

Oov - User Guide

LARGE (80cm)
Suitable for heights
up to 180cm

STANDARD (60cm)
Suitable for heights
up to 165cm



The Oov comes in 2 sizes and is positioned so the large end supports the lower back.

The volume of the Oov increases with length.

POSITIONING

To position the user, ensure that the tailbone [sacrum] is completely supported and off the ground. It is much more important for the Oov to support the pelvis correctly than be positioned into the base of the neck [occiput]. The tailbone [sacrum] **MUST** be supported and the hips off the ground.

- **DO NOT** position the user in an extended position.
- **DO NOT** allow the user to straighten both legs at once.
- **DO NOT** allow the user to be in pain on the Oov. If the user is in pain, try bringing their feet closer to their hips. If this is still not helping, roll the patient off immediately.
- **DO NOT** use with pregnant women.
- **DO NOT** use with muscle, tendon or ligament tears, avulsions, or injury.



It is important not to allow the over extension of the spine, so if the Oov is not compressed enough even if it is the right length, it may be better to drop down one size.

- A** Most users will tend to drop into an Anterior Pelvic Tilt when the first get on the Oov. For these users it is important to move them up towards the head of the Oov [cephallically], and to have more volume supporting their tailbone [sacrum], tending their pelvis towards a neutral position.

Also, having the user move their feet closer towards them helps to balance and support them more. Another option is to perhaps put them on a larger size Oov.



- C** With a small number of the population, a users lumbar spine may lack the ability to extend, leaving the user sitting very high.

For these Oov users, move them down to the base of the Oov [caudally], or use a smaller Oov that has less volume and may gently encourage slight extension.

