



DuPage Healthcare, Ltd.

Home care is an important part of how quickly you will recover and start feeling better.

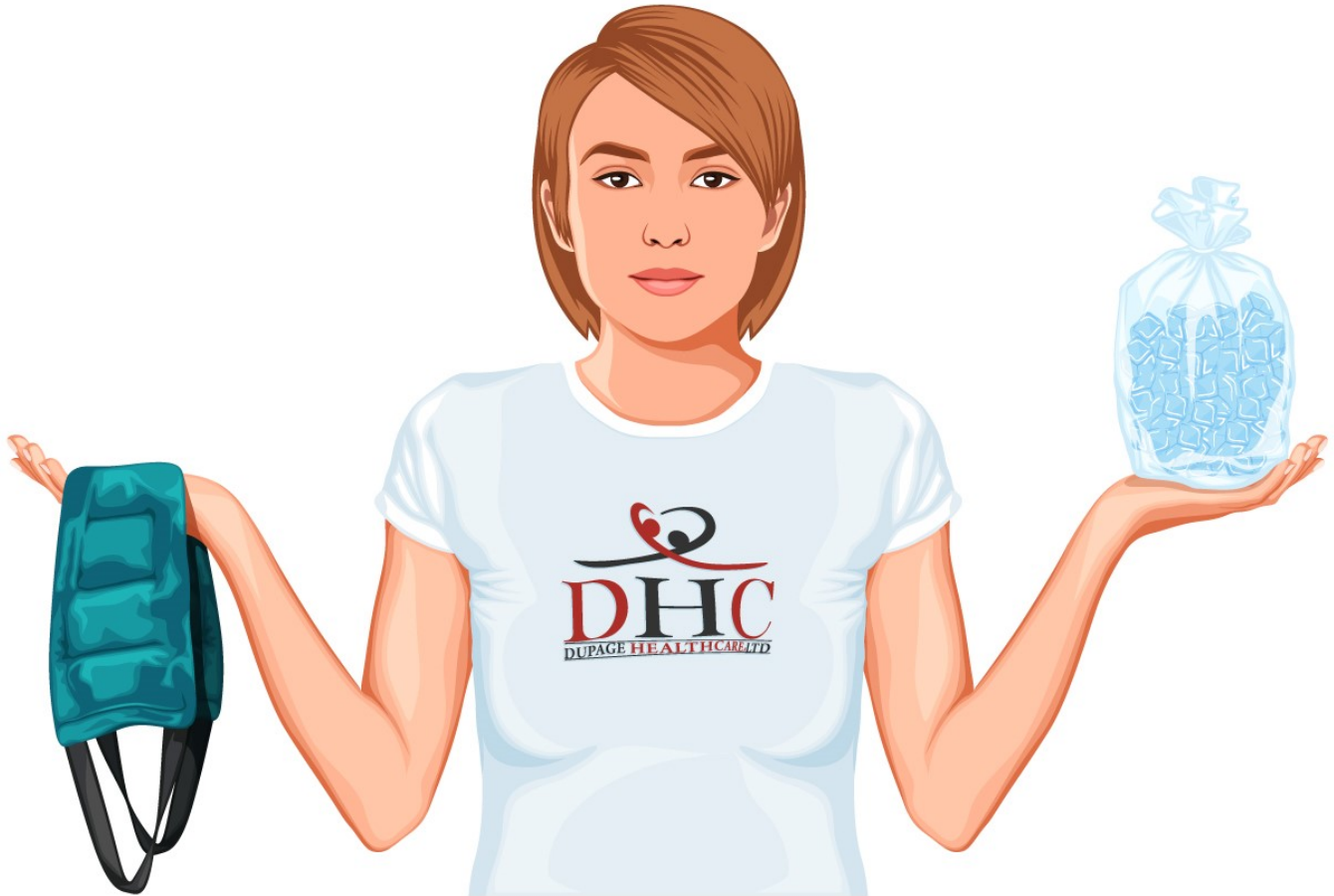
Equally important is making sure you are performing our recommendations correctly.

On this page you will find your prescribed home care with detailed explanations or instructional videos.

To view details or how to videos click on
Our logo  in each picture.

If any of these procedures increase your symptoms,
discontinue them immediately
and give the office a call.

Heat or Ice?



McKenzie Lower Back Extension



Neck Extension “Turtle”



Avoid Bending



Lumbar Roll

