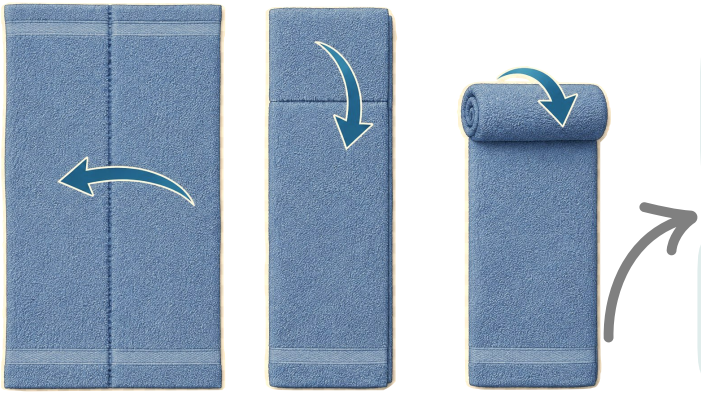
PATIENT HOME-CARE GUIDE

Towel Supported Spinal Relaxation

Use two rolled towels to gently support the natural curves of your neck and lower back while your muscles relax.

START WITH 5 MINUTES ONCE DAILY
Gradually increase to 15 minutes, 1-2 times daily, if comfortable

1. PREPARE YOUR TOWELS



1. Fold in half
2. Fold down
3. Roll as shown here



TOWEL A | NECK
Roll firmly, beginning with a small diameter.



TOWEL B | LOWER BACK
Roll loosely, then flatten into an oblong shape.

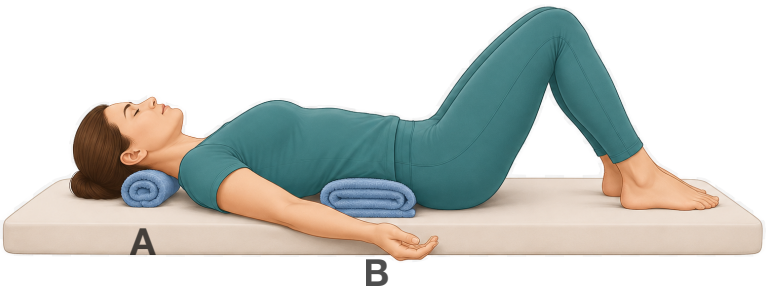
2. GET INTO POSITION

1. **Choose a supportive surface**
Use a regular mattress or firm padded surface - not the bare floor or a waterbed.

2. **Place the lower back towel while sitting up**
Position Towel B in the natural hollow above your hips and below your rib cage.

3. **Lower yourself down slowly**
Hold the towel in place. Bend your knees and rest both feet flat on the mattress.

4. **Support your neck**
Place Towel A beneath your neck, just above the shoulders. Let your head rest comfortably. It should rest lightly on the surface when the towel is in place.



3. RELAX AND CHECK YOUR COMFORT

The towels should provide gentle support without forcing your neck or back. If a roll feels too bulky, remove it, unroll it a little, and try again. Adjust the rolls until the back and neck feel relaxed when you lay on them. Allow your arms to rest comfortably and breathe normally.

THIS POSITION SHOULD FEEL RELAXING - NOT PAINFUL
Stop if pain increases or you develop numbness, tingling, dizziness, headache, or symptoms traveling into and arm or leg.

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