

Name: _____

SLEEPING:

- Use towel roll or small pillow to support cervical spine. A small towel roll held together with rubber bands and placed inside your pillow case works well.
- Be sure your pillow is not too big or too small. Your head and neck should be held in a straight or neutral position.
- Avoid sleeping on your stomach. This tends to rotate head and neck excessively.
- Avoid reading in bed. When reading, keep book at eye level.

SITTING:

- If you don't have a cervical collar, use long towel roll around neck for support. Twist the ends of a towel roll under your chin and tuck ends into shirt.
- Keep ears in line with shoulders. (Sternal life with chin tuck position.)
- Avoid prolonged sitting, especially if unsupported.
- Maintain curve (lordosis) in lower spine with towel roll or small pillow.
- Position terminal computer/TV straight in front of you to avoid prolonged rotation.
- Place vertical towel roll between shoulder blades.

DAILY ACTIVITIES:

- Avoid lifting things overhead.
- Avoid carrying heavy objects.
- Avoid activities that require keeping head in tilted or rotated positions for prolonged periods of time.
- Avoid looking upwards for long periods of time.
- Avoid prolonged activity where reaching overhead is necessary.

ICE:

- No less than 10 minutes; no more than 20 minutes
- Ice with wet towel.
- Use ice and moist heat to decrease muscle spasm to upper traps, etc. In general, use heat prior to stretching a non-acute injury and ice at the end of exercise.

SPECIAL INSTRUCTIONS:
