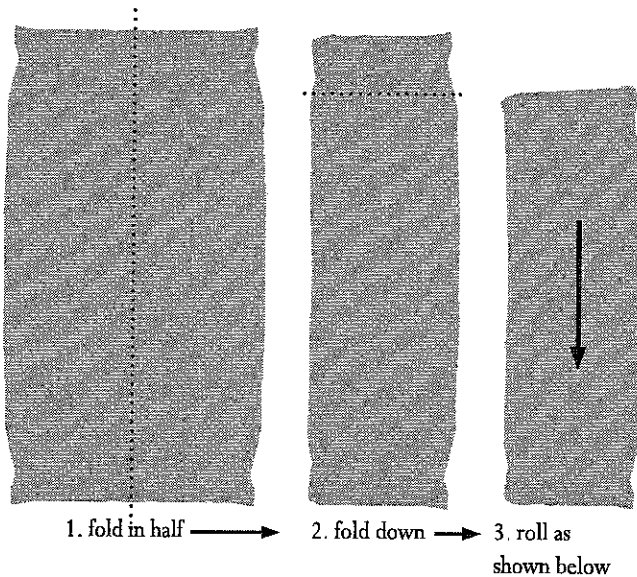


## Passive Traction Using Towels



**Function:**  
Raises and reinforces the normal neck and low back curves.

**Effects and Benefits:**

1. De-stresses the muscles, ligaments, and tendons that support the spine.
2. Helps to relieve muscle spasms, improve blood supply, decrease pain, and speed the rate of healing.

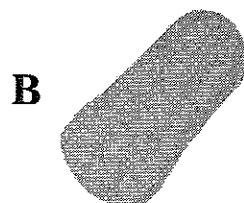
Rest and relax on the towels or supports for 15-20 minutes, twice each day (without attempting to watch TV or read!)

- Roll both towels according to the diagrams below.
- Use a regular mattress surface, NOT a waterbed or the floor.
- Place **towel A** in the small of your back (above the hips and below the rib cage).
- Lie back on top of the towel.
- Bend knees with feet resting flat on the bed.
- Place **towel B** under your neck (at shoulders) with head draped over towel

- If the towels increase pain, reduce their size until only a stretch is felt, or reduce the amount of time by 1/2 and work up to 15 minutes.
- Bring your towels into the clinic to ensure they are being used properly.



**for low back**  
flatten into oblong shape and  
secure with safety pins



**for neck**  
roll tightly and secure with  
rubber bands

