



Spinal Fitness

What the PowerCushion™ does
for the Abdominal
Musculoskeletal Complex

John S. Scherger, D.C.

The Spinal Fitness Center

19321 NE 10th AVE

Vancouver, WA 98642

Phone: (360) 887-8600

E-mail: spinalf@spinalfitness.com

www.spinalfitness.com

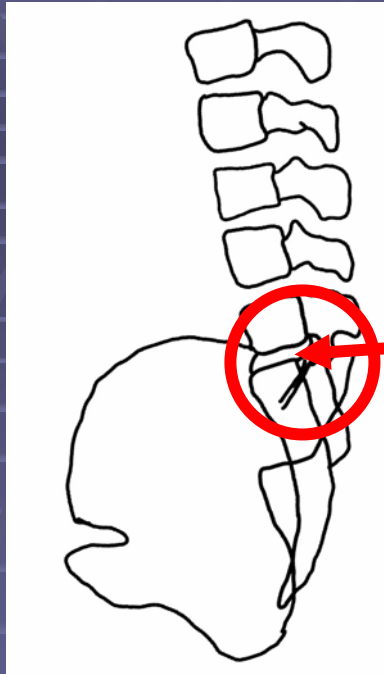
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Training on the PowerCushion™ produces two results that are absolutely necessary for athletic ability and health:

- It develops, globally, the proper abdominal musculoskeletal complex.
- It segmentally puts the individual joints into the proper position.

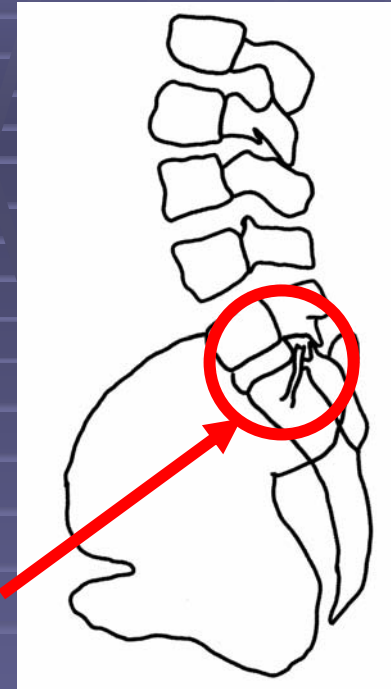
Improper Global Posture



Segmentally,
bone is out of
place, nerve is
pinched.

Segment corrected.

Proper Global Posture



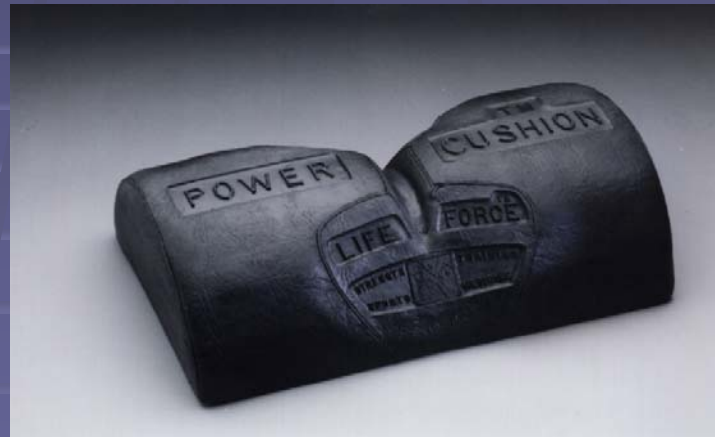
The PowerCushion™ puts the musculoskeletal complex in the proper global position. It also takes segmented joints like the one circled above where the bone is backwards pinching the nerve and bulging the disc and straightens it out.

The PowerCushion™ recognizes that the basis of human adaptation was getting the abdominal musculoskeletal complex that could produce effective momentum.

The effect of doing the sit up in gravity safely was the cause of the adaptation of the curved lower back that could then produce the movement safely and effectively.



