

## EXERCISE 6

### ck Rotation

Rotation means turning to the right and left. Sit on a chair, repeat exercise 1 a few times, then hold your head in the retracted position (Fig. 4:17). Now you are ready to start exercise 6.

Turn your head far to the right and then far to the left as before crossing the street (Fig. 4:18). It is important that you *keep the head well retracted* as you do this. If you experience more pain on turning to the one side than to the other, you should continue to exercise by rotating to the most painful side and on repetition the pain should gradually centralise or decrease in intensity. However, should the pain increase and fail to centralise, you must continue to exercise by rotating to the least painful side. Once you have the same amount of pain or no pain but only stiffness when turning to either side, you should continue to exercise by rotating to both sides. The exercise can be made more effective by using both hands and gently but firmly pushing your head even further into rotation (Fig. 4:19, 19a and 19b). Once you have maintained the position of maximum rotation for a few seconds, you should return your head to the starting position.

This exercise can be used in the treatment as well as the prevention of neck pain. When used in the *treatment* of pain or stiffness of the neck, the exercise is to be performed ten times per session and the sessions are to be spread evenly six to eight times throughout the day. Whether centralisation or reduction of the pain has taken place or not, exercise 6 must always be followed by exercises 1 and 2. When used in the *prevention* of neck problems, the exercise should be repeated five or six times every once in a while or as often as required.

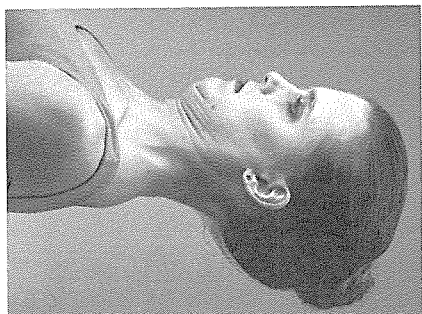


Fig. 4:17

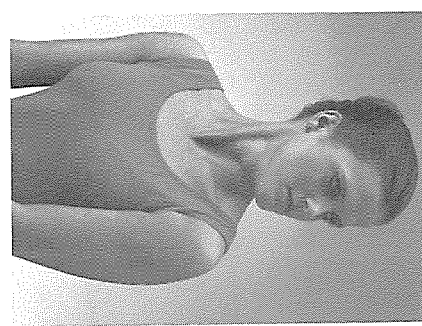


Fig. 4:18

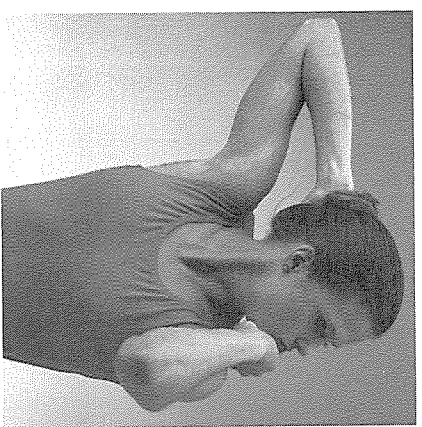


Fig. 4:19

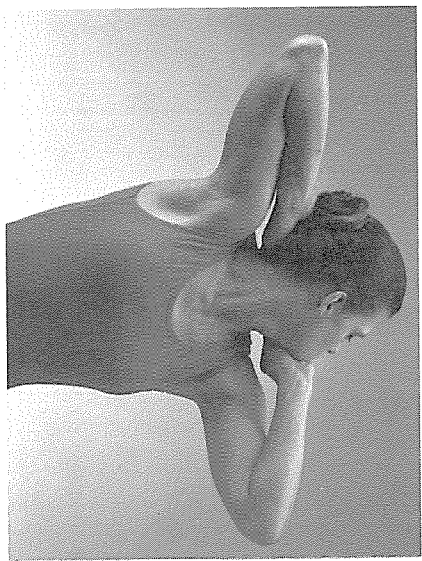


Fig. 4:19(a)

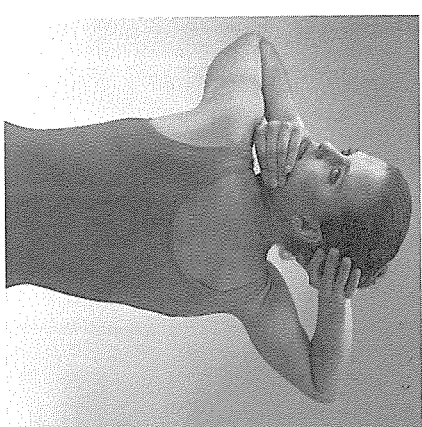


Fig. 4:19(b)