SPINAL ROLL

History:
SPINAL ROLL, has it's origin from China and the Chinese way of health care. The first commercial product was created by a Chinese health doctor who specialised in acupuncture, acupressure and yoga.
In our part of the world, spinal and back problems are a major part of people's health problems and a huge part of the direct and indirect costs for society.

SPINAL ROLL helps quickly and contributes fully to rebuild and release your spine from lock-ups and to stops your back muscle getting painfully tense in a very convenient way. By regularly use in an early stage of back problems, a number of more serious problems can be avoided such as slipped discs etc. If you, by accident have damaged your back/spine, **or** have some other native related sickness, **or** if you have other rheumatic diseases, you must consult your orthopaedic doctor, chiropractor, or other expert before use of **SPINAL ROLL**.
Pregnant women: it is advised to refrain from any kind of use of SPINAL ROLL.

Function:
SPINAL Roll, expose accuracy where at your spine you have bad locks by just there you feel a pain **– of temporary nature -**. You will quickly realise a lots of sensitive points in different places amongst your back. By regularly use of **SPINAL ROLL**, you keep your spine into a good shape without or very little pain during your period of exercise.

SPINAL ROLL will easily help you to diagnose your back by your self and the condition thereof. As more pain, the more need of exercise at that moment. If you use **SPINAL ROLL** in accordance to instructions, you will quickly feel warm and relaxed and release your mind and energy to others matters than a painful back.

SPINAL ROLL creates a deep load massage of your back muscles and thereby improves the blood circulation in it. The effect thereby improves your working capacity and indirectly strengthens your back muscles.

SPINAL ROLL stretches your vertebra, discs and nerves system localised along your spine during the exercise.

INSTRUCTION:
The principle of **SPINAL ROLL** is to cultivate the spine from the neck down to the caudal vertebra. **NEVER EVER THE OPPOSITE WAY.**

Roll slowly and let **SPINAL ROLL** penetrate deep into the muscles located at the both side of your spine with help of your own body weight. Go slowly from vertebra to vertebra, if pain or tenseness from the muscles arise, stay still at that point and breathe with deep breaths as so called – stomach breathing - and you will realise that the pain will disappear after a few seconds up to a half minute.

Clean Analytical System AB

1. Lie down on your back onto a thin carpet on your floor – not a slippery – floor or thick carpet.
2. Lift your legs to a bending position with your heels as close to your bottom as possible. Use your hands and place **SPINAL ROLL** under your neck, the spine shall be fixed in the deep part in the middle of **SPINAL ROLL**.
3. Move your body slowly over the **SPINAL ROLL** by use of your legs. Go gently one vertebra at the time. Let your arms lie on the floor along your body.
4. Use your legs to move your body over the **SPINAL ROLL** by repeatedly bending and stretching your legs.
5. Search for and localise sensitive/pain points along your spine, stay still at those points and breathe with deep breaths as so called – stomach breathing – until the pain disappears.
6. New beginner of **SPINAL ROLL** is recommended short periods of exercise up to a few minutes. By regularly use and when you have become used to your **SPINAL ROLL**, you may very well increase your periods of exercise up to several minutes.

Important Note: Use your **SPINAL ROLL** in direction from your neck down to the caudal vertebra. **NEVER EVER THE OPPOSITE WAY.**