

problems. Time and again you may have to seek assistance to get relief from your neck pain. How good it would be if you were able to apply treatment to yourself whenever pain were to make itself felt. Better still, how good it would be if you were able to apply a system of treatment to yourself that would prevent the onset of pain.

Only in the past ten to fifteen years have the methods been discovered that enable us to learn to manage our own spinal problems. Unfortunately, this information has not been disseminated widely until recently for, like many developments within medicine, new ideas must be seen to be effective before they can be supported. The methods I am going to describe to you have been used by doctors and physiotherapists in many parts of the world since the early 1970's and generally their patients are achieving the same satisfactory results.

One of the main points of this book is that the management of your neck is *your* responsibility. If, for some reason or other, *you* have developed neck problems, then *you* must learn how to deal with the present symptoms and how to prevent future problems. Self-treatment will be more effective in the long term management of your neck pain than any other form of treatment.

This book is not meant for you, at least not at this stage, if you have developed neck pain for the first time. In that case you should consult your doctor who will look into your neck problems from the various medical angles. When appropriate he will refer you to a manipulative therapist for treatment, and more important, for advice and instructions on the prevention of further neck problems. You should also seek advice if there are complications to your neck problems, for example if you have severe and stabbing pains, if your head is pulled off-centre or if you have severe unabating headaches.

A manipulative therapist is a physiotherapist specialised in the treatment of disturbances in the musculo-skeletal system. In the U.S.A. such a therapist is known as an orthopaedic physical therapist.

Finally, this book will help only eighty percent of the people with neck pain; it is meant for those with straight forward mechanical problems. Hopefully you fall into this category and will find the information clear and useful.