

Order Form



Customer Details

If you have an account with us, please tick here and your order will be dispatched within 24hrs

Company Name: _____

Contact Name: _____

Delivery Address: _____

Phone: _____

Order Details

(all pricing shown is inclusive of GST)

Product	Qty	Unit Cost	Qty	Total Cost
PosturePals Thoracic	1	\$15.00		
Bulk Buy Discount	5	\$14.40		
Bulk Buy Discount	10	\$14.20		
Bulk Buy Discount	25	\$14.05		
Bulk Buy Discount	50	\$13.80		
PosturePals Thoracic Small	1	\$15.00		
Bulk Buy Discount	5	\$14.40		
Bulk Buy Discount	10	\$14.20		
Bulk Buy Discount	25	\$14.05		
Bulk Buy Discount	50	\$13.80		
PosturePals Lumbar	1	\$12.00		
Bulk Buy Discount	5	\$11.40		
Bulk Buy Discount	10	\$11.20		
Bulk Buy Discount	25	\$11.05		
Bulk Buy Discount	50	\$10.95		
Please send me a Free Posture Pal Thoracic Poster				Free
Please send me a Free Posture Pal Lumbar Poster				Free
Please send me Free Posture Pal Patient Brochures				Free
		Order Total		
		Delivery*		
		Grand Total		

*Orders over \$200 will be free delivery – Orders less than \$200 are subject to a \$8.80 delivery charge

Payment Details

Please charge to my account Sending Cheque Charge my Credit Card

Credit Card Details

Card Number:

Expiry Date: / Signature: _____

Fax order form to: Alphasport 07 3841 1864 or Practitioner Supplies 08 8277 7577 for priority order processing.



Phone: 1800 647 400 or 07 3341 8033
21 Darnick Street, Underwood, QLD 4119
www.alphasport.com.au



Phone: 1800 008 668 or 08 8277 7677
1234 South Road, Clovelly Park SA 5042
www.practitionersupplies.com.au

PosturePals™

...your personal posture coach

PosturePals™ are adhesive spinal supports designed by a Musculoskeletal Physiotherapist to help you manage your spinal alignment or posture helping you to move better, feel better and look better.



PosturePals™ work in three ways:

1 Restriction:
The supports are designed to prevent you from adopting poor postures by maintaining the spine at or near its neutral (unloaded) position.

2 Recognition:
Although backs are made to bend you may find that you are habitually adopting poor postures or feel that slouched or flexed postures are a problem. PosturePals™ will help draw your attention to the positions or activities that take your spine out of the neutral posture. You can then modify your activities accordingly.

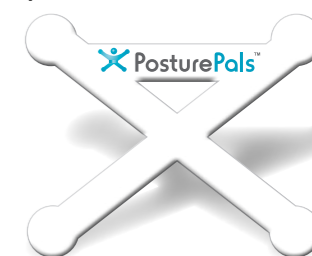
3 Re-education:
By force of habit slouching feels normal or comfortable while correct sitting feels abnormal or awkward. PosturePals™ help to correct this anomaly. PosturePals™ possess elastic characteristics. Therefore, whenever you move away from a good posture, PosturePals™ exert a gentle correcting force that prompts you to actively improve your posture. By this means PosturePals™ attempt to encourage your neuromusculoskeletal system to adopt better postural habits. In other words, your body will learn to use the correct muscles, feel comfortable when upright and awkward when slouched.

About the product

PosturePals are available in 2 versions;

PosturePals™ Thoracic

This device is designed to encourage correct spinal alignment with a focus on reducing 'round shoulders' and 'poked chin' postures. The lumbar device also helps in this regard and can be of particular benefit to those who require more arm movement. If the curve in the lower back is corrected it is very difficult to slump through the shoulders. Generally if you stay upright in one part of the spine, the remainder follows.



PosturePals™ Thoracic comes in 2 different sizes:

- PosturePals™ Thoracic Original
- PosturePals™ Thoracic Small – designed for children and smaller frames

PosturePals™ Lumbar

This device is designed to encourage a neutral spinal alignment for the lower back and may help to reduce 'slouching' or 'slumped sitting' postures. This can be useful not only for maintaining a correct sitting posture but also for re-educating your lifting technique, golf swing or any other activity where your spine should stay straight. They can also be used at home or in the workplace to draw your attention to activities that require sustained or repeated bending. You can then modify your technique or workstation set-up accordingly.



About the inventor

Ryan Kendrick is a Musculoskeletal Physiotherapist having obtained his Bachelor of Physiotherapy from the University of Queensland in 1994 and his Masters in Physiotherapy Studies (Musculoskeletal) also from the University of Queensland in 2000. Ryan worked in Public Hospitals on the Gold and Tweed Coasts early in his career before focussing his career in the area of Sports Injuries. Ryan has extensive experience in this area including roles as Physiotherapist to Essex County Cricket Club in the UK, Personal Physiotherapist on the ATP tennis circuit to former world number four, Greg Rusedski, travelling with the British Davis Cup team and consulting to several European Tour golfers, Commonwealth and Olympic athletes. Ryan has also worked extensively in Private Practice in Australia and the UK and has been a clinical tutor in Musculoskeletal Physiotherapy for the Griffith University Physiotherapy Programme.

When not working on PosturePals™, he can usually be found surfing on the Mid North Coast of NSW.





