Thoracic Large

Posture Pals® Retrain

PosturePals are self-adhesive supports which adhere directly to your skin.



PosturePals Thoracic aims to reduce bending or slouching of the upper back and the rounded shoulders, forward head and poked chin that can result. Not only are they useful for general posture but they have been used by TV presenters and athletes and in activities such as ballroom dancing, archery, shooting, rowing, equestrian, business presentations or any activity in which a strong, confident posture is required.

PosturePals Retrain $^{\text{TM}}$ are made from a highly elastic material. It allows you to move through full range of movement but provides strong assistance to often weak and fatigued muscles.

- Breathable fabric
- Hypoallergenic patterned adhesive for better ventilation
- Water resistant coating
- Rubber and latex free
- Suitable for swimming
- Can be worn during most sporting activities
- Can be worn for up to five days or as tolerated

PosturePals are a single use device



Designed by an Australian Musculoskeletal Physiotherapist

Your Back's Best Friend www.posturepals.com