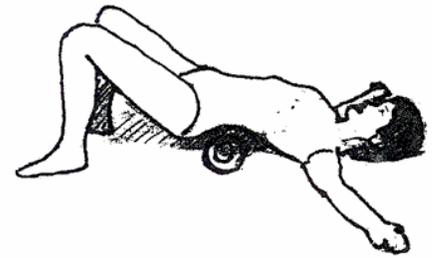


The Back Roller Take a chiropractor home with you!

The back roller is a powerful tool for relaxing and mobilizing your spine. Most of us sit too much and have poor postural habits. This causes postural stress, which leads to fatigue, low energy and back and neck pain. The back roller is a simple way to stretch the other way. If you're really stiff take it easy. With persistence you will find your spine getting more and more free and comfortable.



- **The roller is tremendously energizing anytime.**
- **It's a great way to take a work or study break.**
- **Revive yourself at the end of a workday.**
- **Improves posture.**
- **Prevent back and neck problems.**
- **The roller is an important part of my program of spinal and postural improvement.**
- **The roller makes a great gift.**

How to Use the Roller

The roller is best used on the floor rather than a bed or other soft surface. Loose clothing or long hair can get caught in the rolling process, so tuck things in and tie up long hair. You can start anywhere. I usually start in the upper back. Gently move your body rolling down the length of your spine. Wherever you find tightness stop and breathe and allow a deep stretch until you feel the area release. Stop if there is sharp pain. If you are quite flexible, try stretching your arms over your head and lowering your buttocks to the floor. A few minutes a day is best.

Other ideas:

- Neck release: Many people like to lie with the roller under the neck, allowing the head to stretch backward.
- Shoulder release: Lying on your side with the roller under the armpit will release tension in the shoulders.
- Low back: Lying on your side, with the roller between the ribs and the top of the hip bone, roll your whole body slightly backwards, releasing the deep lateral muscles of the spine (quadratus lumborum muscle).
- Buttocks: In the same position as for the low back use the roller to get into tight gluteus maximus and piriformis muscles of the buttocks.
- Upper back: You can put the roller the long way along the spine with the top at the base of the neck. Stretch your arms out sideways and rock gently sideways.
- Use your imagination: You can roll out stiff leg muscles, work on tight abdominal muscles, etc.

CAUTIONS: IF YOU HAVE SPECIAL SPINAL PROBLEMS OR PAIN CONSULT YOUR CHIROPRACTOR OR OTHER HEALTH CARE PRACTITIONER BEFORE USING THE ROLLER.

Use common sense when beginning to use the roller. Stop if there is sharp pain or any radiation of pain -- pain that moves into the arms and hands or legs.

If you have any of the following conditions DO NOT use the roller without supervision:

- Severe osteoporosis or other bone weakening conditions such as metastatic bone diseases.
- Inflammatory spinal conditions such as ankylosing spondylitis.
- Acute disc herniation; pain radiating into an arm or leg; severe back or neck pain.

If in doubt, ASK.

The roller works best as an adjunct to chiropractic adjusting. Manipulation restores normal joint motion. The roller can then maintain that motion.

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