

"...my back feels more stable and strong. Your program helped solve my problem rather than just mask it!"

Randy S.

"It has helped my rotator cuff shoulder injury by 95%. Overall condition of back stronger and less visits to the doctor. Brilliant program, it works!"

Paul G.

"...I've been going to back docs since I was 13 and none of them have made me feel the way I do now. Even my coworkers have seen a change in my posture and strength!"

Lance M.

"Greatly improved my neck, lower back, and leg problems. I am much improved, beyond all expectations and I am more able to do the things I used to do years ago!"

Marilee F.

"This program has helped relieve the severe pain and debilitating effects...It has put me back on my bike!"

T.Z.

"Excellent back strength and sense of stability. Good basis for building better performance for all activities and sports!"

Rob B.

Spinal Reflex Institute Intl.

1401 Main Avenue Ste B • Durango, CO 81301
1-877-259-5520 • www.5MinuteBack.com

If you are experiencing...



traumatic injury



back or neck pain



shoulder, knee or foot pain



muscle, joint or nerve problems

or looking for peak performance...

5MinuteBack.com™
is the solution you are looking for!

5MinuteBack is effective in reducing acute and chronic pain, restoring balance and power, increasing range of motion, speeding injury and performance recovery, delaying certain surgeries, reducing stress, and improving overall health and fitness.

Who can benefit? Age, history, and activity levels may not preclude you from the benefits of 5MinuteBack strengthening program. Approximately 80 to 90% of all pain, aches, and stiffness you may feel in a lifetime originate from acute and chronic muscle, joint and nerve problems; 5MinuteBack can reduce or eliminate many of these complications.

5MinuteBack can not cure back disease, but may reduce the pain, ache and select complications of many disease conditions.

Your 5MinuteBack Instructor
1-877-259-5520

Class Location & Date

5MinuteBack.com

Fast Relief

5MinuteBack can reduce back pain in as little as 3 days!

Move Freely

Immediately move with greater ease, balance and strength!

No Drugs or Surgery

Drug free, non-invasive exercises can prevent or delay the need for orthopedic surgery!

No Excuses

No hassles, no memberships, no excuses - just 5 minutes a day!

Yes to 5MinuteBack

Yes! To a better back in less time than a TV commercial break!



What is 5MinuteBack?

5MinuteBack.com is a safe, non-invasive and profoundly effective way to reduce or eliminate muscle and joint pain, increase freedom and ease of movement and maximize physical performance in as little as 5 Minutes a day!

Developed by Dr. Frank Jarrell of Spinal Reflex Institute Intl, 5MinuteBack.com is a TrueCore™ product developed over the last 15 years for athletes and auto injury recovery.

Your back is an Apple!

TrueCore™ is the only back and body strengthening program that acknowledges key design features of the human body that are just now coming to the front edge of medical understanding.

First: You need a strong back! All movement in the body requires spinal stabilization through strength. Without a strong and stable spine, the arms, legs, head and jaw cannot move efficiently and will eventually result in muscle and joint injury.

Second: Use your senses! All TrueCore™ spinal exercises start with a group of senses called "telereceptors" that include the eyes, ears and nose. These sensors gather information at a distance from the body and will always cause the eyes to turn in the direction of the sight, sound, or sent in question.

Third: Your Back is an Apple! The spine is a chain of links we call vertebrae. The muscles of the spine are best divided into three groups: the deepest layer or those that connect one vertebral segment to another, a middle layer or those that skip segments and connect one vertebra to another that is further away, and an outer layer or those that connect a region of the spine to another region of the body. TrueCore™ understands that the deepest layer is the most important to strengthen first. Most back strengthening programs focus on the outer layer, or large muscles of the back and abdomen first. Like an a bad apple, these programs will make you pretty on the outside, but soft in the middle.

Little or No Equipment Needed!

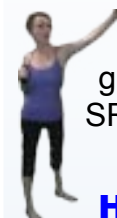
5MinuteBack.com is the simplest and most effective program available and requires absolutely no equipment and can be done in as little as 5 minutes a day! Once you start, you will want to learn the whole program; TrueCore™ is a comprehensive back strengthening program you can do in less than 20 minutes a day with your 5MinuteBack mat and stretch bands!

5MinuteBack Provides Relief and Mobility for Active Living!



Where can I take a class?

5MinuteBack /TrueCore Exercise Classes are available through Dr. Frank Jarrell and Spinal Reflex Institute Intl. in Durango Colorado, and in select cities across the nation. Only Instructors certified by Dr. Frank Jarrell and Spinal Reflex Institute Intl. are qualified and sanctioned to teach this powerful and innovative program. For a listing of Instructors and classes and to register for a class in your area, visit 5MinuteBack.com.



Classes are available for large groups and corporations through our SRA Corporate Wellness Division.

How do I get SRA treatment and services?

Spinal Reflex Analysis (SRA™) Health and Performance Services are available for those seeking treatment for specific musculoskeletal conditions or unresolved cases, both acute and chronic, or to achieve specific performance goals.



To Learn More:

Call 1-877-259-5520 or visit www.SpinalReflex.com for more information, and to request SRA services.

