

Occipivot

Users Guide

This is great for various conditions such as: Temporomandibular joint dysfunction (TMJ), tension headaches, myofascial release, lumbar dysfunctions, neck & back pain, shoulder pain, sciatica, curve, and posture.

While following instructions online or in the pamphlet, using this tool for just 3-10 minutes per day will offer instant results to your ailments (start at 1-2 minutes per day and work your way up). This device is safe to use for all ages and conditions. Treat multiple spinal and head issues with zero effort, just lay down in comfort!

Start with just 1-2 minutes per day to assess your tolerance, as head-rush or pain is possible for tighter/cramped muscles. Work up to 10-15 minute sessions per day to slowly ease your ailments. This tool comes with instructions on how to use it to best manage your neck & back pain relief needs.

