



## Using the Occipital Pivot™

The Occipital Pivot™ is intended to assist in stretching and opening the back of the neck. Specific usage is to be determined by your therapist. Proper placement is essential, so do not use without training from your therapist. The Occipital Pivot should be placed under the neck so that the small “fingers” of the Pivot are directly under the upper-most part of the cervical spine. When placed properly, the head should initially stay elevated, as shown above. If placed too low on the neck, the head will immediately tip back toward the table. If placed too high on the skull, there will be a sensation of solidity, with no movement. Once placed properly, remain with the Occipital Pivot in place for 10-20 minutes, or as directed by your therapist. As you relax onto the Pivot, you may notice that your head begins to tip backward. You may experience some numbness in the back of the scalp which will disappear quickly after removing the Pivot.

Disclaimer: All of the information provided above is intended to be for use by a qualified health care professional. Do not attempt these techniques yourself without proper instruction and training.