

Neck – Rolled Towel Stretch

This exercise will help induce your natural neck curve and help remove the tension from the base of your skull and across your shoulders.

For best results do the exercise daily.

Use an old, standard size bath towel (not a bath sheet and or a fluffy towel).

Fold the towel in half.

Holding it on the fold, fold into thirds.

The towel will be approximately 15 cm wide.

Lay the towel on a hard surface and roll up tightly.

The thickness of the towel will depend on the length of your neck.

In general it will be the size of the space created when you place your thumbs and index fingers together.



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Lay on your back, no pillow.

Place the rolled towel under your neck, ensure that your head is in a neutral position.

Lay in this position for up to 15 minutes.

If it aches after a few minutes stop, that is enough for that day.

Aim to build on that time daily. Keep increasing the time on the towel until you reach 15 minutes.

Incorrect position on the towel

Chin pointing down



Chin pointing upwards



N.B. If any posture causes pain, stop the exercise and speak to someone at Windsor Chiropractor.