



*No Gap
between
shoulder and
block unless
directed
otherwise by
your Doctor of
Chiropractic.*

Denneroll: Helping Restore Your Cervical Curve

Proper Use: Daily on a firm surface, place the Denneroll as pictured under your neck while you are lying on your back. The flat low edge should be touching your shoulders. Normal cervical range of motion means that your head will touch the flat surface. Start with 3-5 min's at a time and increase based on recommendations by your Doctor of Chiropractic. Discontinue use if you notice any tingling in your fingers, sharp pain and/or numbness, while using the Denneroll.

Denneroll is a therapy that is meant to be used in conjunction with regular Chiropractic care.

When: Either in the morning or before bed is best.

How long: Start with 3-5 minutes.

Where: On a firm surface; ideally a carpeted floor or put a yoga mat down on hardwood floors.

Cost: \$50 for any size. Can be purchased at Averio Health Institute.

Other: Use topical aloe liniment or ice massage on your neck following use for best results.