

**SEE SPINE YOGA PART 1
BEFORE CONTINUING WITH
THIS SECTION**

[C] CT STRAP FOR UPPER RIB AND NECK LIGAMENTS**KNOW YOUR BODY**

This procedure stretches connective tissue along the spine, focusing on stretching the ligaments that tie the four upper ribs to the spine at the first and second thoracic vertebral levels. It also provides significant stretching for the neck ligaments and the thick, leather-like covering over the side of the neck. This covering protects the nerves where they exit the spinal column to the side of the neck.

Pulling the CT Strap away from the head and neck, while leaning the head and neck away from the CT Strap, creates “opposing forces” that give the associated connective tissue a very specific stretch.

This procedure emulates “Cervical Connective Tissue Stretch” from Dr. Clay’s book “Assisted Stretching Postures from Thai Massage”.

CT Strap Procedure C makes the deltoids, and upper trapezius muscles instantly strong!

Note: When you use the CT Strap, always move very slowly and be gentle. Do not cause any pain. Moving slowly and gently ensures safety.

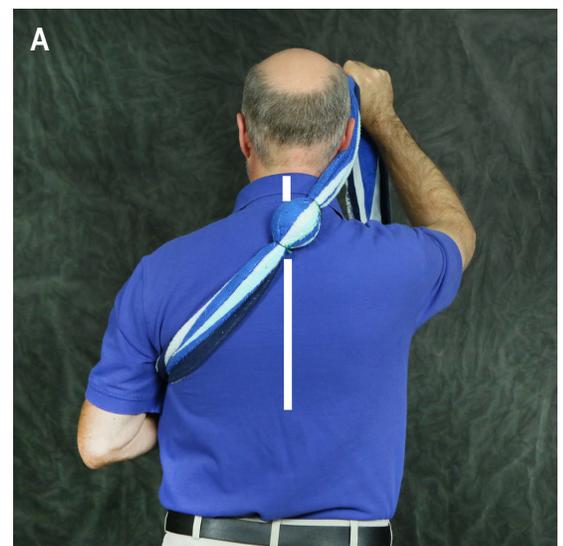
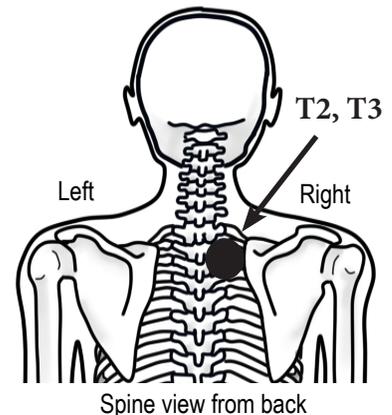
THE SET UP (for the right side)

1. **(Photo A)** Place the CT Strap knot on your spine in the right lamina groove at thoracic vertebrae 2 and 3 (**T2, T3**), which is level with the top edge of the shoulder blade (scapula). People often place the knot too far away from the spine. Remember the lamina grooves are on both sides of the absolute center midline of your entire spine. The illustration and photo A show the correct knot placement at thoracic vertebrae 2 and 3 (**T2, T3**) on the right. Correct knot placement is essential.

2. **(Photo A)** Stand with your feet shoulder width apart. Place the left CT Strap underneath your left arm pit. Place the right CT Strap diagonally forward close to your right ear. **If you have a weak grip, wrap the ends of the strap around your hands, creating handles.**

3. **(Photo B)** Anchor the left CT Strap by pulling it forward and to the right, across the front of the chest.

4. **(Photo B)** Firmly pull the right CT Strap diagonally forward and up, close to your right ear. Then pull the CT Strap diagonally away from your right ear. The strap ends up diagonally in front and to the right side of your head. You have set your pin. Now let’s stretch against it.



[C] CT STRAP FOR UPPER RIB AND NECK LIGAMENTS

THE FIX (for the right side)

5. **(Photo C)** Elongate your neck upward. Turn your head to the right with your nose pointing toward the right CT Strap. This is very important to prevent pinching in the upper neck. Elongate your neck by lifting your head upward.