Benefits to the wearer

Maintaining a neutral spine might assist in a number of ways

- ✓ Neutral is a low load position and thereby reduced load on sensitive or injured tissues
- ✓ 300 secs of slouched sitting has been shown to result in a reduction in joint reposition sense
- ✓ Neutral spine appears to result in better activation of Transversus Abdominis and Deep Lumbar Multifidus than does slouched sitting or thoracolumbar extension
- ✓ Reduction in perceived threat
- ✓ People with pain aggravated by flexion tend to sit at end of range flexion. Retraining and maintaining neutral can alleviate symptoms quickly

The devices may assist further as:

- ✓ PosturePals™ allow people to recognise positions or activities that place them in flexed postures.
- ✓ Pre-tension is applied during application of the device such that even in neutral there is some stimulus to maintain the position. As the wearer moves beyond neutral the tension increases providing further stimulus to actively correct the posture. If the wearer pays attention to the device it will prevent them from adopting end of range postures.
- ✓ The elasticity acts in the same direction as the agonist muscles thereby assisting in recovery from a flexed posture. This may be significant in chronic LBP where there is an absence of the flexion-relaxation response in addition to weakness in the Erector Spinae muscles.

Benefits to the clinician

Save considerable time and money!

- ✓ PosturePals™ can be applied in a matter of seconds as opposed to the tedious job of cutting out and applying fixomull followed by a leukotape or similar which for some postural taping can take more than five minutes.
- ✓ No need to absorb the cost of tape as many businesses still do. Easy to pass on the cost and in fact make a profit.

Easy for staff to learn a new and effective technique

- ✓ Many physios aren't familiar with postural or spinal taping techniques. The application of PosturePals™ can be learned in minutes simply by reading the instructions thereby arming the physio with a useful adjunct to their manual techniques and patient education without spending considerable time and money on a new course. This can be of particular advantage to rural and remote physios or private practitioners who can't afford the time away from the clinic.

Educate patients and assist self management

- ✓ Reinforce education given by the clinician resulting in better outcomes and greater patient satisfaction. PosturePals™ can often help 'sell' the concept to patients e.g. those with cervicogenic headaches aggravated by poor postural habits – when patient has no headaches or considerably reduced symptoms when wearing PosturePals™ they can then relate symptoms or lack of symptoms to workstation set-up/posture
- ✓ PosturePals™ can serve as a self-management tool which gives patient an active role in their rehab. In a public setting this may reduce the frequency or number of consultations thereby helping address waiting list issues.
- ✓ Many patients request something to assist their posture or following taping say 'Is there something that I can get that will do that at home for me?' – Now you can answer "Yes".

Great for those who follow the McKenzie approach

Assist Clinical Reasoning process

- ✓ PosturePals™ can also assist diagnosis in those who have non irritable symptoms which can not be reproduced in the clinic but require an hour of mowing on the ride on to bring on the lower back pain for example.

Who are PosturePals™ not suitable for?

- While PosturePals™ are unlikely to exacerbate your symptoms people who have spinal stenosis, fractures or stress fractures, have a skin condition, who have suffered recent trauma such as a fall or motor vehicle accident or are unsure if PosturePals™ are suitable for them should seek advice from their Health Care Professional prior to use.

The adhesive on PosturePals™ is of hypoallergenic medical grade. However people with known sensitivity to medical adhesives such as those found on sticking plasters or strapping tape or who have broken or frail skin should not use PosturePals™ or should test on a very small area of skin first.

How long do they last?

- If used correctly PosturePals™ can generally remain in place for four to five days. You may choose to use them as and when they are needed e.g. for a long flight or a long day at the computer come tax or exam time. Some people like to use them to create a good impression at job interviews or work presentations as they help them to look good and to maintain a strong, confident posture.

Five days is also the length of the working week, which means that they can be removed for the weekend and replaced by a new one on Monday morning if needed.

Inappropriate exercise may also reduce the lifespan of your PosturePals™. Refer to the question 'Can I use PosturePals™ when exercising?'

Can I shower with PosturePals™ on?

- Yes! We don't expect you to go for four or five days without a shower. PosturePals™ are made from closed cell foam, which means that they do not absorb water. The adhesive should tolerate several quick showers before it begins to peel away from the skin or foam.

Can I re-use my PosturePals™?

- No. PosturePals™ are single use items. Once removed they are discarded.

Can I use PosturePals™ when exercising?

- It really depends on what type of exercise you are doing. PosturePals™ are designed to encourage you to return to a neutral position i.e. that you are up straight. If the exercise that you are doing requires a lot of bending, twisting or overhead arm activity (if using the thoracic support) then PosturePals™ probably won't last too long. You are not meant to push through the resistance or hang off the device.

The PosturePals™ has slipped a little. Is this normal?

- It is quite usual for the ends of the device to move slightly (1 cm) over the course of a few days. With the Thoracic brace this generally happens after the first night particularly with people who sleep on their sides. Lying on the side often requires the shoulder blade to be drawn forward around the chest wall and this can place a slow, sustained stretch on the device, which causes it to migrate slightly. This should not affect the function of the device. If the wearer repeatedly moves through the resistance the device is designed to slip slightly rather than to generate excessive tension on the skin resulting in blisters or irritation.

Excessive movement (>2cm) might be caused by placing too much tension on the arms of the device during application. The other main cause is that the wearer is continuing to move as they would without the brace. You must listen to your PosturePals™ and when you feel the resistance you must modify your activity to correct your posture.

Testimonials

"I took your PosturePals™ to show my Neurologist and reported I'd found it a miracle up to the fifth day. During that time my ability to stand upright and to regain normal gait and to be pain free for the first time since 2001 was wonderful. He was very impressed."

I.L. 84yrs - Sydney

"Just want to let you know that my boyfriend's back problem was very responsive to your lumbar PosturePals™. He is quite the cynic and is that impressed he has asked me to place an order for your 5 pack."

K.King NSW

"I had been suffering with thoracic back pain and horrible back spasms when I was introduced to PosturePals™. Although it hasn't completely cured my pain, I no longer have to walk around holding my back and in fear of when the next spasm is going to hit. The support has been fantastic. Thank you Ryan."

Lee, Gold Coast.