

Cervical Towel Roll:

Purpose: This activity is designed to increase the flexibility and elasticity of the cervical spine. Additional benefit is to reinforce a normal cervical curve.

Directions: Obtain a regular bath towel. Fold the towel lengthwise and then roll the towel up into a firm towel roll. Place masking tape on both ends to secure towel for future use. Recline on a firm surface (couch or bed maybe too soft.) Place the towel roll under the middle of the cervical spine (level opposite of Adam's apple) In this position your chin should be facing skyward. Maintain that position for 3-7 minutes depending on your chiropractor's recommendations.

Upon completion of this activities time cycle patient is to turn to their side and gradually push up with the arms from the reclined position.

Typically this exercise is to be done prior to your evening rest period.

Name: _____

