

***ELM PARK CHIROPRACTIC***

***124 RUSSELL STREET***

***WORCESTER, MA 01609***

***PHONE 508/753-0503***

**INSTRUCTIONS FOR USE OF A HOT WATER BOTTLE**

TO REDUCE SUB-OCCIPITAL HEADACHE, NECK PAIN AND STIFFNESS

Use a rectangular hot water bottle that has the fill plug on the edge. Use one without metal if possible; it will be placed in a microwave. Put enough water in the bottle so that when you lay flat on your back on your bed with the hot water bottle under your neck, (not under your head), that the back of your head is just an inch or so off of the bed. This is a very important detail to obtain the best relief.

When you have the correct amount of H<sub>2</sub>O, put the bottle in a microwave for 2-3 min. or until it is quite warm to the touch. Wrap it in a towel, and place it under your neck as described above. Put a pillow or two under each knee while you lay on your back. Stay in this position for 20 Minutes, or until the bottle cools.

Be careful after you do this. Your neck can be quite relaxed.

Repeat as needed. However, if you need to use this procedure more often than once every 2 hours, or if you do not get relief, you should phone Elm Park Chiropractic at (508) 753-0503.