

## OrthoBethesda Therapy Services

### McKenzie® Lumbar Roll™ Instructions

The McKenzie® Lumbar Roll™ is a simple and portable device that is used to maintain the natural inward curve of the lower back while sitting. When sitting for extended periods of time, the muscles around the lumbar spine fatigue and the low back tends to slouch and round, as many chairs do not have sufficient lumbar support. The McKenzie® Lumbar Roll™ makes it easier to maintain the proper spinal position by allowing the user to relax without losing the natural curve of the spine. Studies have shown a decrease in back pain in those using a portable lumbar roll vs. those not using one. These convenient rolls can be used at the office, at home, in the car, on the plane, etc.



#### **Proper Usage:**

1. Sit with your hips as far back against the chair as possible.
2. Slide the McKenzie® Lumbar Roll™ down between your back and the chair.
3. The McKenzie® Lumbar Roll™ should rest right above your belt line.
4. Lean your torso back slightly, so that you are sitting upright with your ears over your shoulders.

Working in the same posture or sitting still for prolonged periods is not healthy, even if you have ideal working posture. Change your position frequently throughout the day in order to improve circulation and provide nutrition to the joints. Make it a point to get up and stretch/exercise for 5 minutes every hour. Stand up and walk around for a few minutes periodically.

#### **Standard vs. Firm Roll:**

The McKenzie® Lumbar Roll™ comes in two different densities: standard and firm. The physical therapist will advise you which option is best for your individual needs.

#### **Where to Buy:**

The McKenzie® Lumbar Roll™ is available for purchase here at OrthoBethesda, as well as at numerous online marketplaces. It may be purchased directly from the manufacturer at [www.optp.com](http://www.optp.com) for roughly \$20.

