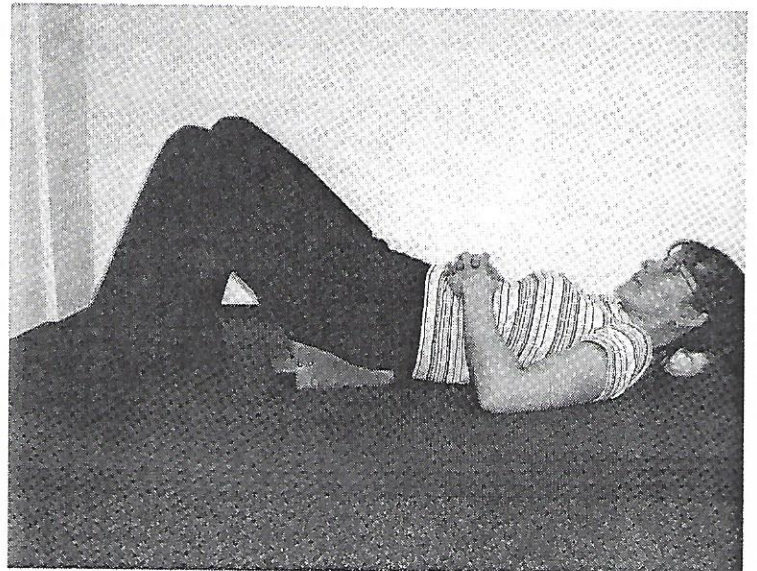
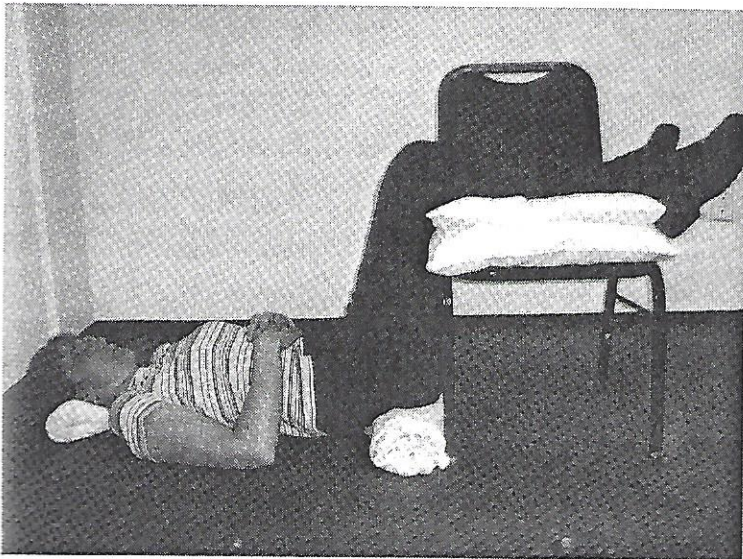


# Lindy Physical Therapy

## Specializing in Myofascial

### Dural Tube Stretch

Place your feet on a chair/couch. Place one towel roll under your sacrum to create a posterior pelvic tilt. Place another towel roll under your head causing a chin tuck- tractioning your neck. You should feel a subtle stretch along your spine. Breathe deeply and picture you spine like a hammock, draping toward the floor. Hold this position for 2-5 minutes to allow for several releases. You can substitute the small ball or occipivot at the head, and nola rola or wedge at the sacrum.



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