



### Rest with K2

**Constructive rest.** Rest with a purpose. Use two K2 wedges to provide relief for the upper and lower body simultaneously. Release your spine, hip and leg tension.



### K2 Wedge™ and Scoliosis

We are loving K2 for lengthening and strengthening the spines of those with scoliosis.

- Gravity draws the curves into a straighter, more neutral position as the spine stretches downwards.
- From this position Scolio-Wedges™ can be applied to further move the spine towards neutral
- Scolio-Pilates® exercises strengthen the spine so that the improved alignment can be held.
- Did I mention? We are loving K2! It frees up my hands as the instructor and relieves pain for the client with elongation. Love, love, love!



### Move and Strengthen with K2

**It's essential to move and strengthen with K2.** Relaxing through elongation is important and feels great. And when you are done move forward with movement and strength for a healthier, stronger spine!



**Relieve Pain  
Restore Strength  
Ascend to Health!**



## #1: Stretch with K2!

**Stretch with K2.** K2 stretches the spine with gravity and relieves pressure on the spine and hip joints.

**Practitioners:** As your client elongates with gravity, you are free to instruct or manipulate the spine, shoulder and hip joints to a healthier alignment.



## #3: Strengthen with K2!

**Strengthen with K2.** Use the exercises in our free, online videos to strengthen the spine, hips, legs and abdomen to give you strength and vigor!

**Practitioners:** Save time for strength! Muscles that were inaccessible due to poor alignment can now be activated! The stronger they become, the more alignment improves!

## #2: Move with K2!

**Move with K2.** With stretch (or elongation) of the spine, the joints have more freedom to move. Use small motions to get things moving again!

**Practitioners:** Tight muscles are already as contracted as they can be, and stretched muscles must shorten first in order to be able to contract. Once elongated in prone, muscles return to a neutral contraction and experience healthy contraction in improved alignment. Guide small movements. That's where change begins!

# Elongate, Move and Strengthen with K2



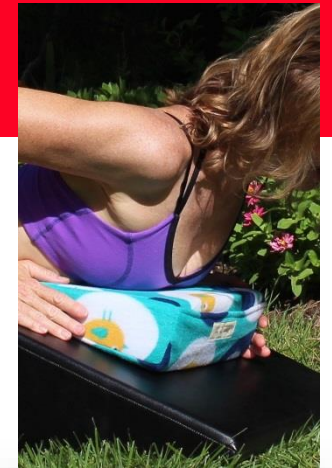
Height allows for traction in prone and support in supine.



Firm Support for Elongation in Prone

Level Top Surface for Precise Pelvic Positioning

Use with Scolio-Wedges™ for Pelvic Rotation Correction or Scoliosis



Use the Pelvic Precision Wedge™ under the upper body for kyphosis or shoulder tightness.