



PHYSIO FOR YOU

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BLOCK AND ROLL EXERCISE

Roll up a towel so that the diameter of the towel is ____cm. Use a stack of magazines or books to create a 'block' that is ____cm tall.

Lie on a flat and firm surface with your back flat against the floor. Place the towel under the curve in your neck and the 'block' under your head. You should feel the same pressure going through the towel and the block. Your eyes should be looking directly up and your neck in a neutral position. If your head is pointing forward or backwards, you may need to change the height of the block or towel.

Once in position, lie flat for 10 minutes. Repeat ____x per day. If pain or symptoms increase, cease the exercise until pain or symptoms subside, and try the exercise again. You may need to change the height of the block or towel to make it comfortable.

At the end of 10mins, perform 5 mini chin tucks. On the last tuck, hold your neck in this position as you sit up.

