

3. Relaxing After Vigorous Activity

When you have finished some vigorous activity — for example playing football or tennis or chopping wood — and have not suffered any pain as a result, *you should not relax by sitting or lying with the head in the protruded posture (Fig. 3:13 and 3:14)*. Thoroughly exercised joints of the spine easily distort if they are held in an overstretched position for prolonged periods. A commonly heard story is that a person, who sits down to rest following hard work, some time later has such severe pain that he can hardly move his neck. Usually people blame the actual activity as the cause of their trouble, but in most cases the pain is produced by prolonged forward bending of head and neck.

Rule: *After vigorous activity you should retract the head and extend the neck five or six times. If you sit down to rest, you should avoid the protruded head posture.*

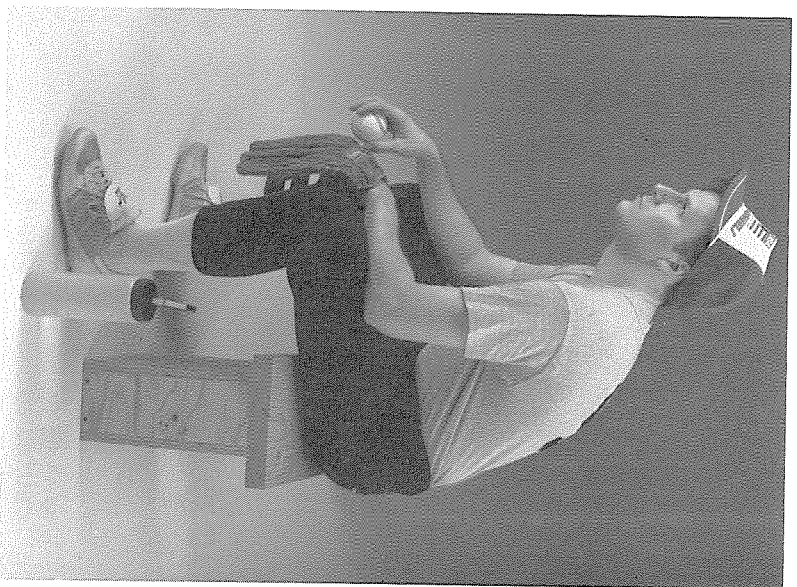


Fig. 3:13

4. Working in Awkward Positions or Cramped Spaces

Some jobs can only be performed in positions which are likely to cause overstretching of the neck. These jobs may require the adoption of the sitting position and usually they involve precision work. Alternatively, they may have to be performed in cramped spaces or with head and neck in awkward static positions. Under these circumstances you may not be able to prevent the onset of neck pain just by regularly assuming the correct posture. If your neck problems are brought on in this way, you must, in addition to postural correction, frequently interrupt overstretching and perform exercise 6 then exercises 1 and 2.

Rule: *When working with head and neck in a static position, you should at regular intervals interrupt this position by assuming the correct posture. In addition you should perform five or six movements of exercise 6, then exercise 1 and 2.*

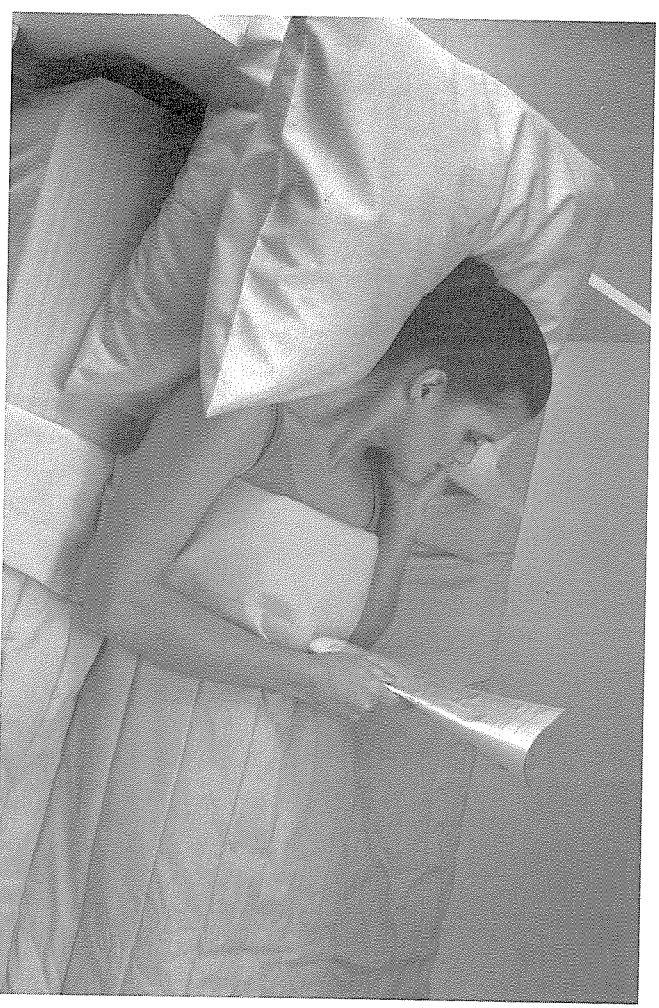


Fig. 3:14