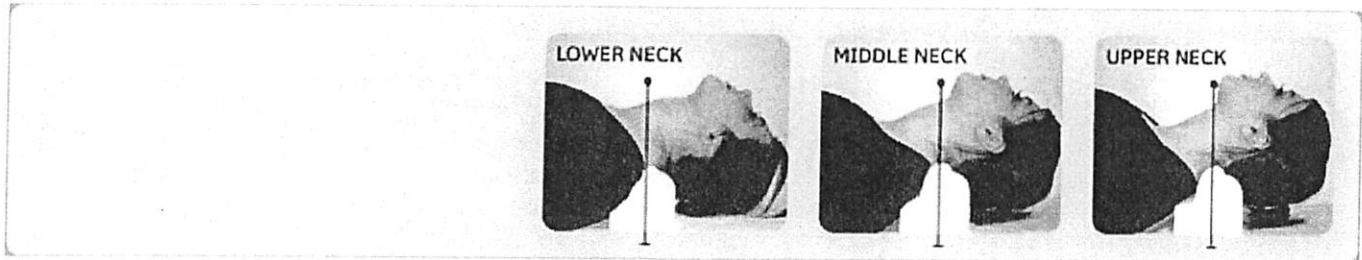


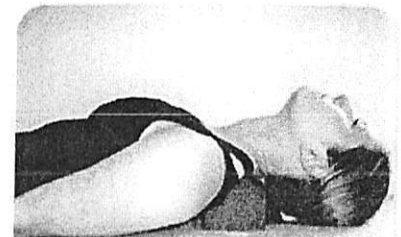
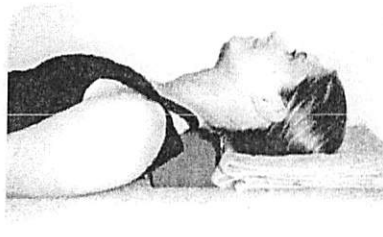
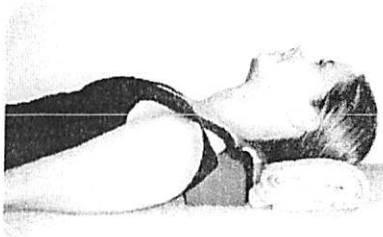
## Home Traction (Denneroll) Instructions

Use of the Denneroll can provide an effective stretch through the entire neck area. However, placement in the selected area advised by your practitioner will bring the most benefit. The Denneroll should be used as an effective yet comfortable stretch. The DENNEROLL device should only be used on a firm surface such as the floor, or a bench.

There are three main areas of placement for the Denneroll shown as follows:  
(during the stretch your legs should lay flat on the floor – ie; knees not bent)



Supporting the head using a folded towel can assist you in moderating the degree of comfort and stretch as shown here:



### Recommendation for time usage:

Start with 2 minutes per day for week one...

...3 minutes per day for week two

...4 minutes per day for week three

...5 minutes per day for week four

...6 minutes per day for week five...

And up to 10 minutes per day for week nine.



When finished with your DENNEROLL session, do not raise your head straight up. Roll over to your side and off the device. Once you are comfortable, sit up.

Remember, performing home traction on a regular basis will increase your **ARC OF LIFE**. You are doing something wonderful for your nervous system!