

(8 cm) in diameter and eighteen inches (45 cm) long. (Fig. 3:10) Place this inside your pillow-case, on top of the pillow and along its lower border (Fig. 3:11). Alternatively, you can use a small hand towel of about twenty inches (50 cm) long and wide. Fold this in half and roll it loosely, then wind it around your neck and pin the ends together in front. In both cases the supportive roll will fill the space between pillow and neck. (Fig. 3:11a) The measurements, given above, are merely a guide. All neck supports need to fulfill individual requirements and each person needs to experiment for himself.

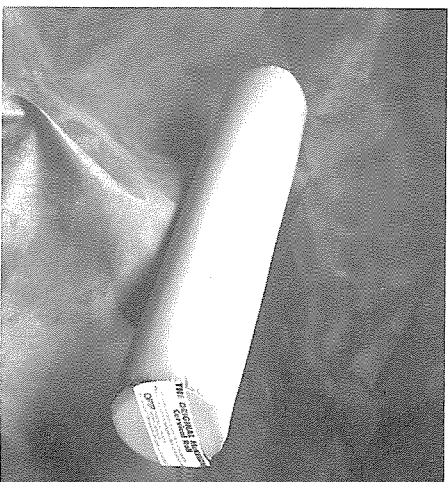


Fig. 3:10
Soft foam roll .

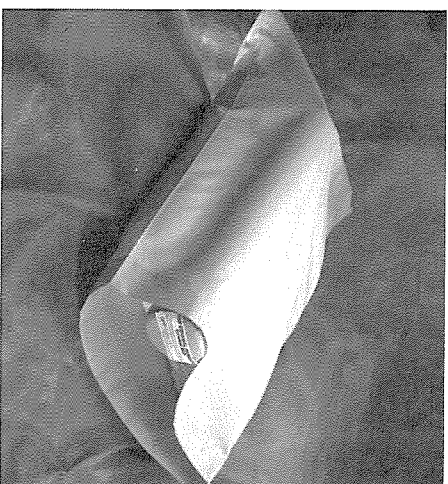


Fig. 3:11
... positioned inside pillow case.



Fig. 3:11(a)
... in order to support the neck.

CORRECTION OF THE LYING POSTURE

If the lying posture itself is thought to cause the problems, it needs to be investigated for each person individually. But there is one position which requires further discussion. Some people like to sleep lying face down and frequently wake up with a pain in the neck or headache, which wears off as the day progresses. Other than this they seem to have no neck problems.

While lying face down the head is usually turned to one side and in this position some of the joints, especially in the upper neck, reach the maximum possible degree of turning or may come very close to it (Fig. 3:12). Consequently, this position places great strains on the soft tissues surrounding the joints of the neck and those between upper neck and head.

If you have problems of this nature, you must avoid lying face down. In addition it is advisable that you perform the recommended exercises, in particular exercises 1, 2 and 6 (see Chapter 4). This is to ensure that you can retract the head and extend the neck properly and have an adequate range of movement when turning the head.



Fig. 3:12
This sleeping position
causes excessive strain.