



Towel Instructions

Utilizing your “towels” daily promotes the opening of the chest and shoulder muscles. This exercise also supports excellent posture and readies patients for in-office traction.

- Lay face-up on a flat, hard surface with knees bent and feet flat on the floor
- Place your towel vertically between your shoulder blades
 - The specific location of your towel placement will be demonstrated in the office by one of our Team Members or one of our doctors
- Set a timer for 5-minutes and press “START”
- Lay on the towel with your palms face up to ensure maximum opening of your chest and shoulder areas
- Once the timer beeps, roll to either side off the towel and sit up slowly
 - Avoid sitting up too quickly so you don’t strain muscles in your neck
- Use your towel each day! Make it a priority!
- DO NOT use towel if you have neck pain, sinus issues, or headaches
- If your towel becomes flat, you may need to re-roll it. If you need assistance, please bring your towel into the office. We’ll be happy to assist!
- DO NOT use your towels for more than 5-minutes at a time
 - Some patients use their towel for 5-minutes in the morning and then 5-minutes in the evening. It’s okay to follow this regime, just never longer than 5-minutes at once
- If you have any questions, do not hesitate to call the office at 561-619-7319