

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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Made in United States

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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

