

Critical Care for Cervical Spine

Take two tablets of **Planetary Neck and Shoulder** formula before bed. Apply 4-5 drops of the **White Flower** oil to fingers and rub into base of head and neck until solution is evenly distributed. Place neck over cervical towel or fulcrum and extend head back so chin is directed towards the ceiling. After one minute extend the head to its full capacity and rest in the position for the designated time _____.

Cervical Collar if issued should be worn only at home two hours in the evening before bedtime. Home care cold pack should be applied in the evening hourly until the **White Flower** is applied.

Name: _____