The PowerCushion™ exercise not only trains the muscles, but it trains the bones that the muscles attach to. The sit up exercise effect on the human body causes it to build strong muscles, but more importantly, it causes the adaptation of the curved spinal column that provides the ultimate joint strength for muscles to work with as seen in effective momentum.

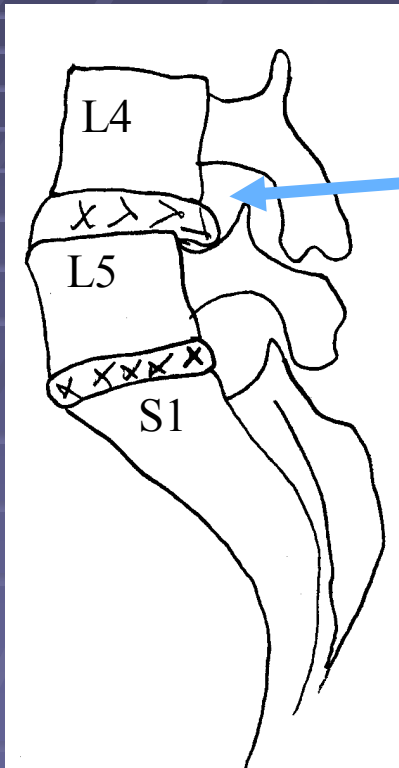


The PowerCushion™ provides the proper exercise effect while setting the spine into the optimal position to function for strength and safety

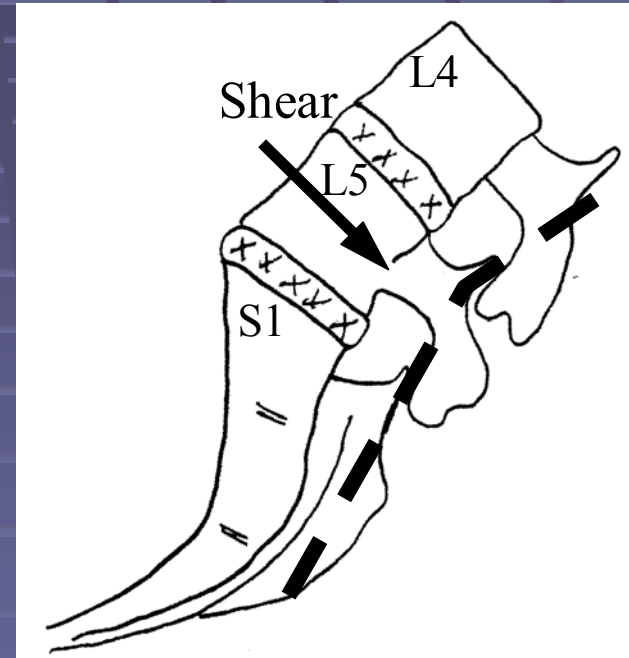
The pelvic tilt exercise performed on the PowerCushion™ segmentally puts the joints of the abdominal musculoskeletal complex into their orthopedically correct position.



Biomechanical analysis of the pelvic tilt exercise reveals that the addition of a vertical weight on the pelvis causes the bones to be pushed by shear forces into alignment.

