

Early Detection + Appropriate Exercise = Joint Preservation = Joints4Life™

Rules

- Neutral spine – safety switch 'on'
- Isometric -- Isotonic
- Elbows at side – Elbows in front – Elbows overhead
- Stretch tight muscles before strengthening weak
- Supine – chair – standing
- Narrow ROM – larger ROM
- No pain with exercises
- Active – Passive

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Intradiscal Pressures (Nachemson)

