

Sammons Preston Lumbar Roll

#6672



Application Instructions

1. Sit in the seat, whether it be in a car, lounge or office chair, as far back as possible.
2. Lean forward and insert the roll horizontally across the lower back just above the belt line so that the hollow of the back is firmly supported when you lean back.
3. It will take a few days to adjust to this new position and you may experience pains in a different place. Relax, it should only take a short time to adjust.
4. If necessary, adjust by moving the roll up or down no more than one inch.

Note: When treating lower back pain, specialists have discovered that sitting incorrectly, slouching, or poor posture, increases pressure significantly inside the discs in your lower back.