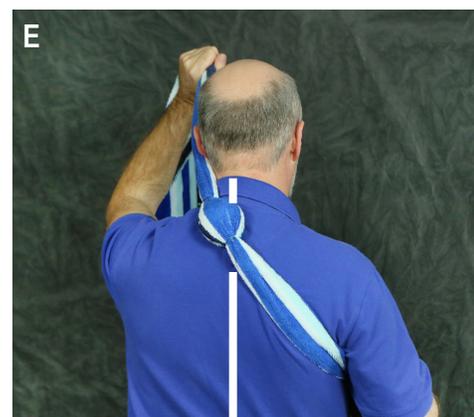
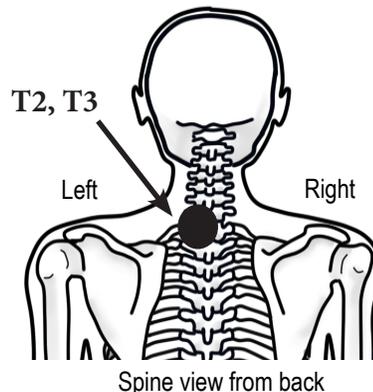
6. **(Photo D)** Next, arch your neck to the left by leaning your left ear toward the outside of your left shoulder as comfortably as it goes. Your head and neck are moving away from the CT Strap. Keep your nose pointed toward the right CT Strap.

7. **(Photo D)** Continue to elongate your neck. Maintain a firm tension in the right CT Strap by continuing to pull it diagonally upward and diagonally to the front right. Your neck is not just leaning to the left, it is also arching to the left by including elongation of the neck. Do not lean your head and neck backward or forward. All of these actions together create the stretch using “opposing forces”. Enjoy this stretch for five to eight seconds.

HERE IS THE SAME PROCEDURE FOR THE OTHER SIDE OF YOUR UPPER BACK AT THORACIC VERTEBRAE 2 AND 3 (T2, T3).

THE SET UP (for the left side)

1. **(Photo E)** Switch the CT Strap to the opposite side. The high end of the CT Strap is now in your left hand, while the low end is in your right hand. Place the CT Strap knot on your spine at the same spinal level of thoracic vertebrae 2 and 3 (T2, T3) just to the left of the absolute center of your spine in the lamina groove. Remember the lamina grooves are on both sides of the absolute center midline of your entire spine. People often place the knot too far away from the spine. The knot is placed level with the top edge of the shoulder blade (scapula). The illustration and photo E show the correct knot placement at thoracic vertebrae 2 and 3 (T2, T3) on the left. Correct knot placement is essential.



[C] CT STRAP FOR UPPER RIB AND NECK LIGAMENTS

2. **(Photo F)** Continue standing with your feet shoulder width apart. Place the right CT Strap underneath your right armpit. Place the left CT Strap diagonally forward close to your left ear. **If you have a weak grip, wrap the ends of the strap around your hands, creating handles.**

3. **(Photo F)** Anchor the right CT Strap by pulling it forward and to the left, across the front of the chest.

4. **(Photo F)** Firmly pull the left CT Strap diagonally forward and up close to your left ear, and then pull the CT Strap diagonally away from your left ear. The strap ends up diagonally in front and to the left side of your head. You have set your pin. Now let's stretch against it.



THE FIX (for the left side)

5. **(Photo G)** Elongate your neck upward. Turn your head to the left with your nose pointing toward the left CT Strap. This is very important to prevent pinching in your upper neck. Elongate your neck by moving your head upward.



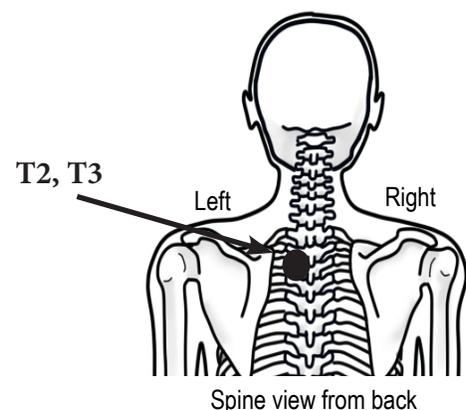
6. **(Photo H)** Next, arch your neck to the right by leaning your right ear toward the outside of your right shoulder as comfortably as it goes. Your head and neck are moving away from the CT Strap. Keep your nose pointed toward the left CT Strap.

7. **(Photo H)** Continue to elongate your neck. Maintain a firm tension in the left CT Strap by continuing to pull it diagonally upward and diagonally to the front left. Your neck is not just leaning to the right, it is also arching to the right by including elongation of the neck. Do not lean your head and neck backward or forward. All of these actions together create the stretch using “opposing forces”. Enjoy this stretch for five to eight seconds.



