

EXERCISE 7

Neck Flexion in Sitting

Flexion means bending forwards. Sit on a chair, look straight ahead and allow yourself to relax completely (*Fig. 4:20*). Now you are ready to start exercise 7.

Drop your head forwards and let it rest with the chin as close as possible to the chest (*Fig. 4:21*). Place your hands behind the back of your head and interlock your fingers (*Fig. 4:22*). Now let your arms relax so that the elbows point down towards the floor. In this position the weight of the arms will pull your head down further and bring your chin closer to the chest (*Fig. 4:23*). The exercise can be made more effective by using the hands and gently but firmly pulling your head onto the chest. Once you have maintained the position of maximum neck flexion for a few seconds, you should return your head to the starting position.

This exercise is used specifically for the treatment of headaches, but can also be applied to resolve residual neck pain or stiffness once the acute symptoms have subsided. In both cases it should be repeated only two or three times per session and the sessions should be spread evenly six to eight times throughout the day. When used in the treatment of headaches, exercise 7 should be performed in conjunction with exercise 1. When used in the treatment of neck pain or stiffness, exercise 7 must always be followed by exercises 1 and 2.

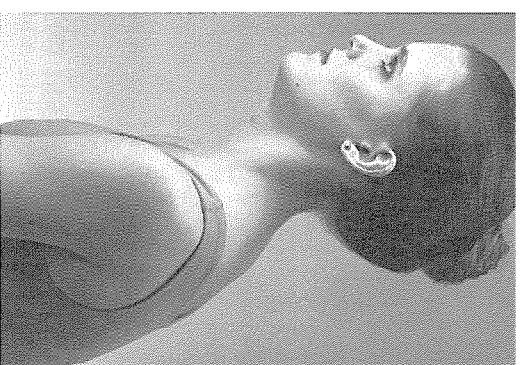


Fig. 4:20

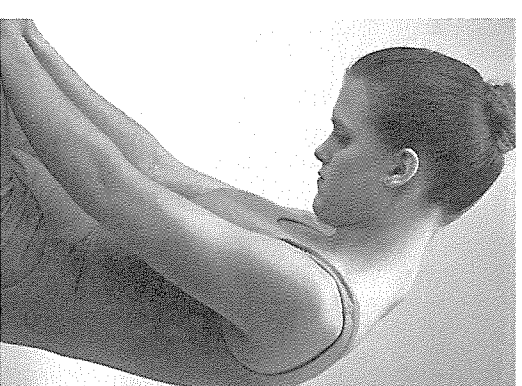


Fig. 4:21

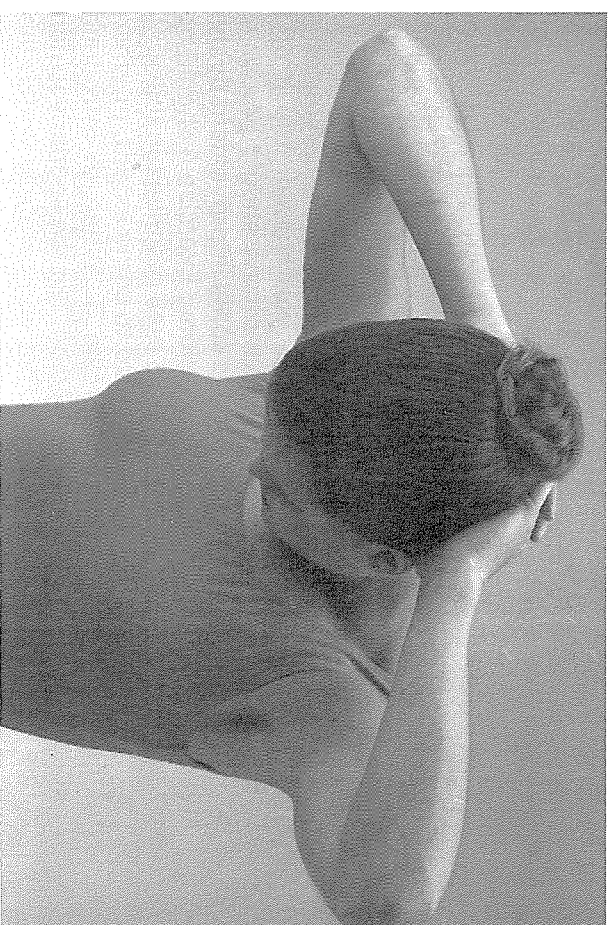


Fig. 4:22

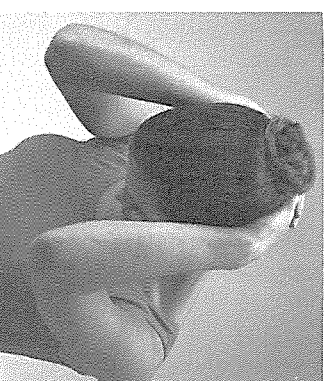


Fig. 4:23