

# Thoracic Denneroll User Guide and Record



Chiropractic BioPhysics  
CBP—The Science of Spinal Health



ABNORMAL THORACIC KYPHOSIS  
(RED LINE)

NORMAL THORACIC KYPHOSIS  
(GREEN LINE)

INCREASED THORACIC KYPHOSIS  
(RED LINE)

The thoracic spine, as viewed from the side, should have a natural 'oval or egg shell'-shaped curve with slightly more curvature in the mid and upper region. This curve is called the Thoracic Kyphosis (Figure 3 above). Lifting injuries, falls, poor posture, and poor ergonomics all contribute to abnormal Thoracic Kyphosis (Figures 1,2,4, and 5 above). Poor or abnormal Thoracic Kyphosis detrimentally effects your muscles, spinal ligaments and discs, nerves, bones and even the internal organs in the chest and abdominal cavities. In short, abnormality of the Thoracic Kyphosis can contribute to a number of unhealthy ailments.

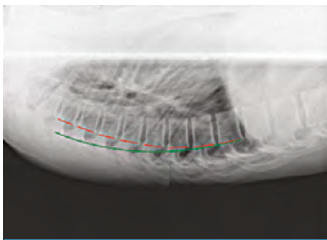


FIG 6 - Increased Thoracic Kyphosis



FIG 7- Patient using the Denneroll

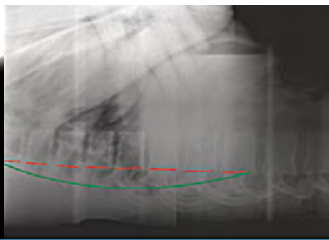


FIG 8- Denneroll results

The Denneroll is a Thoracic orthotic device developed by chiropractors. Its unique design provides a gentle but effective stretch that assists in the correction of abnormal Thoracic Kyphosis (Figures 6-8 above). When properly used, the Denneroll can assist in relief of pain, muscle tension, and improved postural appearance. Enhanced patient comfort and improved health are the goals.

## YOUR DENNEROLL PLACEMENT:

- Upper-thoracic (T1-T4)
- Mid-thoracic (T5-T8)
- Lower-thoracic (T9-T12)
- Thoracic support block to increase height of ribcage elevation

### LOWER THORACIC



FIGURE 9

### MIDDLE THORACIC

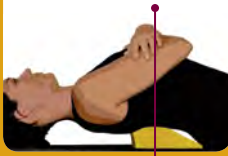


FIGURE 10

### UPPER THORACIC



FIGURE 11

There are three regions of Thoracic Corrective setups appropriate for Denneroll application: Lower Thoracic, Mid-Thoracic, and Upper-Thoracic. See Figures 9-11 above. Only a radiographic and postural analysis can determine which Denneroll placement is right for the individual patient. To be effective the Denneroll device should only be used on a firm surface such as the floor, or a bench.

For Information on Spinal Health Disorders and Providers: [www.cbppatient.com](http://www.cbppatient.com) (North America, Europe, UK) or [www.denneroll.com](http://www.denneroll.com) (Australia, New Zealand, Asia)

When finished with your DENNEROLL session, do not raise straight up. Roll to your side off the device and once comfortable sit up.

# Denneroll Patient User Record



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Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

Patient: \_\_\_\_\_

Recommended Frequency per week or day: \_\_\_\_\_

**Note to user:** *You must follow your doctor’s recommended frequency of Denneroll use in order to achieve the best results. In the tables below, the recommended goal times for each consecutive session are listed. If you are unable to reach the goal time listed, do not increase the time of the next session until you’ve achieved the goal time of the previous session. Please record your time.*

DATE	GOAL TIME	ACTUAL TIME
1.	3 minutes	
2.	4 minutes	
3.	5 minutes	
4.	6 minutes	
5.	7 minutes	
6.	8 minutes	
7.	9 minutes	
8.	10 minutes	
9.	10 minutes	
10.	10 minutes	
11.	10 minutes	
12.	11 minutes	
13.	12 minutes	
14.	13 minutes	
15.	14 minutes	
16.	15 minutes	
17.	15-20 minutes	
18.	15-20 minutes	
19.	15-20 minutes	
20.	15-20 minutes	
21.	15-20 minutes	
22.	15-20 minutes	
23.	15-20 minutes	
24.	15-20 minutes	
25.	15-20 minutes	

DATE	GOAL TIME	ACTUAL TIME
26.	15-20 minutes	
27.	15-20 minutes	
28.	15-20 minutes	
29.	15-20 minutes	
30.	15-20 minutes	
31.	15-20 minutes	
32.	15-20 minutes	
33.	15-20 minutes	
34.	15-20 minutes	
35.	15-20 minutes	
36.	15-20 minutes	
37.	15-20 minutes	
38.	15-20 minutes	
39.	15-20 minutes	
40.	15-20 minutes	
41.	15-20 minutes	
42.	15-20 minutes	
43.	15-20 minutes	
44.	15-20 minutes	
45.	15-20 minutes	
46.	15-20 minutes	
47.	15-20 minutes	
48.	15-20 minutes	
49.	15-20 minutes	
50.	15-20 minutes	

**WARNING:**

**THE DENNEROLL IS TO BE USED ONLY UNDER THE SUPERVISION OF YOUR SPINAL HEALTH PROFESSIONAL.**

*Certain conditions can contribute to increased risk of injury during cervical extension traction. If you experience any unusual symptoms including, but not limited to; increased pain, dizziness, headache, nausea, numbness, visual disturbances, muscle weakness, loss of coordination or function, please consult your spinal health professional before further use.*