

CHAPTER 7

SUMMARY

In order to treat present neck problems successfully you must do the following:

- **at all times:** correct your posture and maintain the correct posture.
- **when in acute pain:** if possible, perform exercises 1 and 2; if not possible, then do exercises 3 and 4.
- **when pain more to one side and not responding:** first exercise 5, later exercises 1 and 2.
- **when acute pain has subsided:** exercises 6 and 7, always followed by exercises 1 and 2.

In order to prevent future neck problems successfully you must do the following:

- **at all times:** maintain good postural habits.
- **when no pain or stiffness:** twice per day exercise 6, always followed by exercises 1 and 2.
- **at first sign of recurrence:** postural correction and exercises 1 and 2 at regular intervals — that is, ten times per session and six to eight sessions per day.

TE NECK PAIN

n you allow the head to
nd performing desk tasks,
y overstretched or injured
e is essential.

void quick movements,

ts which initially caused
e time for healing to take

in necessary. If you are
e only one. The contents
order to provide a proper

ght, you may benefit from

great strains on the neck.

f time, as this bends your
y.

exercises. Remember, an
when commencing any of
or centralise as you repeat