CT STRAP KNOT PLACEMENT

This procedure is performed at one spinal level, once on the right side in the right lamina groove, and once on the left side in the left lamina groove. The spinal level is on your upper back just at the top edge of the shoulder blade at thoracic vertebrae 2 and 3 (T2, T3).



[D] CT STRAP FOR LOW BACK LIGAMENTS AND DISCS

KNOW YOUR BODY

This procedure stretches connective tissue in the low back, focusing on tractioning intervertebral discs. This procedure also focuses on stretching ligaments that connect the lumbar vertebrae together.

Pulling the spine at the CT Strap knot up and away from the pelvis creates “opposing forces”. This gives the associated connective tissue a very specific stretch.

This procedure emulates a chiropractic technique for healing lumbar herniated discs.

CT Strap Procedure D makes the quadratus lumborum, multifidus, transverse abdominus, psoas, gluteus medius, and latissimus dorsi muscles instantly strong!

Note: When you use the CT Strap, always move very slowly and be gentle. Do not cause any pain. Moving slowly and gently ensures safety.

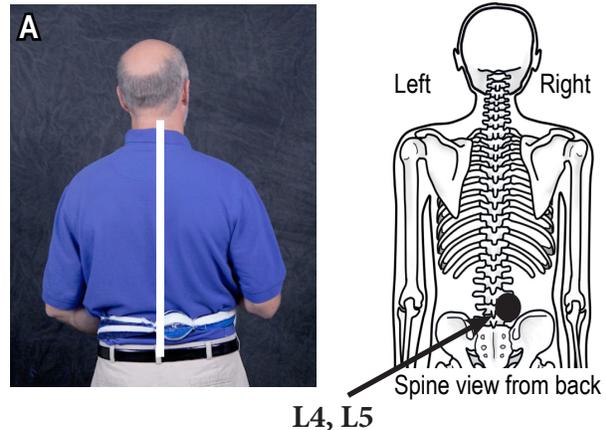
THE SET UP (for the right side)

1. **(Photo A)** Place the CT Strap knot on your spine at the very bottom of your spine in the right lamina groove of lumbar vertebrae 4 and 5 (**L4, L5**). Remember, the lamina grooves are on both sides of the absolute center midline of your entire spine. People often place the knot too far away from the spine. The illustration and photo A show the correct knot placement at lumbar vertebrae 4 and 5 (**L4, L5**) on the right. Correct knot placement is essential.

2. **(Photo B)** Stand with your feet shoulder width apart and bring the two ends of the CT Strap forward around your waist inside your forearms and elbows and hold in each hand. **If you have a weak grip, wrap the ends of the strap around your hands, creating handles.**

3. **(Photo B)** Anchor the left CT Strap by pulling it across the front of your abdomen, parallel to the floor at the same level of the knot’s placement on your spine.

4. **(Photo C)** Pull the right CT Strap firmly out in front of your body and then firmly straight up. The right strap should be in line with your right ear. You have set your pin. Now let’s stretch against it.



[D] CT STRAP FOR LOW BACK LIGAMENTS AND DISCS

THE FIX (for the right side)

5. **(Photo D)** Lean forward from the waist to 90 degrees. Keep a firm tension on the right CT Strap pulling headward. The right CT Strap is in line with your right ear. Focus your intention on elongating your spine. **(Photo E)** Keep pelvis facing forward as you lean your upper body far to the left by firmly pulling the right CT Strap to the left.

6. **(Photo E)** Now slowly push your pelvis away from the CT Strap, diagonally backward to the right and down toward the floor. All of these actions together create the stretch using “opposing forces”. Enjoy this stretch for five to eight seconds.

7. **(Photo F)** Come out of this stretch by returning your upper body straight forward to the midline, still bending forward before you straighten up to an upright position.



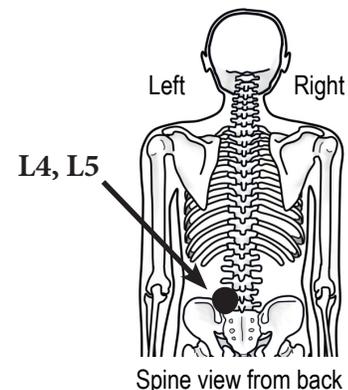
HERE IS THE SAME PROCEDURE FOR THE OTHER SIDE OF YOUR LOW BACK AT LUMBAR VERTEBRAE 4 AND 5 (L4, L5).

