

To stretch the anterior neck muscles the following stretch can be used. This stretch should be terminated if you experience any symptoms of dizziness or visual changes while doing the stretch. Should you experience any of these symptoms it is highly recommended that you discuss them with your physician to rule out diseases like vertebral artery disease or heart disease. Once cleared for these diseases cranial bone or cervical vertebrae dysfunction may cause these symptoms.

The exercise needs to be done every 2 hours for 10 repetitions. Perform them with your back supported by a high-back chair.

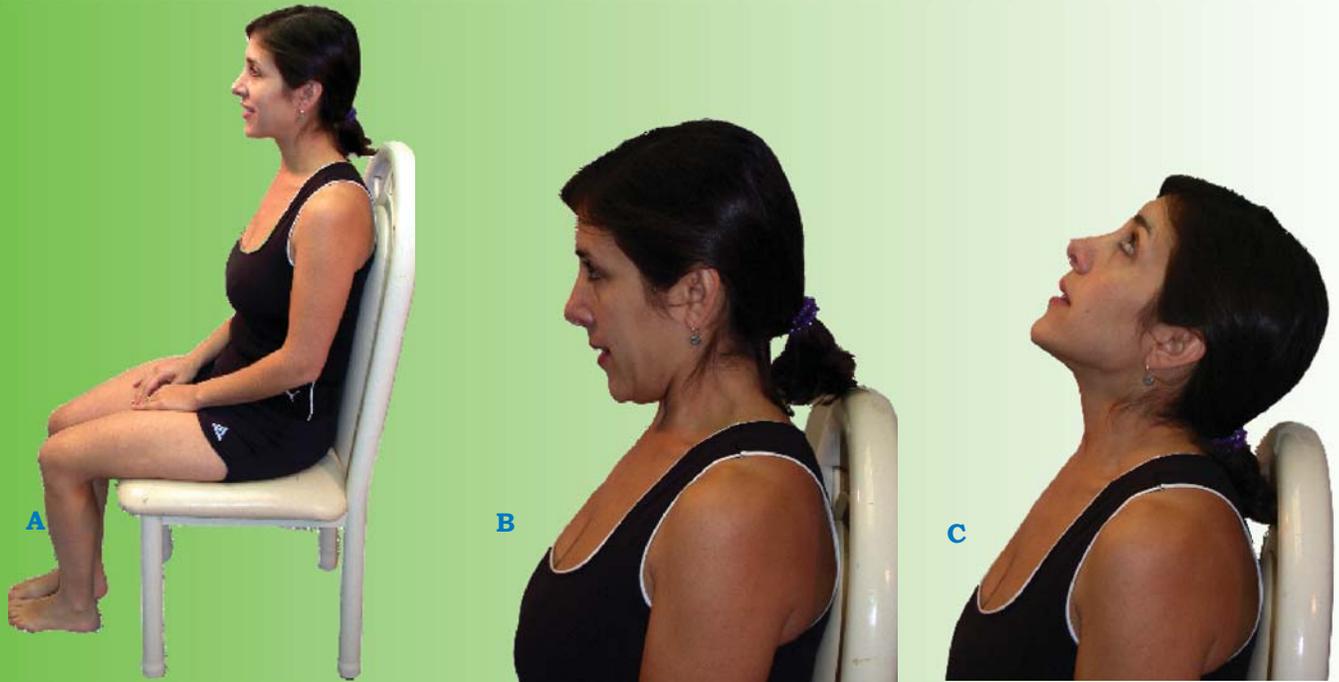


Figure A: Starting position in a comfortable posture in a high-back chair with hands in lap. Figure B: Tuck your chin as far back as possible and inhale deeply. Figure C: While holding your breath, rotate your head to look at the sky. Then exhale and return to the starting position (figure A).



Figure D: Protrude your jaw for a 3 deep breaths. Figure E: Move your jaw and face from right to left and back a few times until and hold in each direction until you no longer feel the stretch.

Self-Massage

If your physician has given you this sheet, then they have found a misbehaving digastric muscle. This muscle has 2 possible tender areas. The first area is just beneath and to one side or the other of your chin (figure A). The other is a little forward of the angle of your jaw (figure B).

Massage whichever area is tender in a circular manner using the pad of your thumb. This can be done lightly or more aggressively, whichever you prefer. However, there are blood vessels in your neck and you should remember to avoid them by always directing your pressure toward your chin and not your neck. Remember if it has a pulse it may be best to avoid it!



Acupressure

Sometimes there may be tender points that do not go away with massage. Then apply a deep and steady pressure to the point and it should eventually dissipate. You don't have to massacre yourself to be successful just press on the point to illicit the feathers edge of pain and follow that edge until it disappears.



Just below your chin at the angle formed between your jaw and your neck is a bone in the front of your neck called the hyoid bone (shaded in gray in figure C). This bone should be able to move equally when translated from right to left & left to right.

Using your thumb and index finger on either side of the hyoid bone. Translate it right and left and compare its motion. If it appears to go farther in one direction than the other try taking it in that direction and holding it in that position for 90 seconds. Slowly allow it to return to its normal position. You can recheck its motion after and see if it is now equal in both directions.

