

Pivotal Therapy System™

The Pivotal Therapy System utilizes the progressively increased use of time and gravity to help reposition the spine and its soft tissue components. The components of this system help improve functional mobility and strengthen muscles which can reduce pain and improve spinal posture. Individuals should see improvement in pain, mobility and function within 3 to 4 weeks of use.

Guidelines For Use

Simply lie on the pivots in a pain free position. Specific guidelines regarding daily use of the Pivotal Therapy System should be provided by your healthcare professional.



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Magister M™



Made in United States

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Occipivot™ (00-4502)

The Occipivot is a useful tool to reduce tension and stress at the base of the skull. It's beneficial for individuals with postural syndromes, myofascial pain, TMJ dysfunction, and headaches.

Instructions:

- Place the flat side of Occipivot on the floor, treatment table or bed.
- Lie on your back and position your neck against the concaved part of the Occipivot. Then rest the base of your skull on top of the fingertip nubs so they are in contact with your occipital muscles.
- Upon your first use, lie on the Occipivot in a pain-free position for no more than a couple minutes to determine tolerance. You can chose to move your head in flexion/extension, side bending, or rotation in attempt to find the pain-free position.
- Gradually increase usage time as recommended by your healthcare professional.



Cervical Pivot™ (00-4504)

The Cervical Pivot is a useful tool to reduce tension and stress at the base of the skull. It's beneficial for individuals with postural syndromes, myofascial pain, TMJ dysfunction, and headaches.

Instructions:

- Place the flat side of Cervical Pivot on the floor, treatment table or bed.
- Lie on your back and position your neck against the inclined part of the Cervical Pivot so that the fingertip nubs are in contact with your cervical (neck) muscles.
- Upon your first use, lie on the Cervical Pivot in a pain-free position for no more than a couple minutes to determine tolerance. You can choose to move your head in flexion/extension, side bending, or rotation in attempt to find the pain-free position.
- Gradually increase usage time as recommended by your healthcare professional.



Short Thoracic Pivot™ (00-4506)

Standard Thoracic Pivot™ (00-4508)

The Short and Standard Thoracic Pivots can be used on the thoracic spine (mid back) to improve posture, flexibility, and functional mobility. Treating the mid back can address impairments of the cervical and lumbar spine. It's beneficial for individuals with postural syndromes, myofascial pain, and general spinal pain.

The **Standard Thoracic Pivot** can be used alone for treatment.

The **Short Thoracic Pivot** should be used in conjunction with the Cervical Pivot and Lumbar Pivot for complete treatment.

Instructions:

- Place the flat side of the Thoracic Pivot on the floor, treatment table or bed.
- Lie back on the the Thoracic Pivot with the wider side facing your head and position it between your shoulder blades. Allow your shoulders to fall towards the floor.
- Upon your first use, lie on the Thoracic Pivot in a pain-free position for no more than a couple minutes to determine tolerance.
- Gradually increase usage time and perform specific exercises as recommended by your healthcare professional.

short thoracic pivot



standard thoracic pivot



Lumbar Pivot™ (00-4510)

The Lumbar Pivot is a useful tool to promote proper alignment of your lumbar spine (lordosis). It's beneficial for individuals with postural syndromes, myofascial pain, and general spinal pain.

Instructions:

- Place the flat side of Lumbar Pivot on the floor, treatment table or bed.
- Position your back on the Lumbar Pivot until you are in a pain-free position.
- Your health care professional may suggest specific exercises, including pelvic tilts, to strengthen the abdominal muscles and relieve low back pain.

