

EXERCISE 5

Sidebending of the Neck

Sit on a chair, repeat exercise 1 a few times, then hold your head in the retracted position (Fig. 4:14). Now you are ready to start exercise 5.

Bend your neck sideways and move your head towards the side on which you feel most of the pain. Do not allow the head to turn (Fig. 4:15). In other words, you should keep looking straight ahead and should not bring your nose but your ear close to the shoulder. It is important that you keep the head well retracted as you do this. The exercise can be made more effective by using the hand of the painful side, placing it over the top of your head and gently but firmly pulling your head even further towards the painful side (Fig. 4:16). Once you have maintained this position for a few seconds, you should return the head to the starting position.

This exercise is used specifically for the treatment of pain felt only to one side or pain felt much more to the one side than to the other. Until the symptoms have centralised exercise 5 is to be repeated ten times per session and the sessions are to be spread evenly six to eight times throughout the day.

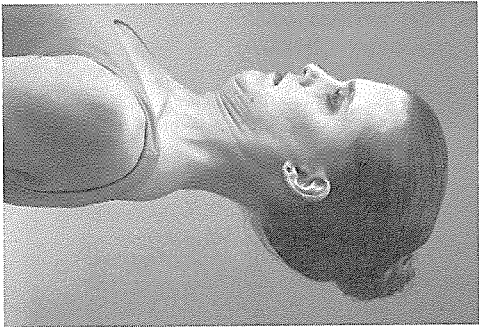


Fig. 4:14

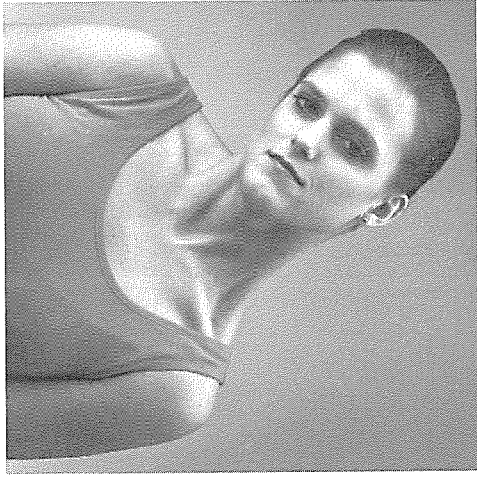


Fig. 4:15

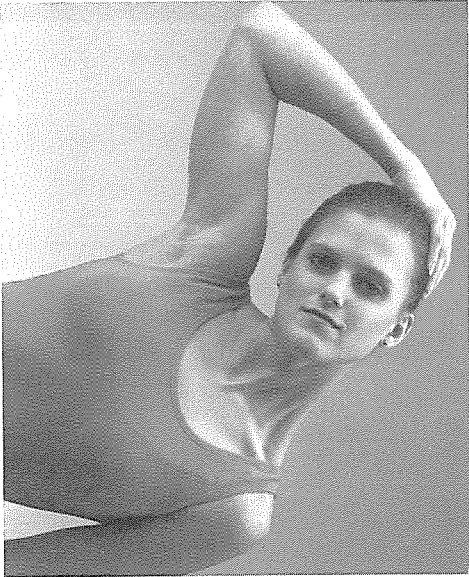


Fig. 4:16