

## Cervical Spine Towel Support

This is a great thing to do if you have chronic tight muscles, suffer from headaches, or sit at a computer for extended periods

1. Use a thinner, more worn out towel, not a thick and fluffy one. Fold both long sides in to meet in the middle. Roll up the towel, like a sleeping bag. Secure with rubber bands on either end. Diameter should be 4-5 inches.



2. Laying on your back, place the towel under your neck, so the towel supports the cervical spine, and your head drapes over the towel. The weight of your head produces some traction, opening up the joint spaces, taking some of the pressure off of the nerves, and letting the muscles of the neck relax, and have a break from the burden of holding up your head. The towel is too big if your head remains propped up.



3. Lie for 15-20 minutes, 1-2 times per day. You may have to build up to this. Keep your chin neutral, and your arms down, so no reading, watching TV or looking at the cell phone.
4. If you have a gel or thin ice pack, you can ice your neck while laying on the towel.