

## BAD BACK TYPE and QUIRKY MOLDING SCHEDULE

Congratulations, this package of BB2GB devices will allow you to begin an exciting journey to take your Bad Back and make it a Good Back. You can achieve this “all by yourself” when you use these devices, and The Bad Back to Good Back Method. This method is the easiest and most effective do-it-yourself method for eliminating back pain and problems, permanently, and it is detailed in The Real Reason Your Back (still) Hurts. Get Excited because your journey to the Good Back Club is about to transform your life!

- ▶ **Dr. Faith Support:** I am happy to answer any question. Please use the **CONTACT** button on our website. BadBack2GoodBack.com
- ▶ **Do This 1st:** Read about the Bad Back Signs in Step 3, *Quirky's* in Step 4 and Bad Back Types in Step 5.
- ▶ **Do This 2nd:** Follow directions in Step 6 to Bad Back Type yourself. If you would like me to confirm your “type” and *Quirky's*, please use the **Confirm My Structural Evaluation** button on our website.
- ▶ **Do This 3rd:** Review the Reverse Strategies for your “type” and *Quirky's* in Step 7. Read thoroughly Steps 8 and 10; they will guide you to get started and understand the process.
- ▶ **Modules:** We offer 3 (10-minute) video modules that include the “core” material that are covered in: *Do This 1st, 2nd and 3rd*. If you would like to watch these videos, please use the **Watch Modules** button on our website.
- ▶ **Molding Schedules:** See step 8, Rule #11 to follow the schedule that pertains to ONLY your Bad Back Type. If you have *Quirky's* follow the information below.
- ▶ **Quirky's:** Follow the *Bathroom Stretch* found in Step 8, Rule #6 to reverse a *Quirky Twisted*, and Tilted Head and a *Quirky Shoulder*. Reverse Strategies for ALL *Quirky's* are listed in Step 7. The recommendation is to mold until each *Quirky* resolves; use the *Skeletal Dance Mirror-Mirror Method* detailed in Step 6.
- ▶ **Devices:** The orthopedic devices you have received are our “starter package.” There are more than enough devices in this package for a family member to mold alongside you. If you would like an additional device or two because you are using the “same one,” please contact me. We are happy to accommodate. Additionally, refer to Step 8, Rule #2 for all device information. Tower devices are available on our **website store**.
- ▶ **Practitioner Support:** It's recommended to seek out the assistance of a Backbone Practitioner trained in the (BB2GB) method. One–four office visits per month can be helpful to experience faster results. Please read *Backbone Therapy* in Step 9. Our website will include these practitioners as they become available.
- ▶ **Journal:** Step 8, Rule #9 recommends to journaling your molding journey. Jot down day-to-day progress, track molding times, and your entire experience (how you are feeling/ functioning). This type of feedback is really helpful for anybody supporting you, but at the same time, it's helpful for your own recollection, and especially if you decide to do a video testimonial.
- ▶ **Video Testimonial:** If you have a testimonial that you would like to share with us... Tape it and send to: DrFaith@BB2GB.com If we use your testimonial, you will be contacted and compensated. Thank you.