THE SET UP (for the left side)

1. **(Photo G)** Shift the CT Strap knot to the left side at the same spinal level at lumbar vertebrae 4 and 5 (**L4, L5**). The CT Strap knot is placed on your spine in the left lamina groove. Remember, the lamina grooves are on each side of the absolute midline of the spine. People often place the knot too far away from the spine. The illustration and photo G show the correct knot placement at lumbar vertebrae 4 and 5 (**L4, L5**) on the left. Correct knot placement is essential.

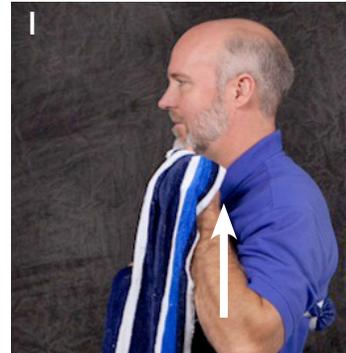
2. **(Photo H)** Continue standing with your feet shoulder width apart. Continue holding the two ends of the CT Strap with the strap inside your forearms and elbows. **If you have a weak grip, wrap the ends of the strap around your hands, creating handles.**

3. **(Photo H)** Anchor the right CT Strap by pulling it across the front of your abdomen parallel to the floor at the same level as the knot's placement on your spine.



[D] CT STRAP FOR LOW BACK LIGAMENTS AND DISCS

4. **(Photo I)** Pull the left CT Strap firmly out in front of your body and then firmly straight up. The left CT Strap should be in line with your left ear. You have set your pin. Now let's stretch against it.



THE FIX (for the left side)

5. **(Photo J)** Lean forward from the waist to 90 degrees. Keep a firm tension on the left CT Strap, while pulling the strap toward your head. The left CT Strap is in line with your left ear. Focus your intention on elongating your spine. **(Photo K)** Keep pelvis facing forward as you lean your upper body far to the right by firmly pulling the left CT Strap to the right.



6. **(Photo K)** Now slowly push your pelvis away from the CT Strap, diagonally backward to the left and down toward the floor. All of these actions together create the stretch using “opposing forces”. Enjoy this stretch for five to eight seconds.



7. **(Photo L)** Come out of this stretch by returning your upper body straight forward to the midline, still bending forward before you straighten up into an upright position.



CT STRAP KNOT PLACEMENT

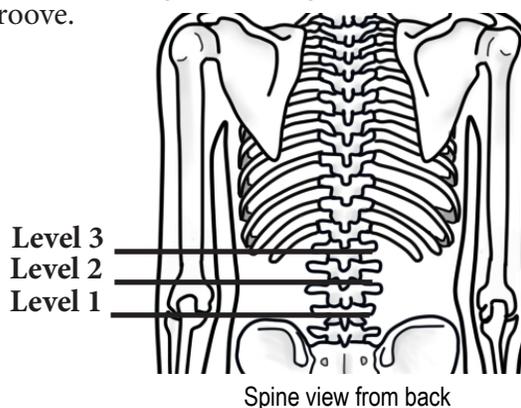
This procedure is performed at three spinal levels on both the right and left sides. You have already done both sides of level 1.

Reposition the CT Strap knot to level 2 and repeat steps 1-7 on the right and left. Next, reposition the CT Strap knot to level 3 and repeat again on the left and right.

Level 1: At the bottom of the spine on lumbar vertebrae 4 and 5 (L4, L5). First on the spine in the right lamina groove, then on the spine in the left lamina groove.

Level 2: In the middle of the low back between the bottom of the spine and the bottom of the ribcage on lumbar vertebra 3 (L3). First on the spine in the right lamina groove, then on the spine in the left lamina groove.

Level 3: Just below the bottom of the ribcage on lumbar vertebrae 1 and 2 (L1, L2). First on the spine in the right lamina groove, then on the spine in the left lamina groove.



HOW TO MAKE A CONNECTIVE TISSUE STRAP FROM A TOP BED SHEET

How to easily make an inexpensive Connective Tissue Strap

This Connective Tissue Strap is an approximately two foot section cut from a top bed sheet with a large firm “chicken egg” size knot tied in the middle.

The CT Strap should be long enough to be held in both hands with the knot contacting your spine while the straps are contacting the outside of your elbows with your forearms parallel to the floor. If you have insufficient grip strength, be sure that your CT Strap is long enough to wrap the ends of the strap around your hands, making handles. Watch the Quick Self Fixes video on how to hold the CT Strap handles at the beginning of the chapter on “How to Make a Connective Tissue Strap”. Prior to tying the egg size knot in the middle of the sheet section, the sheet should be a little more than one-third longer than you are tall. For instance, if you are six feet tall, the sheet should be a little longer than eight feet long.

