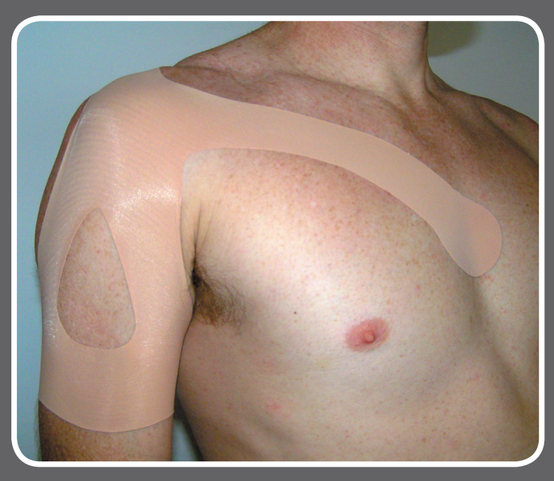
Alternative Applications for PosturePals®



Shoulder

May be useful for scapula or humeral head positioning, impingements, instabilities, neural sensitisation.

Inhibitory Taping

An alternative postural taping focusing on inhibition of overactive muscle activity.

Bilateral Shoulder

The shoulder tape can be performed bilaterally and overlapped centrally both anteriorly and posteriorly. Influencing the scapula bilaterally appears to increase the impact on general posture also.

Pregnancy Support

The Thoracic device might be useful in providing a supportive sling for the pregnant belly.

PosturePals Retrain™

Thoracic - Standard application

Lumbar - Standard application

PosturePals Restrict™

Thoracic - Standard application

Lumbar - Standard application

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A Friendly Reminder

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