

Thoracic 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

International
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Important

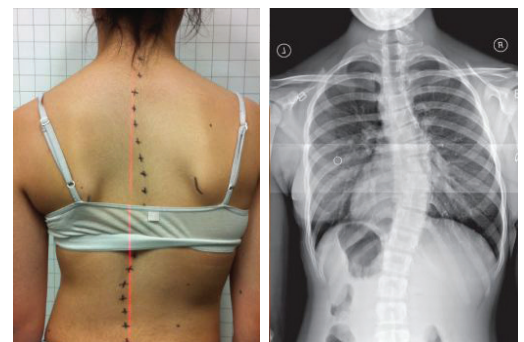
- ScoliRoll® is a unique prescription spinal orthotic device and should only be prescribed by health professionals with an in-depth knowledge of the spine
- Only thorough analysis can determine which ScoliRoll® placement and type is right for the individual patient
- To be effective, the ScoliRoll® device 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

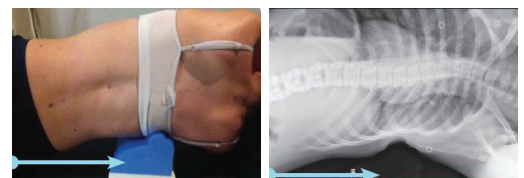
- Peak at curve apex
- Hip and shoulder touching the floor
- Head supported
- No more than 25 mins maximum use
- Roll off slowly after use



Adolescent patient with 41 degree Thoracic Scoliosis

In treatment results

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



Same patient using ScoliRoll®

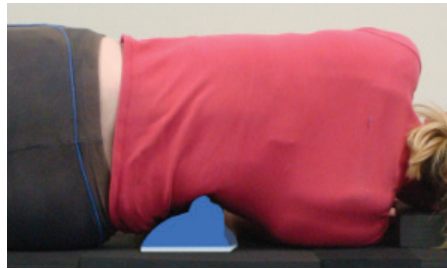


Important

- 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 thoraco-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/thoracic



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