

EVERY BODY NEEDS ONE

BEFORE



AFTER



STRETCH



STRENGTHEN



STABILISE



Posture Medic is designed to help you overcome your poor postural habits. Using the Posture Medic for our short and simple 10 minute stretching and strengthening program can improve your range of motion and upper body strength. These exercises, combined with wearing the Posture Medic as a dynamic brace, can help you straighten up and stand tall naturally.

**MOST PEOPLE
CAN FEEL THE
DIFFERENCE WITH
JUST ONE USE**

- ◎ Posture Medic comes in 5 sizes and 2 strengths.
- ◎ Each Posture Medic comes with a 15 page colour booklet outlining the stretches and strengthening exercises that can be performed

- USE AND WEAR ANYWHERE •
- IMMEDIATE RESULTS •
- SIMPLE TO USE •
- MOST AGES AND ABILITIES •
- TWO STRENGTHS •