

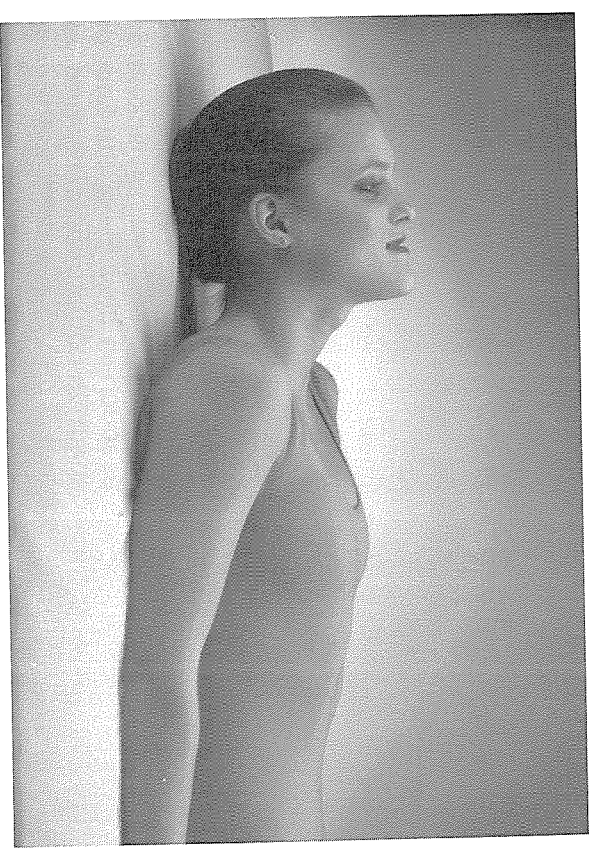
## XERCISE 3

### Head Retraction in Lying

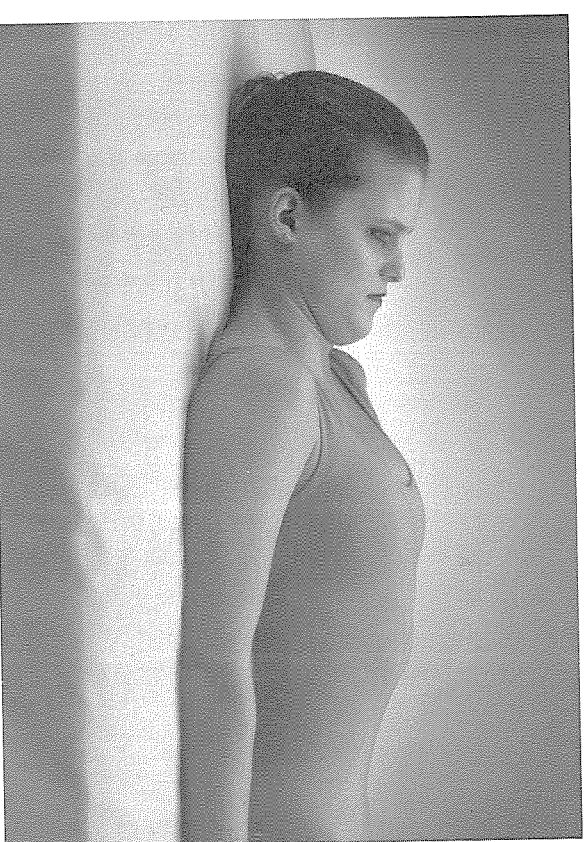
Lie face up with your head at a free standing edge of the bed — for example, lie across a double bed or with your head at the foot-end of a single bed. Rest head and shoulders flat on the bed and do not use a pillow (*Fig. 4:8*). Now you are ready to start exercise 3.

Push the back of your head into the mattress and at the same time pull your chin in (*Fig. 4:9*). The overall effect should be that your head and neck move backwards as far as possible while you keep facing the ceiling. Once you have maintained this position for a few seconds, you should relax and automatically head and neck will return to the starting position (*Fig. 4:8*). Each time you repeat this movement cycle you should make sure that the backward movement of head and neck is carried out to the maximum possible degree.

This exercise is used mainly in the treatment of severe neck pain. When you have completed ten head retractions, you must evaluate the effects of this exercise on the pain. If the pain has centralised or decreased in intensity, you can safely continue this procedure. In this case you should repeat the exercise ten times per session and spread the sessions evenly six to eight times throughout the day or night. But if the pain has increased considerably or extends further away from the spine, or if you have developed pins and needles or numbness in the fingers, then you must stop the exercise and seek advice.



*Fig. 4:8*



*Fig. 4:9*