



## Beach Towel Exercise

Take a large beach towel and fold it length-ways continuously until it is approximately 4 inches wide along its entire length, or alternatively approximately the width between your own shoulder blades, it will usually be 3 to 5 inches wide at this point, and 2 to 3 inches thick.

Lay the folded towel on the floor or carpet, it should be a firm surface, preferably not your bed.

Carefully lie down on the towel. Your entire spine and head should be supported by the towel, so that one end of the towel is under your head, and the other end extends below your coccyx. Your spine should now be lying on, and supported by, the full length of the towel.

Allow your arms and shoulders to gently stretch down over the edges of the towel and towards the floor.

Lie in this position for 2 to 4 minutes, and repeat it twice daily for 4 to 6 weeks.

### **Note;**

If at any time this exercise becomes uncomfortable, painful, you develop pins and needles, any symptom worsens, or you become light headed you must stop immediately and have yourself checked at hospital or by your doctor.