

EXERCISE 2

Neck Extension in Sitting

Extension means bending backwards. This exercise should always follow exercise 1. Remain seated, repeat exercise 1 a few times, then hold your head in the retracted position (Fig. 4:5). Now you are ready to start exercise 2.

Lift your chin up and tilt your head backwards as in looking up at the sky (Fig. 4:6). Do not allow your neck to move forwards as you do this. With your head tilted back as far as possible 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. 4:7 and 4:7a), all the time attempting to move head and neck even further backwards. Once you have done this for a few seconds, you should return your head to the starting position. Again, each time you repeat this movement cycle you must make sure that neck extension is performed to the maximum possible degree.

This exercise can be used both in the treatment and in the prevention of neck pain. Exercise 2 is to be performed ten times per session and the sessions should be spread evenly six to eight times per day. If your pain is too severe to tolerate exercise 2, you should replace it with exercise 3.

Once you are fully practised in exercises 1 and 2 separately, you can combine these two exercises successfully into one exercise.

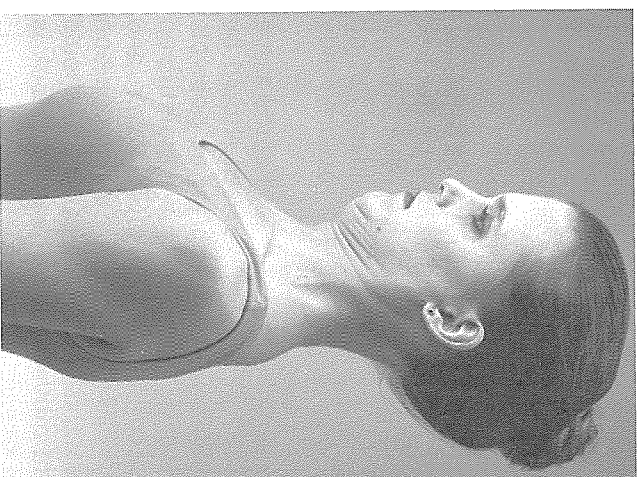


Fig. 4:5

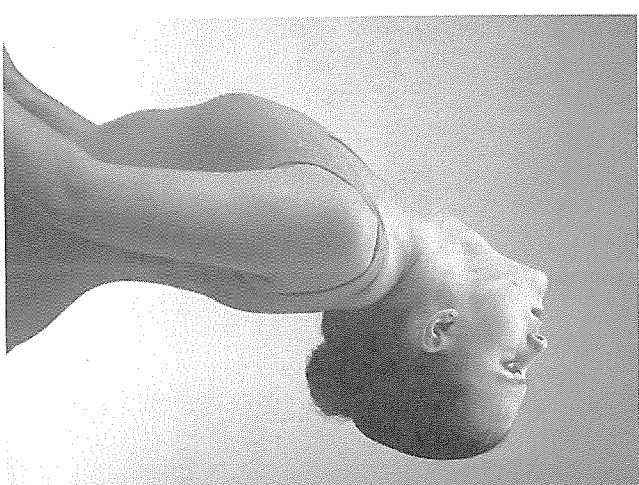


Fig. 4:6



Fig. 4:7

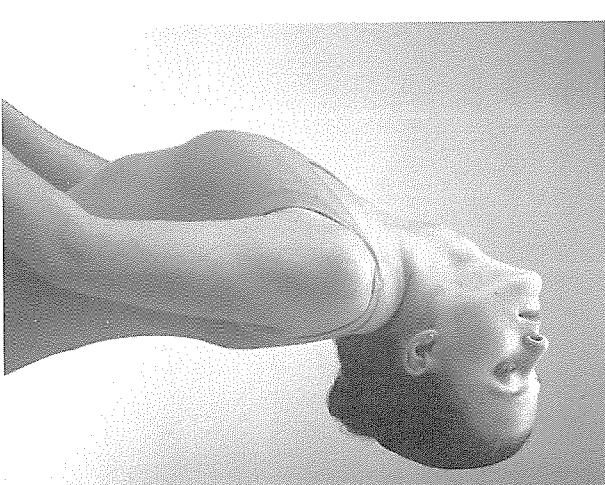


Fig. 4:7(a)