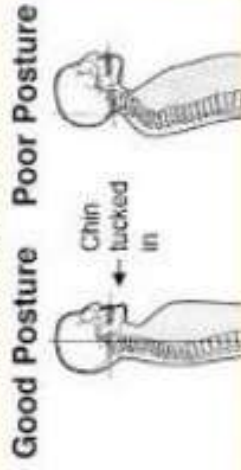


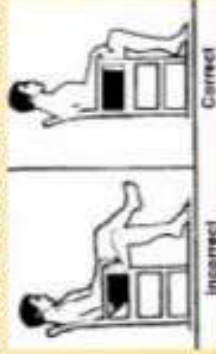
HELPFUL HINTS FOR A HEALTHY NECK

SITTING AND STANDING

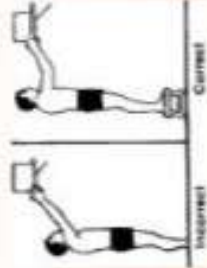
While standing or sitting keep neck drawn back and chin tucked in, NOT UP.



A proper chair will support your arms and shoulders and prevent strains of neck due to forward posture.



REACHING



DO NOT reach for a shelf higher than your head, stand on a stool. Do not reach or look up for any length of time.

RESTING AND SLEEPING



YES!!!



DO NOT!

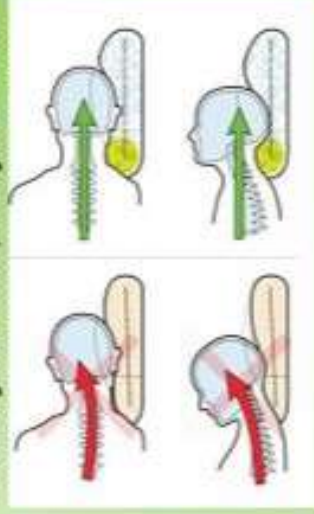
DO NOT lie on the sofa to watch TV!
DO NOT prop your head up or forward on high pillows while reading or watching TV.

X Don't sleep on your Stomach



DO!

DO lie on your side and adjust your pillow to maintain your head and neck in neutral position. Keep your arms down. If you sleep on your back put a pillow under your neck, not your head.

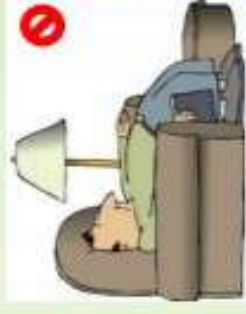


DRIVING

Don't drive with the seat too far back or too low. If necessary, sit on a pillow or use a seat support to avoid stretching up and forward to see over the steering wheel.



RESTING AND SLEEPING



YES!!!



DO NOT!

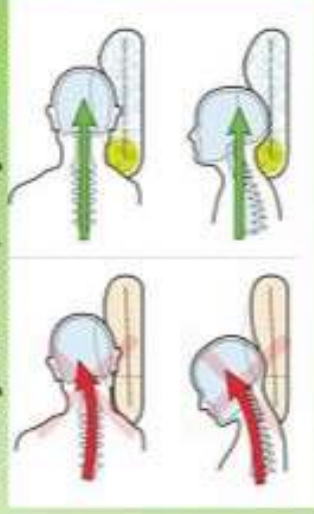
DO NOT lie on the sofa to watch TV!
DO NOT prop your head up or forward on high pillows while reading or watching TV.

X Don't sleep on your Stomach



DO!

DO lie on your side and adjust your pillow to maintain your head and neck in neutral position. Keep your arms down. If you sleep on your back put a pillow under your neck, not your head.



SHOWER EXERCISES: Stand under a hot shower for five to ten minutes and perform the following exercises, twice a day.

1



Stand erect. Turn head slowly, as far as possible to the right. Return to normal center position and relax. Turn head slowly as far as possible to the left. Return to normal.

4



Stand erect. Raise both shoulders as close to the ears as possible and hold as you count to five. Relax. Stretch your shoulders backward as far back as possible, hold then relax.

2



Stand erect. Try to touch your chin to your chest slowly. Raise head

3



Stand erect. Try to touch left ear to the left shoulder. Return to normal center position and relax. Try to touch right ear to the right shoulder. Return to normal center

5



Stand erect. With one hand grasping the thumb of the other hand behind the back, then pull downwards towards the floor. Take a deep breath stand on toes and look at the ceiling while exerting the downward pull. Hold momentarily then exhale and relax. Perform this exercise every two hours if you work at a desk.



Perform these exercises twice daily. Preferably after a hot shower!



Lie on your stomach with hands clasped behind back. Pull shoulders back and down by pushing your hands toward your feet pinching your shoulder blades together and lift head from floor. Take a deep breath. Hold for two seconds.



Lie on back, knees flexed with a small pillow under your neck. Take a deep breath slowly, fully expanding your chest then exhale slowly. Repeat ten times.