

EXERCISE 4

Neck Extension In Lying

This exercise should always follow exercise 3. Again you must lie face up on the bed. Before you can start exercise 4 you must place one hand under your head and move up along the bed until head, neck and the top of your shoulders are extended over the edge of the bed (Fig. 4:10).

While supporting your head you should lower it slowly towards the floor (Fig. 4:11). Now you remove your hand (Fig. 4:12) bring head and neck as far backwards as you can and try to see as much as possible of the floor directly under you. In this position you must repeatedly turn your nose just half an inch (about 2 cm) to the right and then to the left of the midline (Fig. 4:13), all the time attempting to move head and neck further backwards. Once you have reached the maximum amount of extension, you should try to relax in this position for about thirty seconds.

In order to return to the resting position you must first place one hand behind your head, then assist your head back to the horizontal position and move down along the bed until your head is lying on the bed again. It is important that, following this exercise, you do not rise immediately but rest for a few minutes with your head flat on the bed. Do not use a pillow.

As exercise 3, this exercise is used mainly in the treatment of severe neck pain. Until the acute symptoms have subsided exercise 4 is to follow exercise 3 and it should be done only once per session. Once you no longer have severe pains, exercises 3 and 4 should be replaced with exercises 1 and 2. By now you will have noticed that, except for the position in which they are performed, exercises 3 and 4 are really the same as exercises 1 and 2.



Fig. 4:10

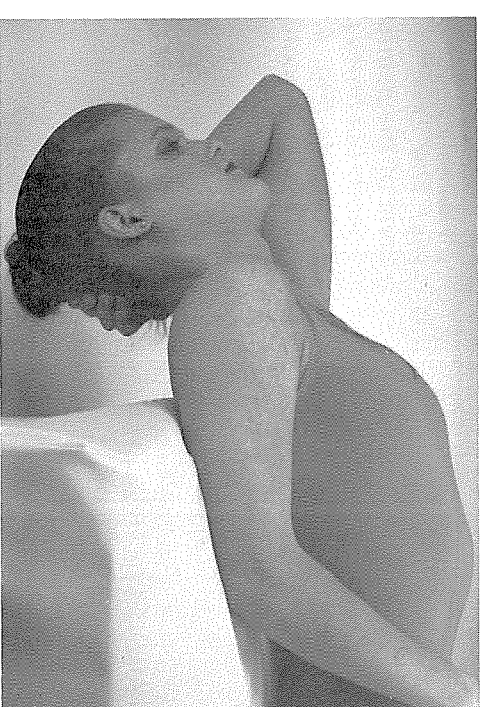


Fig. 4:11

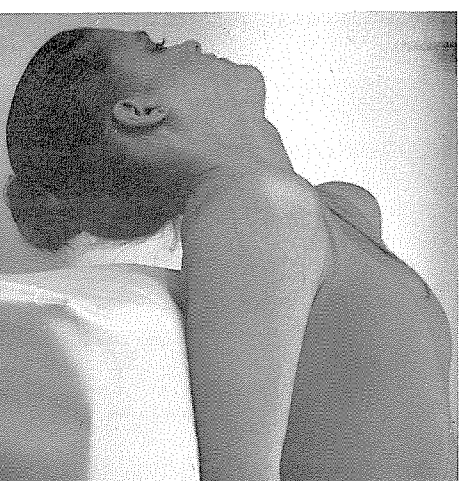


Fig. 4:12

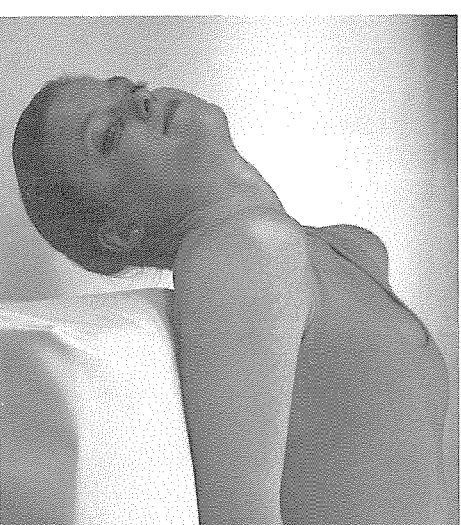


Fig. 4:13