

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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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.

