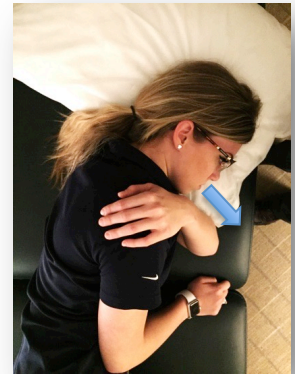
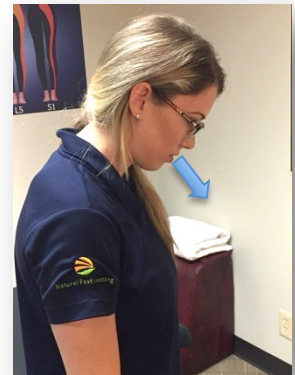


These neck positions usually take pressure off of nerves that go up into your head and face, as well as down into your upper shoulders and shoulder blades. They may provide relief for now, until you engage in our System to correct your neck issues.

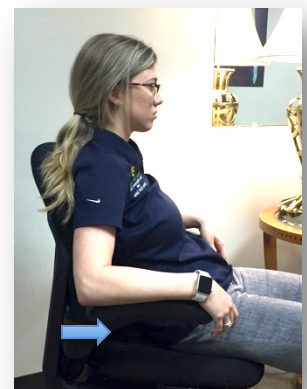
1. For sleeping, lie on your sides only and with your head down. How far down? Just drop your head down (chin toward your chest) progressively until you notice relief of tightness in your shoulder blades or upper shoulders. Sleep as much of the night as possible like this, if you notice relief with this position.



2. Stand and walk with your head down just to the point that you notice relief of tightness in your shoulder blades or upper shoulders.



3. Sit slumped enough (bottom slid forward in your chair) that you begin to notice relief of tightness in your shoulder blades or upper shoulders.



ALSO:

- Back off of walking, long car trips, and “bouncy” exercise so that your neck will calm down faster.
- The more you lie down (sofa, bed, etc.), the less inflamed your neck will be.