



Forest City Family Chiropractic

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Mirror Image & Extension Compression Traction

Postural Correction You Can Do On Your Own!

Along with the Mirror Image Exercises, the next vital step in reconstructive care is Extension Compression Traction Exercises (ECT). With reconstructive care you will begin removing layers of subluxation that are putting stress on your nervous system. As your spine begins to normalize, the interference on your nervous system will be alleviated, optimizing the expression of innate intelligence: your body's inborn ability to heal itself.

ECT is used to restore proper curves of the spine, specifically cervical curves. ECT treatments will cause the 'anterior longitudinal ligament' and associated tissues to become more flexible and allow the vertebrae to assume normal position.

It has to be understood that ECT exercises are not a "quick fix". If something is worth it, it will take time. And that statement holds true for any type of reconstructive exercise. It may take anywhere from 12-24 months to see the benefits of the exercise. The outcome of your ECT program ultimately depends on which phase of degeneration your spine is in and your compliance to the program.

The first treatment starts with only 3 minutes of extension traction. You may think this is a rather short period of time, but the structures that are being stretched are highly sensitive and must be coaxed into relaxing. For each treatment the traction is extended by an additional minute depending on your sensitivity. Once 20 minutes is completed you will continue to do 20 minutes of traction each day. The optimal physiologic stretch is 20 minutes in phase IV. Do not be alarmed by the length of time for stretching. The current state of your spine and improper compensating posture has taken years to develop. For this reason, it will take a period of time to correct the subluxation safely and effectively.