

# 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](http://www.idealspine.com)  
or call 1-800-346-5146

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## 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

## Using ScoliRoll®

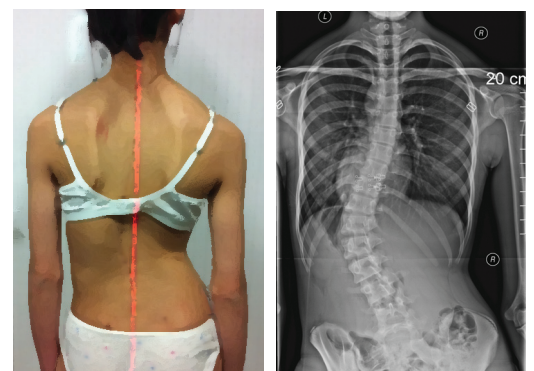
- Can be used as a treatment or diagnostic aid
- Aids in maintaining and improving spinal flexibility
- May help to reduce back pain in some cases
- Creates translation and lateral flexion of the spine
- Used for passive ligament and muscle stretching
- Used for active training of the back muscles while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

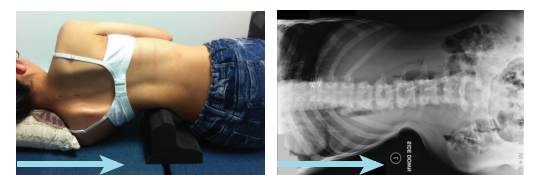
- Peak at curve apex
- Hip and shoulder touching the floor
- Head supported
- No more than 25 mins maximum use
- Roll off slowly after use

## 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®

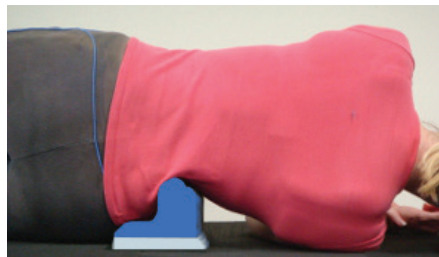


### Important

- 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

### 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 our slightly below the apex of your curve (see picture below showing example lumbar set up).



3. 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.
4. 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.
5. For the first session, lie of the ScoliRoll® for 3 mins to get used to the pressure. Gradually increase the time to a maximum of 25 mins.
6. Your clinician may give you exercises to perform while lying on the ScoliRoll®.
7. Once you have reached the prescribed time, roll off the ScoliRoll® slowly on to 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.scoliroll.com/lumbar](http://www.scoliroll.com/lumbar)



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