

PRODUCTS & EQUIPMENT DESCRIPTION



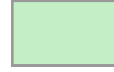
Pelvic Cushion

Dimensions: 15" x 18" x 1-2"
High Density Foam (75)



Wooden Dowel

Dimensions: 12" x 1/2-1" (diameter)
Sizes: 4 (1/2"), **5** (5/8"), **6** (6/8"), **7** (7/8")

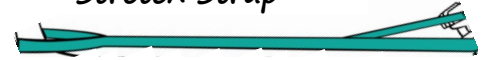


Head Cushion

Dimensions: 5" x 7" x 1-2"
High Density Foam (75)




Stretch Strap



Dimensions: 60" long x 1" wide

Spine Health & UNLOADED Back and Abs Training Training CD w/Booklet

DISCOVER YOUR POSTURAL CORE



Spine
Health &
UNLOADED
Back and
Abs Training

AN UNLOADED APPROACH TO
*Back and Neck Pain, Osteoporosis, Osteopenia, Stenosis
Degenerative Spine and Disc Disorders, Postural Changes*

Marcia Tassinari, MPT, Physical Therapist

Optimal Spine Health Through Aligned Movement Training Training Booklet

DISCOVER YOUR POSTURAL CORE!



**OPTIMAL SPINE HEALTH
THROUGH
ALIGNED MOVEMENT TRAINING**

Marcia Tassinari, MPT, Physical Therapist
Sara Meeks, PT, MS, GCS, KYT

www.PBFoundation.org • (858) 581-0062 • PBFoundation.org@gmail.com

Level One Training Program

CD TRACK LIST

Introduction	0:47
Realignment Routine	13:49
Pelvis, Hip & Leg Stretches with Strap	10:03
Optimal Alignment with 5-Step Hold	4:09
Level One Postural Core Muscle Training	10:33
Hip & Pelvis Strength Training	9:54
Level One Deep Abs & Core Strengthening	11:41
Dynamic Posture Alignment Training & Balance	13:09
Conclusion	0:37

Level Two Training Program

CD TRACK LIST

Introduction	0:47
Realignment Combination	10:22
Pelvis, Hip & Leg Stretches with Strap	10:03
Optimal Alignment with 5-Step Hold	4:09
Level Two Postural Core Muscle Training	17:22
Hip & Pelvis Strength Training	9:54
Level Two Deep Abs & Core Strengthening	10:30
Dynamic Posture Alignment Training & Balance	13:09
Conclusion	0:37



PRODUCT AND EQUIPMENT ORDER FORM

Name _____ Date _____/_____/_____

Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____ Email _____

RECOMMENDED PROGRAM PACKAGE OPTIONS

Package A: \$80-90*

- Level One CD
- Instruction Booklet
- Pelvic & Head Cushion
- Wooden Dowel
- Stretch Strap

* Price based on size of Pelvic Cushion

Package B: \$80-90*

- Level Two CD
- Instruction Booklet
- Pelvic & Head Cushion
- Wooden Dowel
- Stretch Strap

Package C: \$95-105*

- Level One and Two CD
- Instruction Booklet
- Pelvic & Head Cushion
- Wooden Dowel
- Stretch Strap

ITEM	COST	QUANTITY	TOTAL \$
<input type="checkbox"/> Package (A, B, or C) Package: _____	_____	X _____ =	_____
<input type="checkbox"/> Pelvic Cushion: 1.0"	\$20.00	X _____ =	_____
<input type="checkbox"/> Pelvic Cushion: 1.5"	\$25.00	X _____ =	_____
<input type="checkbox"/> Pelvic Cushion: 2.0"	\$30.00	X _____ =	_____
<input type="checkbox"/> Head Cushion: 1.0"	\$5.00	X _____ =	_____
<input type="checkbox"/> Head Cushion: 1.5"	\$8.00	X _____ =	_____
<input type="checkbox"/> Wooden Dowel (1/2", 5/8", 6/8", 7/8", or 1") _____	\$2.00	X _____ =	_____
<input type="checkbox"/> Green Stretch Strap	\$20.00	X _____ =	_____
<input type="checkbox"/> Level One Training CD (w/ Booklet & Dowel)	\$35.00	X _____ =	_____
<input type="checkbox"/> Level Two Training CD (w/Booklet & Dowel)	\$35.00	X _____ =	_____
<input type="checkbox"/> Level One & Two Training CD (w/Booklet & Dowel)	\$50.00	X _____ =	_____
<input type="checkbox"/> Optimal Spine Health Through Aligned Movement Training Booklet	\$25.00	X _____ =	_____
TOTAL DUE: \$			_____

PAYMENT

Check (Payable to **Tassinari Physical Therapy**)

Credit Card (circle one) Visa MasterCard Discover

Card Number: _____ Exp. Date: _____ Sec. Code: _____

Cardholder's Name: _____ Signature: _____

THREE WAYS TO ORDER:

1. Mail

Posture Biomechanics Foundation
4747 Mission Blvd, Ste 4, San Diego, CA 92109

2. Phone

(858) 581-0062
Credit Card Only

3. Fax

(858) 581-6999
Credit Card Only