## **Extremity Drop / Speeder Board**

Straight Drop with Adjustable Tension

## **Extremity Drop**

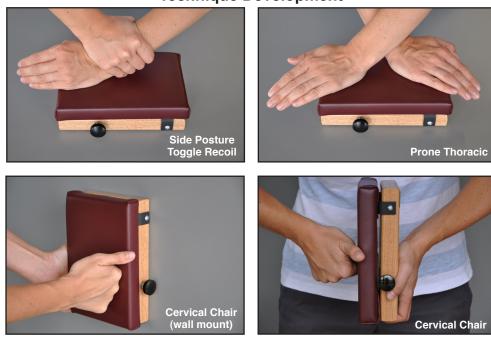
The Extremity Drop has a flat cushion and is ideal for adjusting extremities. Information is available in Warren Hammer's textbook: Functional Soft Tissue Examination and Treatment by Manual Methods.

## Speeder Board

The Speeder Board has a raised "bump" on the surface of the cushion (a simulated high transverse process) and is a valuable tool for technique development.

To convert the Speeder Board to an Extremity Drop, remove the "bump" as follows:

- 1. Detach the cushion by removing the two screws from the side of the wood base.
- 2. Remove the white plastic strike plate from under the cushion and take out the wood spacer. Re-assemble the Speeder Board.



**Wall Mount:** Install the plastic anchor and screw provided (stored under a black plug on the side of the wood base) into a 3/16" hole in the wall. Hang the Speeder Board by its keyhole.

Hand Stabilization: Hold the Speeder Board in one hand while "adjusting" with the free hand.

**NOTE:** The Extremity Drop and Speeder Board are not intended for cervical, thoracic or pelvic adjusting. Our Portable Headpiece and Lumbo-Pelvic Drop are ideal for these purposes.

## Technique Development

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