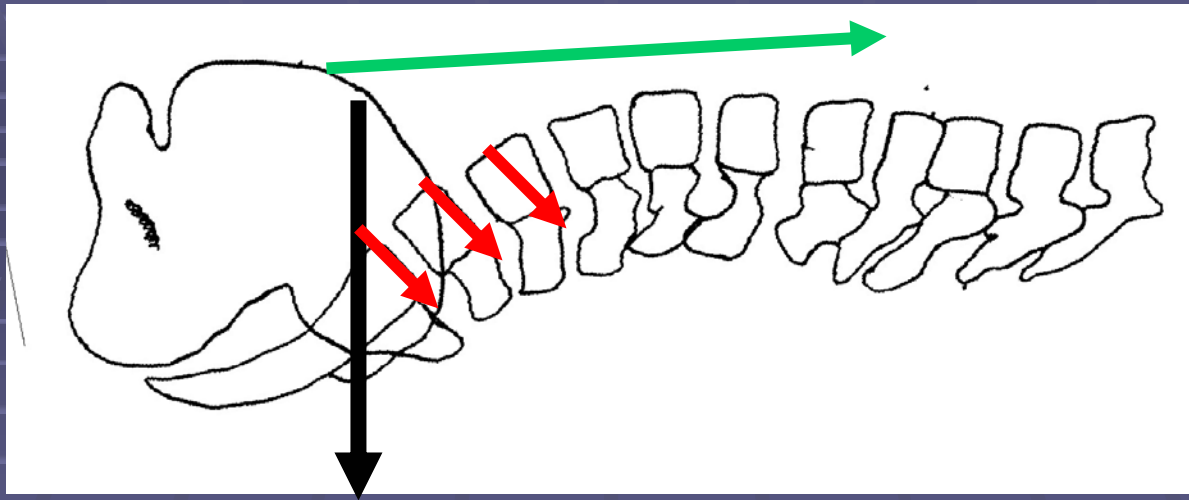


The L4 vertebra is out of position. The disc is bulged posterior or toward the spinal canal.



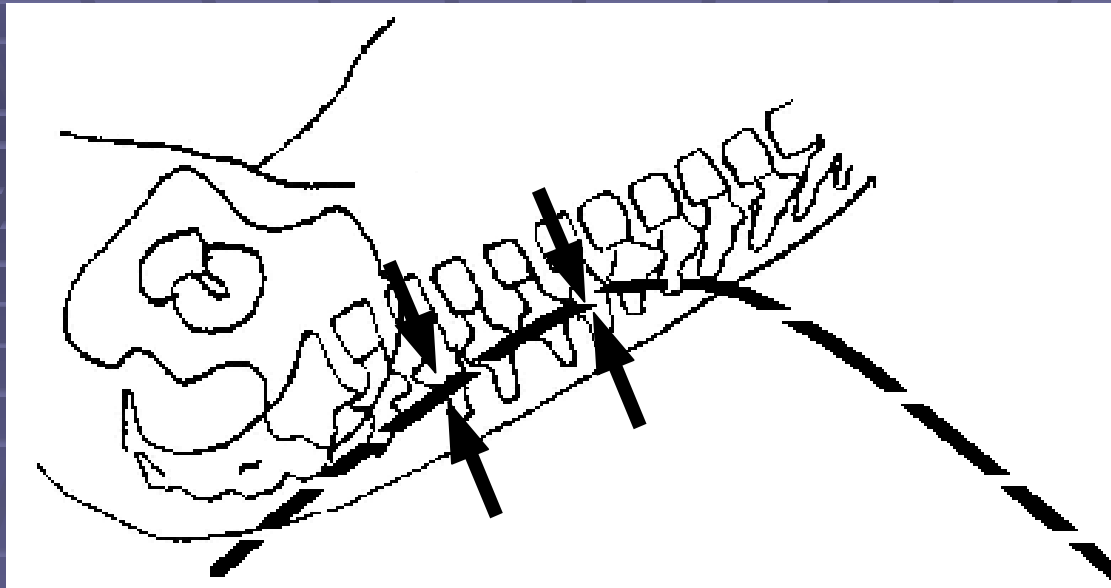
Shear forces created in the pelvic tilt push L5 backward. The vertebrae then line up and the bulge reduces.

Pull of muscle effort



Pull of weight down

The weight down plus the pull of the muscle create posterior shear forces on the joints locking them into stability.



The fixed PowerCushion™ pushes up to meet the shearing forces on the bones downward to line them all up.



The PowerCushion's™ two exercises globally and segmentally build you a strong healthy body.

