



Using a Back Roller or Nola Rola can be a highly effective means of providing increased localization of traction to individual cervical segments. You can work the entire cervical spine or just trouble areas. Twisting the roller with your hands, in the direction indicated, while maintaining traction can further increase the effect.

Disclaimer: All of the information provided above is intended for use by a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.