

THORACIC SPINE REHABILITATIVE GUIDELINES **TRACTION WEDGE PROTOCOL – TOWEL WARM UP**

Congratulations, you are now well on your way to making the desired changes to your spine and nervous system. Your doctor has recommended that you start off using a towel before progressing to a Thoracic Wedge. These exercises have been specifically designed to be used in conjunction with your spinal corrective care plan to help restore normal Thoracic (upper back) posture.

How to use the towel:

1. Take a big bath towel, fold it lengthwise and roll it up.
2. Find a firm surface to use the towel i.e. your bedroom floor. (Not your bed/couch)
3. Sit up and place the towel in the middle of your upper back. This position is dependent on the shape of your spine, so please ask your Align Chiropractor if you are unsure of where to position it.
4. Lie back gently on the towel. This may be difficult at first, if it is, a smaller rolled up towel can be used as an alternative.
5. Relax in this position.
6. When your time is up you should gently roll over onto your side before sitting up.





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You may experience some discomfort during this exercise, however you **should not** experience any major dizziness, pain, pins and needles or nausea. If you are unsure please speak to your practitioner.

Recommended frequency of use:

1. Start by using the Towel for **30 Seconds**. Increase by increments of 30 seconds, until you can comfortably tolerate 2min (within the first week).
2. Increase the time at your body's tolerance after the first week.
3. Perform this exercise **at least 5 days per week**.
4. The goal is to spend **20 minutes** of sustained traction per day. Speak to your Align Chiropractor should you require any more information.

