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Cervical Roll (how to make your own)

If you have neck pain, it is important that you take steps to self-manage your condition. These steps may include performing specific exercises for your neck and learning how to sit with proper posture.

While sitting with proper posture is important, sleeping with your neck in the proper position is equally important. Using the right pillow with the right support can help keep your neck in proper alignment and can help you quickly decrease or eliminate your neck pain and get you back to your normal activities.

Supporting Your Neck While Sleeping

Your neck is comprised of 7 bones called vertebrae, and these bones normally form a slight forward curve called a lordosis. Maintaining that forward curve in your neck is important while you treat your neck pain. It can help take pressure off spinal discs and nerves.

A simple way to support your neck while sleeping is to use a cervical roll. A cervical roll, also known as a neck roll or cervical pillow, is a small pillow placed in your pillowcase that supports your neck while you sleep. The cervical roll helps to provide the right amount of support for your neck to help keep it in alignment while lying in bed.

You can purchase a cervical roll online or at a local pharmacy for about \$20 (US). You can also contact your local physical therapist to help you obtain a cervical roll.

Making Your Own Cervical Roll

Making a cervical roll to support your neck while you sleep is simple to do. Here's how:

1. Obtain a bath or beach towel.
2. Fold the towel in half.
3. Starting on one side of the towel, roll it up until your towel looks like a roll about the length of your pillow.
4. Slide your rolled-up towel into your pillow case along the edge.

When you place your head on your pillow, the rolled up towel should support your neck. You should feel slight pressure on the back of your neck when you lie on your back. Your towel roll will also help to support your neck when you lie on one side or the other, as it will help to fill in the space between your head and shoulder.



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