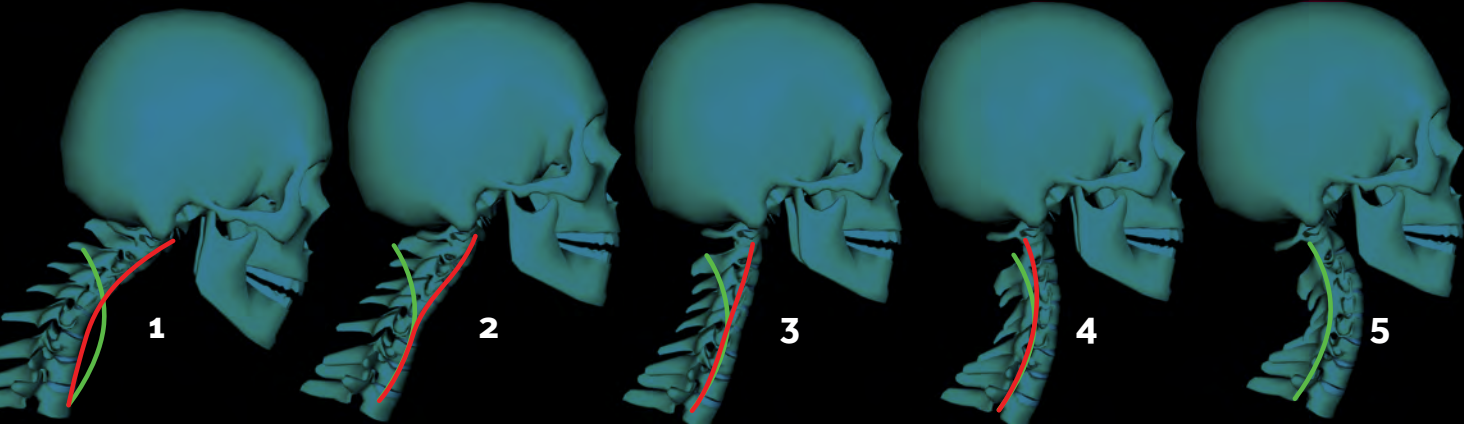
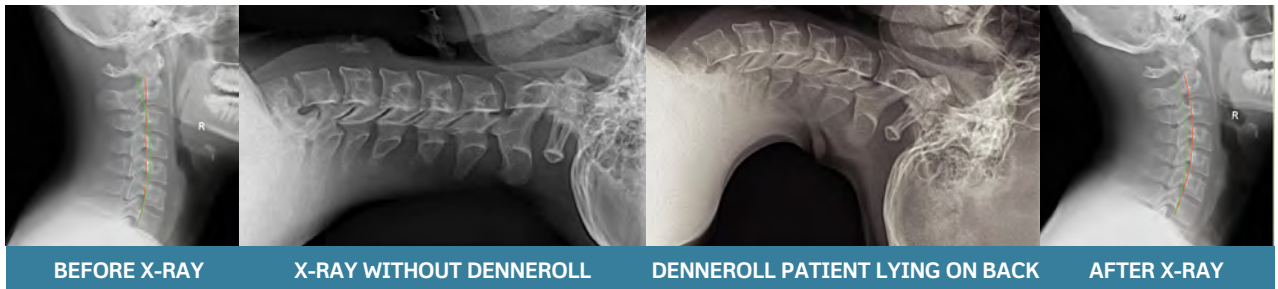


Denneroll Neck Orthotic User Guide



ABNORMAL CERVICAL LORDOSIS CURVES (RED LINE) ➔ NORMAL CERVICAL LORDOSIS CURVES (GREEN LINE)

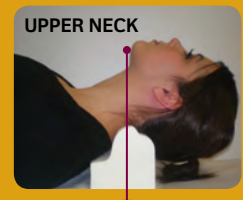
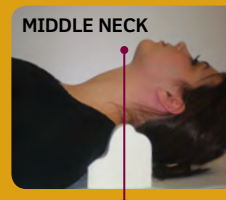
The neck, as viewed from the side in the images above, should have a natural semi-circular curve called the Cervical Lordosis (Figure 5). Car accidents, falls, and poor posture all contribute to abnormal Cervical Lordosis (Figures 1-4), putting you at greater risk of adverse nerve, ligament, and muscle function. Ultimately, abnormal Cervical Lordosis may lead to a number of health-related disorders.



