

Towel Roll Exercise

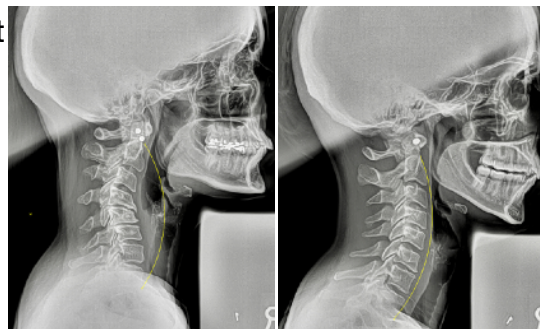
The towel roll exercise is a safe and effective exercise that can help you in 2 ways:

1. Improve the cervical curve in your neck. The towel roll serves as a support to our Orthospinology upper cervical care. After your first 4-6 weeks of Orthospinology care, you may begin to use the towel roll to further correct the cervical curve in your neck.
2. Take pressure off your neck and back if you are out of adjustment and can't get adjusted immediately.

What is a Cervical Curve?

Maintaining the proper cervical curve in your neck is essential to your overall health. Notice the difference in neck alignment on these 2 cervical x-rays from our clinic.

- Kyphotic - is termed a kyphotic neck because not only has it lost its normal curve, but has reversed into a negative cervical curve. The patient on the left suffered a fall, car accident, or other trauma that caused her cervical curve to reverse. This person will be far more likely to have neck pain, headaches, disc degeneration, and other symptoms than the patient on the right.
- Normal Curve - has a nice, smooth curve in the neck alignment. The weight of the head is properly supported and the neck is under far less stress and tension.



The Towel

- Take a standard bath towel and lay it flat.
- Fold the towel in half, making a long, thin towel.
- Roll up one end of the towel.



Towel Roll Exercise

The Exercise:

- Perform the towel roll exercise on the floor or a firm bed.
- Lie flat on your back with the towel roll positioned directly in the curve of your neck.
- Your head should be flat on the bed/floor and your shoulders should be resting as well.
- You should feel a slight upward pressure on your neck when lying on the towel roll.
- A minimum of 3 times per week is best for cervical correction. 5-6 times per week is better, as long as you don't experience increased soreness.
- For the first 2 weeks, lie on the towel roll for no more than 10 minutes.
- As your cervical curve adapts and improves, you may increase each session to 15 minutes.
- Begin with the towel at a size that exerts a slight upward push on your neck without bringing your head or shoulders off the bed/floor.
- If either your head or shoulders are not touching the floor when you lie on the towel roll, then the roll is too thick. Unroll the towel slightly to decrease its size and try again.
- If you feel no upward pressure on your neck, then increase the size of the towel roll.
- As the curve in your neck progresses, you may increase the size of the towel by rolling it up further. This naturally increases the push upward into your cervical curve, thus increasing the intensity of the exercise.



Caution:

- If your lower back tightens up when lying on your back, bend your knees to relieve the pressure.
- If you experience dizziness, headache, or neck pain during this exercise, stop immediately.