

Gentle Cervical Traction

- Take a bath towel and fold it along its length twice
- Lay down and have the second person feed the towel underneath your neck so it is centered, making sure to clear hair out of the way
- Have your helper get a grip of the towel at about one foot away from you neck on each side.
- At this point readjust the towel if there is any pain or discomfort
- Have the helper **gently** pull up and back with the towel. It can help to simply lean back slowly
- Only a small amount of traction is needed here so be sure not to over do it. There should not be any pain with this maneuver. If there is please stop and contact [Dr. K](#).
- This [video](#) demonstrates this procedure.