

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

## RJR Toothpaste Tube Stretch

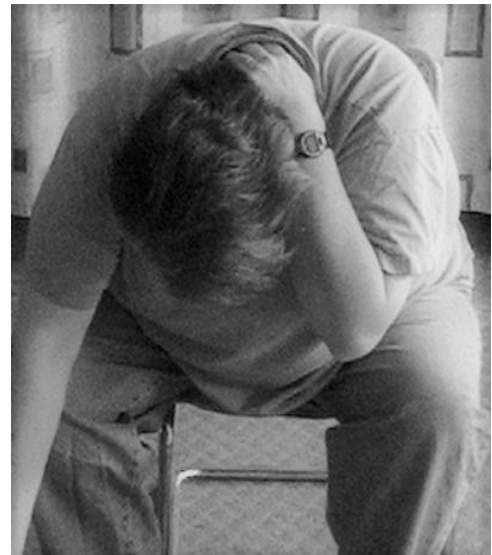
*Used for pain, especially for headache and pain noted in standing, walking, standing up from sitting, or lying on your back with legs straight and no pillow. May help with reflux.*

Perform 2 times a day and any time the pain increases.

Stay in the position for 90 seconds.

Sit and fold your head into your lap. Curl down into a ball as tightly as possible, like a toothpaste tube.

**If you can:** Pull the bump at the very bottom of the neck.



**Or:**

Lie on your back with knees bent.

Put pillows under your shoulders and head to curl forward as tightly as possible.