

## **MAGISTER CORPORATION PIVOTAL THERAPY SYSTEM**

The design and therapy of the Soft Tissue is based on the progressive increased use of time and gravity as a reversal of abnormal sustained postures or positions. It takes time to slowly reposition the spine and its soft tissue components. Pivotal Therapy is of excellent value in helping to expedite this process and encouraging restoration of normal function. Pivotal Therapy does this by strengthening muscles which support improved posture and also back pain.

It took years to cause abnormal sustained postures or positions, and it will take days, weeks, months or even years to correct this position.

### **GUIDELINES FOR USE**



Specific guidelines regarding daily use of the Magister Soft Tissue System should be provided by your healthcare practitioner. Begin daily use of the Soft Tissue System for approximately 1-2 minutes and add a few minutes each day. If you become sore, then decrease the amount of time the next day or wait a day. Studies in chronic pain rehabilitation for the spine have shown it often takes 3-4 weeks before the patient notes any improvement in pain, mobility or function.

The patient simply lies on the pivots in their pain free position. Future treatments may include the suggestion of specific exercises from your health care practitioner that can be done on the pivots.

## OCCIPIVOT (Part # 1950)

The occipivot is useful in tension and stress syndromes. TMJ, headaches, abnormal sustained posture, i.e., forward head position or virtually anyone who wants to feel less or no tension at the base of the skull.



Instructions:

- Place the Occipivot on the floor, treatment table or bed.
- Lie down so the occipital muscles (at the base of the skull) are in contact with the fingertips at their attachment of the occiput.
- Lie for no more than a few minutes if acute or less if you cannot find the pain free position.
- Increase time on the second day and then add movement of head from side to side in an effort to find the pain free position.
- The patient can chose to move in flexion/extension, side bending, or rotation in attempt to find the pain free position.

## CERVICAL PIVOT (Part #1951)

The Cervical Pivot is useful in tension and stress syndromes,. TMJ, headaches, abnormal sustained posture, i.e., forward head position or virtually anyone who wants to feel less or no tension at the base of their skull.



Instructions:

- Place the Cervical Pivot on the floor, treatment table or bed.
- Lie down so that the cervical muscles are in contact with the fingertips of the Cervical Pivot.
- Lie for no more than a few moments if acute or less if you cannot find the pain free position.
- Increase the time on the second day and add movement of the head from side to side in an effort to find the pain free position.
- Patient may chose to move in flexion/extension, side bending or rotation in an attempt to reach the pain free position.
- Cervical Pivot may also be used in conjunction with the Short Thoracic Pivot and Lumbar Pivot for a full spinal treatment.

## **SHORT THORACIC PIVOT (Part # 1952)**

### **STANDARD THORACIC PIVOT (Part #1953)**

The Short Thoracic Pivot is to be used when combining treatment with the Cervical Pivot and Lumbar Pivot. The Thoracic Pivot is to be used alone. The Thoracic Pivot is ideal for persons with a forward head posture. This is the only time they can truly have a pivot to retract their scapulae to put their spine in the correct posture. The Thoracic Pivot is needed as an integral part of low back treatment, as it is impossible to have normal lumbar mechanics if the thoracic spine and ribs are not normally postured. It is surprisingly effective in many cervical problems as the thoracic area and ribs are frequently neglected since they are not painful.

Instructions:

- Place the pivot on the floor, treatment table or bed.
- Position the pivot so that the highest point is approximately 5 inches below the skull.
- Lie face up on the pivot and allow the shoulders to fall toward the floor.
- Deep breathing is helpful, but with no greater frequency than 6-8 times per minute.
- Specific exercises as suggested by your health care practitioner may be indicated at this point.



## **LUMBAR PIVOT (PART #1954)**

The Lumbar Pivot is effective for promoting proper lordosis. It also acts as a support when the patient is doing exercises suggested from their health care practitioner.

Instructions:

- Lay the Lumbar Pivot on the floor, treatment table or bed with the flanges closest to the feet.
- Lie down on the pivot and attempt to achieve the pain free position.
- Your health care practitioner may suggest figure of eight exercises or pelvic tilts to strengthen the abdominal muscles and relieve low back pain.



## **THE PIVOTAL THERAPY SET (Part #1955)**

The Pivotal Therapy Set includes Occipivot, Cervical Pivot, Short Thoracic, and Lumbar Pivots.