

How to roll a bath towel for lumbar/sacral support

If you are working in a chair or sofa without enough back support consider using a rolled up towel to increase your lumbar and hip support. Large bath or beach towels work best. Sufficient back support will help reduce strain and improve comfort.

Step 1

Open towel onto a flat surface.



Step 2

Fold towel in half. You want the width of the towel to be at least as wide as your hips.



Step 3

Roll the towel starting from the longer end. A tight roll will result in a denser towel and more support.



Step 4

Continue to roll the full length of the towel. A smooth and even roll is important. Back up or start over if the roll appears uneven or the sides are misaligned. You may want to tape or tie the roll to hold it together.



Step 5

Place the roll against the backrest. If you are slouching, roll your hips forward until you are sitting on the base of your pelvis. Walk your hips back and firmly engage the rolls. You may need more than one towel to build continuous support from your hips to the top of your lower back. Do so until you feel secure support in the lumbar. Make adjustments until you feel comfortable and well supported.