The DENNEROLL is a cervical orthotic device developed by Dr. Adrian Dennewald, an Australian Chiropractor. Its unique design provides a gentle but effective stretch that assists in the correction of abnormal Cervical Lordosis (see Figure 2 below). The DENNEROLL can assist in relief of pain and muscle tension, as well as enhance patient comfort and improve health. The design of the DENNEROLL allows for easy transportation.

YOUR DENNEROLL PLACEMENT:

- Lower neck
- Middle neck
- Upper neck
- Small Towel under Denneroll to increase height/stretch or Patient's Head to decrease stretch



There are three areas of the neck appropriate for DENNEROLL application. Your Doctor of Chiropractic will determine which is right for you. You must follow their determination exactly for best results and to ensure safe use. The DENNEROLL device should only be used on a firm surface such as the floor, or a bench as shown in the figures above.



When finished with your DENNEROLL session, do not raise your head straight up. Roll to your side. Once comfortable you can sit up as shown.

For Information on Spinal Health Disorders and Providers: www.cbppatient.com (North America) or www.denneroll.com (Australia)

Denneroll Patient User Record



Chiropractic BioPhysics
CBP—The Science of Spinal Health

Doctor: _____ Date: _____

Patient: _____

Recommended Frequency per week or day: _____

Note to user: *You must follow your doctor's recommended frequency of Denneroll use in order to achieve the best results. In the tables below, the recommended goal times for each consecutive session are listed. If you are unable to reach the goal time listed, do not increase the time of the next session until you've achieved the goal time of the previous session. Please record your time.*

DATE	GOAL TIME	ACTUAL TIME
1.	3 minutes	
2.	4 minutes	
3.	5 minutes	
4.	6 minutes	
5.	7 minutes	
6.	8 minutes	
7.	9 minutes	
8.	10 minutes	
9.	10 minutes	
10.	10 minutes	
11.	10 minutes	
12.	11 minutes	
13.	12 minutes	
14.	13 minutes	
15.	14 minutes	
16.	15 minutes	
17.	15-20 minutes	
18.	15-20 minutes	
19.	15-20 minutes	
20.	15-20 minutes	
21.	15-20 minutes	
22.	15-20 minutes	
23.	15-20 minutes	
24.	15-20 minutes	
25.	15-20 minutes	

DATE	GOAL TIME	ACTUAL TIME
26.	15-20 minutes	
27.	15-20 minutes	
28.	15-20 minutes	
29.	15-20 minutes	
30.	15-20 minutes	
31.	15-20 minutes	
32.	15-20 minutes	
33.	15-20 minutes	
34.	15-20 minutes	
35.	15-20 minutes	
36.	15-20 minutes	
37.	15-20 minutes	
38.	15-20 minutes	
39.	15-20 minutes	
40.	15-20 minutes	
41.	15-20 minutes	
42.	15-20 minutes	
43.	15-20 minutes	
44.	15-20 minutes	
45.	15-20 minutes	
46.	15-20 minutes	
47.	15-20 minutes	
48.	15-20 minutes	
49.	15-20 minutes	
50.	15-20 minutes	

WARNING:

THE DENNEROLL IS TO BE USED ONLY UNDER THE SUPERVISION OF YOUR SPINAL HEALTH PROFESSIONAL.

Certain conditions can contribute to increased risk of injury during cervical extension traction. If you experience any unusual symptoms including, but not limited to; increased pain, dizziness, headache, nausea, numbness, visual disturbances, muscle weakness, loss of coordination or function, please consult your spinal health professional before further use.