

	List of all Indications	Misalignment	Adjustmment			Body Weighting (pick one per area)	Exercise (Pick one/ two per area plus wobble and traction)	Molding (Pick one / two + progressive rolls)
			Initial			Initial	Initial	Initial
APLP	SBA low side is posterior	L	Pre Blocking				R Psoas Stretch	Rotational Pelvic
		R					L Psoas Stretch	Rotational Pelvic
	LS	L				R Quadratus Lumborum		
		R				L Quadratus Lumborum		
	LD	L				R Psoas Lift with Band		
		R				L Psoas Lift with Band		
	DLD	L				R Lumbar Lateral Flexion Seated		
		R				L Lumbar Lateral Flexion Seated		
LL	SB (35)	↓	A	D		Ant PW	Lumbar Extension	↓ Sacral Base
		↑				Post PW	Lumbar Flexion	↑ Sacral Base
	L5	Ant	A	D		Post PW	L-5 Spondylo	↑ Sacral Base
		Post				Ant PW	Posterior L5	↓ Sacral Base
	T12	Ant	A		M	Post PW / Post CW	Chest Expander	
		Post				Ant PW / Ant CW	Praying Mantis	Posterior T12
	T12 Slope (25)	↓				Post CW	Chest Expander	
		↑				Ant CW	Praying Mantis	↑ T Kyphosis Blocking w/ Weight
Exam	L Rigidity	RI LI S 5 4 3 2 1	Side Posture				Wobble Cushion General	
	T Rigidity	12 11 10 9 8 7 6 5 4 2 1	P to A Thoracic / Anteriors				Wobble Cushion General	
	C Rigidity	7 6 5 4 3 2 1 0	Rotaries / Lifts				Standing Cervical Traction	
LC	HP	Ant				Ant HW	Cervical Flexion	
		Post					Cervical Extension	
	C0 Ext (18)	Ext	A			Ant HW	Cervical Flexion	
		Flex					Cervical Extension	
	C1 Ext (18)	Ext	A			Ant HW	Cervical Flexion	
		Flex					Cervical Extension	
	C2 Slope (10)	↓	A					
		↑						
	Shared Loading	Above C5	A				CTU Straight & No Shoulder Roll	Cervigard UI
		At C5					CTU 30° Down & No Shlder Roll	Cervigard DI
		Below C5					CTU 30° Down & Shoulder Roll	Cervigard DI
	T1 Slope (25)	↓				Post CW	Chest Expander	
		↑				Ant CW	CTU 30° Down & No Shlder Roll	
Nasium	CD	L	A				R Cervical Dorsal	
		R					L Cervical Dorsal	
	C2 Rotation	L	A					
		R						
	C1 LA	L	A					
		R						
	C1 UA	L	A					
		R						
	C1 LMDI	L	A				L Alar Ligament Exercise	
		R					R Alar Ligament Exercise	