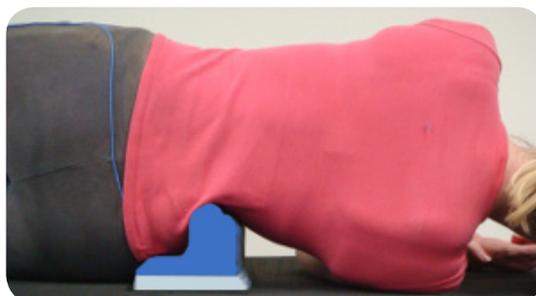


Lumbar ScoliRoll® User Guide and Record



Warning: Certain conditions can contribute to an increased risk of injury during side-lying traction. The ScoliRoll is only to be used under the provisional care of a qualified spinal health professional.



USA/Canada visit www.idealspine.com or call: 1-800-346-5146 • AUS/NZ: visit www.scoliroll.com or call 1300 883 884



Adolescent idiopathic scoliosis (AIS) is the most common type of scoliosis. It can progress rapidly in growing children.

Rehabilitation in combination with bracing has shown to be the most effective non-surgical treatment of AIS.

The best chance to control the curve and possibly make some correction is with early intervention.

Scoliosis can occur in adults later in life, or a pre-existing scoliosis can degenerate and progress in adulthood.

Adult degenerative scoliosis is often associated with chronic lower back pain.

Scoliosis in adults can be difficult to treat, but specific rehabilitation programs can improve body alignment and reduce pain.



Adolescent Scoliosis

Adult Scoliosis

Using ScoliRoll®

- Can be used as a treatment or diagnostic aid
- Aids in maintaining and improving spinal flexibility
- May help to reduce back pain in some cases
- Creates translation and lateral flexion of the spine
- Used for passive ligament and muscle stretching
- Used for active training of the back muscles while the spine is in a corrected position
- Recommended for use in conjunction with bracing and rehabilitation in progressive scoliosis cases

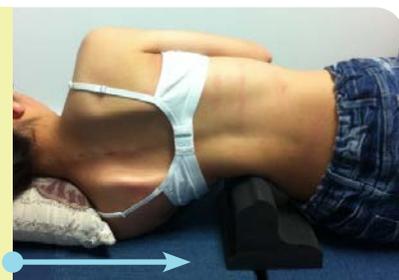
- Can be using in conjunction with a rehabilitation programs in non-progressive and adult cases
- Designed for home and in-clinic use
- ScoliRoll® should only be used as indicated and prescribed by a qualified health professional

Placement:

- Peak at curve apex
- Hip and shoulder touching the floor
- Head supported
- No more than 25 mins maximum use
- Roll off slowly after use

In treatment results:

- Curve straightening
- Derotation of the spine
- Ligament stretch
- Patented Denneroll peak maximises the realignment potential

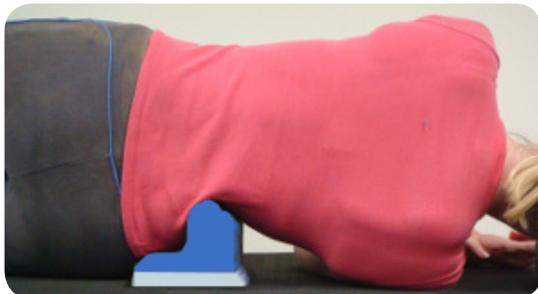


Adolescent patient with 51 degree Lumbar Scoliosis

Same patient using ScoliRoll

Instructions for Use

- 1) Your ScoliRoll® prescriber will show you where to place ScoliRoll for your scoliosis.
- 2) On a firm surface, lie with the ScoliRoll® peak positioned on or slightly below the apex of your curve (see picture below showing an example lumbar set up).



- 4) You should be able to touch your hip and shoulder of the same side to the floor. Your head can be supported by a pillow or the arm of the same side.
- 5) You may feel discomfort from the pressure of the ScoliRoll® however you should not feel any spinal pain or worsening of symptoms. Stop use if pain persists.
- 6) For the first session, lie on the ScoliRoll® for 3 mins to get used to the pressure. Gradually increase the time to a maximum of 25 mins.
- 7) Your clinician may give you exercises to perform while lying on the ScoliRoll
- 8) Once you have reached the prescribed time, roll off the ScoliRoll® slowly onto your front. Rest a moment before getting up.

| Date | Goal time | Actual time | Date | Goal time | Actual time |
|------|------------|-------------|------|------------|-------------|
| 1. | 3 mins | | 16. | 20-25 mins | |
| 2. | 5 mins | | 17. | 20-25 mins | |
| 3. | 7 mins | | 18. | 20-25 mins | |
| 4. | 9 mins | | 19. | 20-25 mins | |
| 5. | 11 mins | | 20. | 20-25 mins | |
| 6. | 13 mins | | 21. | 20-25 mins | |
| 7. | 15 mins | | 22. | 20-25 mins | |
| 8. | 17 mins | | 23. | 20-25 mins | |
| 9. | 19 mins | | 24. | 20-25 mins | |
| 10. | 20 mins | | 25. | 20-25 mins | |
| 11. | 20-25 mins | | 26. | 20-25 mins | |
| 12. | 20-25 mins | | 27. | 20-25 mins | |
| 13. | 20-25 mins | | 28. | 20-25 mins | |
| 14. | 20-25 mins | | 29. | 20-25 mins | |
| 15. | 20-25 mins | | 30. | 20-25 mins | |

Download extra record sheets and more information at www.scolirroll.com/lumbar

Important

- ScoliRoll® is a unique prescription spinal orthotic device and should only be prescribed by health professionals with an in-depth knowledge of the spine
- Only thorough analysis can determine which ScoliRoll® placement and type is right for the individual patient
- To be effective, the ScoliRoll® device should only be used on a firm surface such as a floor or bench
- ScoliRoll® should be used for no longer than 25 mins at a time. Patients should build up to this slowly
- When finished with the ScoliRoll session, the patient should not sit straight up. They should roll onto their front and rest for a few minutes before getting up
- ScoliRoll® should only be used as an adjunct to scoliosis treatment, never as the sole therapy
- Young children and adolescents with scoliosis should be under the care of a trained scoliosis specialist to thoroughly assess their needs.