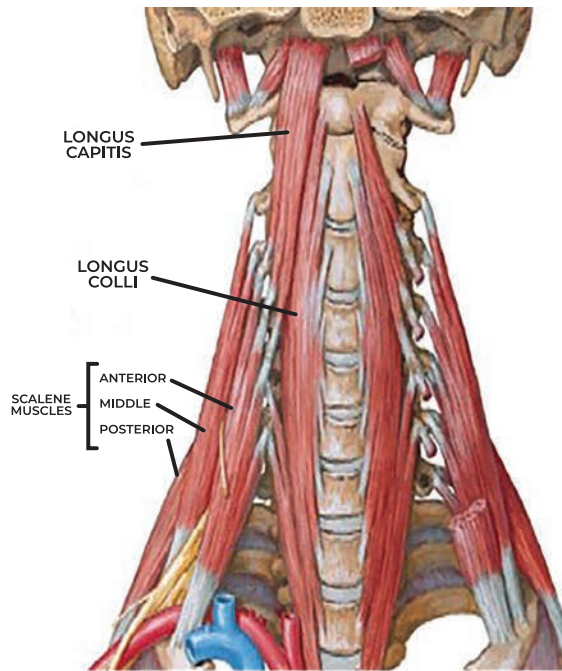
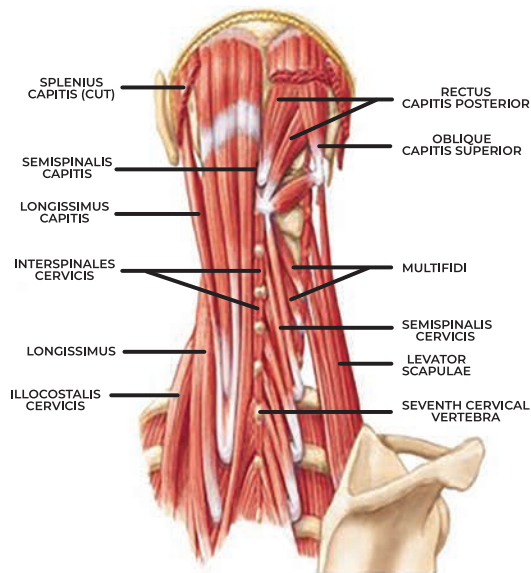


NECK MUSCLES TRAINED



ANTERIOR VIEW (FRONT)



POSTERIOR VIEW (BACK)

These instructions are provided for informational purposes only and are not a substitute for professional medical advice, examination, diagnosis or treatment. Always seek the advice of your physician or other qualified health professional before using this device or starting any new treatment or making any changes to existing treatment.

Do not delay seeking or disregard medical advice based on these instructions. No health-related information provided herein is regulated or evaluated by the Food and Drug Administration and therefore the information should not be used to diagnose, treat, cure or prevent any disease without the supervision of a medical doctor or other qualified health professional. Not responsible for direct, indirect, incidental or consequential damages resulting from any defect, error or failure. Use at your own risk.

Additional Warnings:

This product is intended as a neck training device for properly instructed individuals only, please use only as directed.

If a user of this product experiences pain in the head, neck, and/or shoulder area, this could be a sign of a more significant head, neck, and/or shoulder problem and the product should no longer be used and the user should consult a Health Care Practitioner immediately.

Do not use while operating or riding in a motor vehicle or heavy equipment. Remove before driving. Remove before sleeping.

WARNING: CHOKING HAZARD; KEEP AWAY FROM CHILDREN AND PETS.

Never use as a pillow, necklace, floating device, or toy. Not a life saving device. Not a flying toy; do not throw, do not puncture or tear. Keep away from fire or flames. Do not use in microwave oven.

DO NOT MACHINE WASH OR DRY. DO NOT SUBMERGE IN WATER.

To Clean: Gently hand wash the sleeve portion of the HALO in mild soapy warm water.

Under penalty of law, the warning tag on product not to be removed.

HaloCervicore

Manufactured by:

Halo Products, Inc.
haloposture.com

For additional information and video demonstration, please scan the QR code.



HaloCervicore



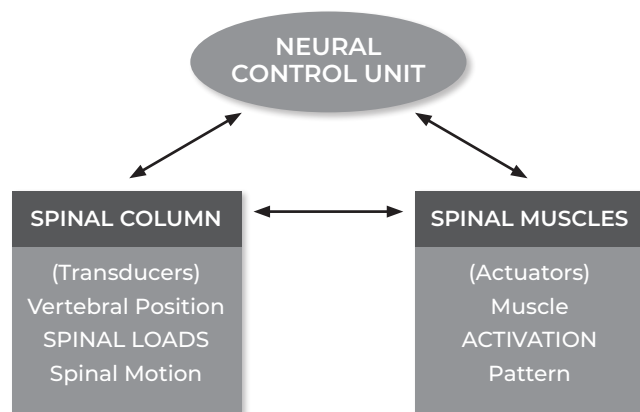
FLUID FILLED
INNER CHAMBER

A dynamic fluid-filled tool designed to promote real time activation of the small (local/tonic) intrinsic postural muscles of the cervical spine within the neutral zone.

Haloposture.com

HOW DOES IT WORK?

The Halo Cervicore is a dynamic fluid-based training tool which promotes real time muscle contractions (concentric, isometric and eccentric). These contractions are achieved through perturbation when moving the head with small, controlled motions in multiple planes.



WHAT MAKES THE HALO CERVICORE UNIQUE?

- Halo Cervicore enhances motor control timing via sensorimotor training using fluid mobility perturbations.
- It activates local spinal stabilizers inside the neutral zone and enhances the feedback loop in the central nervous system thus improving motor control.
- It promotes strengthening as a prevention against recurrence of symptoms.

WHO CAN BENEFIT FROM THE HALO CERVICORE?

Individuals who suffer from neck pain, headaches, post-concussion symptoms, whiplash, and poor posture from activities of daily living.

HOW TO USE THE HALO CERVICORE

Remove the filler cap and add water until 80% full. Add 2 tablespoons of White Vinegar or Hydrogen Peroxide to eliminate the potential for mold build up. Start training with fluid only and add 1 or 2 ball bearings at a time as able to increase the strength of perturbations. (max of 6 ball bearings, included with purchase) Place the Cervicore on your head with the adjustable strap located at the back of the head.

The sleeve portion should fit comfortably on the head. Adjust elastic strap to tighten or loosen fit.

Initially, maintain a neutral head position. Begin performing one of the following four exercises using small, subtle movements.

RECOMMENDED EXERCISE

Exercise 1 Nodding head on neck (Flexion-Extension)

Exercise 2 Side to side head on neck (Lateral)

Exercise 3 Small circles (Rotation)

Exercise 4 Small Figure 8

Each exercise should be performed up to a max of 5 minutes, twice a day, 4-5 times a week. You should work up to a total recommended training time of 20 minutes per session when performing all 4 exercises in a training session. (5+5+5+5)

Note: Sitting or standing is recommended while using, do not attempt to perform while walking.

HaloCervicore

This product was created and designed by Brad Profitt, PT, DPT, DC, DScPT, OCS, a teaching and practicing clinician.

Dr. Profitt has dedicated his career to understanding and treating patients with spinal and other MSK-related disorders. Additionally, Dr. Profitt teaches physical therapy at Marshall University School of Physical Therapy.