

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.

Technique Development



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.