Fortunately, most standard top bed sheets are eight feet four inches long. So if you are six feet tall or shorter, you have plenty of length to work with when using a standard top bed sheet. However, if you are over six feet tall and have insufficient grip strength and need a longer strap to wrap around your hands making handles, go to your local fabric store and have a longer section of sheet like fabric cut.

Sheets have different thicknesses so they must be cut at different widths to make the firm egg size knot in the middle. The knot should measure 5½ to 6½ inches in circumference. If your bed sheet is thin you may need to cut the sheet section more than two feet. If your bed sheet is thick you may need to cut the sheet section more than two feet.

Instructions

(No Photo) Cut an approximate two foot section from a top bed sheet. Once the cut has been made several inches, the sheet may easily be ripped apart.

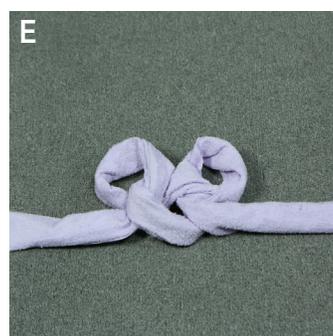
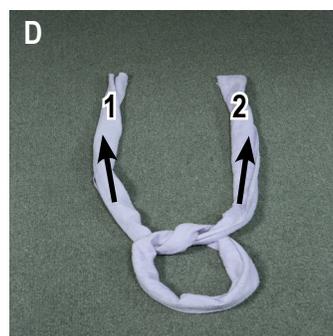
(Photo A) Take your sheet section and twist it up from the middle creating a two foot length section in the middle of the sheet resembling a rope.

(Photo B) Use your foot as a brace to twist the sheet section up very tight. The secret to a great CT Strap is having it twisted up super tight before tying the knot.

(Photo C) Make a standard loop in the middle of the sheet section where the circle made is about 9 inches in diameter. Use your foot as a brace to keep the fabric circle tight.

(Photo D) Notice how one end of the fabric comes out from beneath the circle (2) and how one end of the fabric comes out from on top of the circle (1).

(Photo E) The piece of fabric that comes out from above the circle goes under and through the center of the circle. The piece of fabric that comes out from underneath the circle goes above and through the center of the circle.



HOW TO MAKE A CONNECTIVE TISSUE STRAP FROM A TOP BED SHEET



(Photos F and G) Take your time and tighten it up into one firm knot, about the size of a large “chicken egg”. Focus on keeping the knot in the center of the fabric.



(Photos H & I) Pull each end of the CT Strap strongly to create firmness in the knot (If you’re not strong enough, have a strong friend help you). If this procedure did not create a firm chicken egg sized knot in the middle of your CT Strap, try again. You may need to alter the width of your sheet section to create the appropriate sized knot and/or you may need practice tying this knot!

(Photo J) Here you have your very first Connective Tissue Strap. One of the greatest inventions of the 21st Century!

Note: Make extra straps for the home, office, and friends.



For further clarity, definitely watch the Spine Yoga Video instructions on how to make a Connective Tissue Strap.

You may order a Connective Tissue Strap from
www.QuickSelfFixes.com
or call 404.808.4280



HOW TO MAKE A CONNECTIVE TISSUE STRAP FROM A TOP BEACH TOWEL

How to easily and quickly make an inexpensive Connective Tissue Strap.

This Connective Tissue Strap is a six inch section of a 5½ foot or longer beach towel with a simple knot tied in the middle. A 5½ foot beach towel may be too short for you if you are over six feet tall or have weak grip strength and need an extra long CT Strap to wrap around your hands. If you need a longer beach towel “Connective Tissue Strap”, go to your local fabric store and have a longer section of towel like fabric cut.



(Photo A) Twist the middle two feet of the beach towel section up tight making it rope-like. The secret to a great CT Strap is having it twisted up super tight before tying the knot.



(Photo B) Make a standard loop in the middle of your towel section.

(Photo C) Take your time and tighten it up into one firm knot. Focus on keeping the knot in the center of the fabric.



The towel knot is smaller than the sheet knot and great to use in the shower. Yet, it is easy and quick to make!

For further clarity, definitely watch the Spine Yoga Video instructions on how to make a Connective Tissue Strap.

***You may order a Connective Tissue Strap from
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