



## Getting to know your Denneroll™

The purpose of the Denneroll™ is to assist in the restoration of the natural “C-curve” of the cervical spine. The C-curve is where your spinal health begins! Should you ever need a refresher on instructions or proper placement of your Denneroll™, please ask our staff or simply refer to the instructional pamphlet that came inside your Denneroll™ box.

1. On the side of your Denneroll™ device, please note where it reads “*shoulder side this side*”, as proper placement is critical to your corrective care.
2. If laying on a hard surface, you may choose to utilize a yoga mat to help create a more comfortable surface for your Denneroll™ session.
3. Place your Denneroll™ on a flat surface
4. Set a timer for 1-minute.
5. Your legs should be straight-out in front of you. No bending of the knees should occur.
6. Once the timer sounds, roll to one side, carefully rolling your neck off the Denneroll™.
7. Wait a few seconds (10-15), and then slowly sit up. This method will avoid neck strains.
8. On Day 2, increase your time to 2-minutes using the same guideline provided above. On each day that follows, aim to increase your time on the Denneroll™ by 1-minute until you’ve achieved 20-minutes on your Denneroll™.
9. It’s important to remember that there will likely be times (*single days, multiple days, or possibly even weeks*) that you may not be able to complete a timed Denneroll™ session due to a neck strain, neck discomfort, headache, or illness. ***It’s perfectly okay!*** Stay the course! Simply continue when you are able beginning right where left off.
10. Once you’ve achieved 20-minutes, continue at this daily practice up until your 12-week X-ray.

**If you have any questions regarding the use of your Denneroll, please do not hesitate to ask.**