

There are only a few people who will not benefit from the advice given in this book. Nearly everyone can commence the exercise programme, provided the recommended precautions are taken. Once you have started the exercises, carefully watch your pain pattern. If your pains are getting progressively worse, and remain worse the following day, you should seek advice from your doctor or manipulative therapist.

In any of the following situations you should not commence the exercise programme without first consulting your doctor or manipulative therapist:

If you have pain near or at the wrist or hand and experience sensations of pins and needles or numbness in the fingers.

If you have developed neck problems following a recent, severe accident.

If you have developed headaches recently. In this case your eyes or spectacles may need to be checked out.

If you experience severe headaches which have come on for no apparent reason, never let off and are gradually getting worse.

If you have severe episodic headaches which are accompanied by nausea and dizziness.

## CHAPTER 3

# COMMON CAUSES OF NECK PAIN

### 1. Sitting for Prolonged Periods

When we are moving about, especially when walking briskly, we assume a fairly upright posture. The head is retracted and held directly over the vertebral column and consequently receives the maximum support possible. When we sit and relax in a chair, (Fig. 3:1) the head and neck slowly protrude because the muscles that support them become tired. As the muscles tire they relax and so we lose the main support for a good posture. The result is the protruded head posture (Fig. 3:1a). This posture can be seen around us every day. It is not present during infancy, but develops from mid-teens onwards. We are not really designed to sit for six to eight hours daily, perhaps six days a week.

Fig. 3:1  
Bad sitting posture.

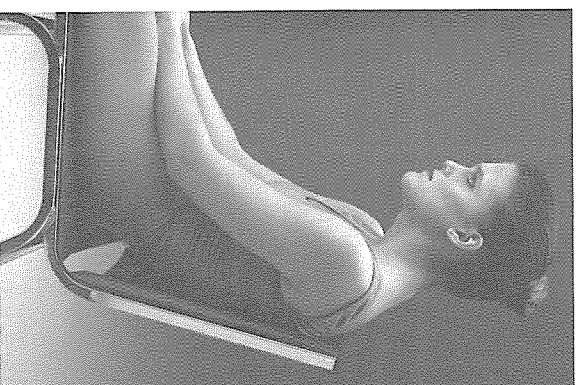


Fig. 3:1(a)  
Protruded head posture.

