go to sleep! If you must rise after using the fulcra, wait 2 minutes, and then use your leg as a lever to get up OR roll to the side to get up.