

Adapting to the Looking Forward Head Support System

Because everyone is different and have their own physical limitations and unique levels of dropped head, there is no 'set in stone' rule for adapting to the Looking Forward Head Support System.



The band or cap is to be used as a 'helper'. It is not a cure. Wearing success can depend on just how much you wish to or can adapt to something new. When we are suffering from a headache we take a pill . The instant gratification of being relieved of our discomfort is alleviated by swallowing that pill. Instant gratification should not be expected. The reason being, each person has their own level of tolerance and adaptability. The more you experiment, the easier it will be to find your level of wear ability and comfort. The more you WANT to get the benefits, the more success you will have.

While adjusting to wearing the Headband or Cap, you will need to find the most beneficial place when crossing the band behind your head. Some customers find that crossing it just behind the neck works best while others find that crossing it lower ,toward the center of their back is more helpful. This crossing , pulling and stretching of the band is how the head lift is obtained. Just winding the band around the forehead and torso will not contribute to the lift of the head. Experiment with placement when crossing the band to meet your individual requirements.

When you have the band or cap correctly placed on your head or forehead , cross it behind your neck and then be sure to **PULL DOWNWARD TOWARD YOUR HIPS TO GET AS MUCH STRETCH FROM THE BAND AS POSSIBLE**. Then, bring the two ends of the band around to the front of your body and secure it under the breast. This pulling and stretching will assure you get the maximum amount of head lift.

Here are some suggestions from our clients who have been wearing and enjoying their the support with great success.

1. The first time you try the Headband or Cap system have someone assist you.
2. Plan on wearing the Headband or Cap for short intervals (we recommend 1/2 hour 3 to 4 times a day building time each day or weekly as you become comfortable) Please, take your time. Each person will adapt at their own level
3. A good way to adjust is to sit in a reclining position so that your head is supported. When you are lying down or leaning backward the head will automatically have more support . Leaning back in a recliner or propped up in the bed with pillows is a good way to try this.
4. Sit reclining with the band or cap on for as long as you are comfortable. When you feel that you want to try sitting upright in a regular chair, do so. Should you tire, remove the band or cap for a while and begin again. Many have said their balance becomes better while wearing the Looking Forward. This too is individual so please go slowly, at your own pace. When you are feeling comfortable you may begin wearing while standing and walking.



5. When dining or conversing it is a good idea to sit in a chair with a lower back that is no higher than your shoulder blades. A high back chair does not allow your body to lean backward and will actually push your torso forward. This leaning forward will push your head downward. Being able to lean slightly back in a chair will help you to keep head up more easily. While sitting, keep your back as straight as possible. Don't slouch and try to remember to keep your shoulders and hips pressed back toward the chair back.

6. If the band is covering your ears you can lift and raise the band slightly off of the ear opening. As you adjust to wearing the band the position of being over the ear will not be a problem.

7. If you wear glasses, the stems of the glasses can be worn under or over the band, depending on the style of the frames. Frames with a flat 'arm' or stem are best with the Looking Forward System.

8. If you wear a neck brace, the Looking Forward can be put on after the neck brace is in place. We recommend you discuss this with your physician before using the Looking Forward alone or with any other apparatus.

The Cap & Band Head Support System is not intended to treat, diagnose or cure medical problems. For hygiene reasons, the cap and band are not returnable or refundable. Please check with you physician or therapist before ordering.

Neck Solutions