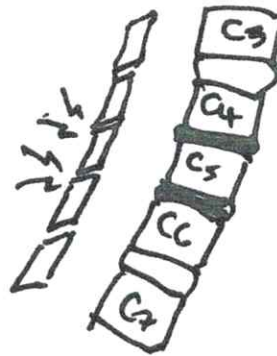
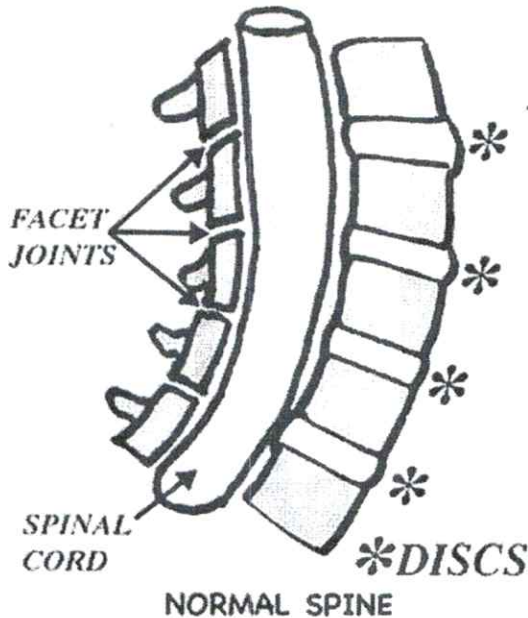


Mr Graeme Brazenor
M.B.,B.S., B.Med.Sci.,
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Good Bromage.



DIAGNOSIS(ES):

Worn out discs at C4/5, C5/6.

TO RELIEVE PAIN WITHOUT OPERATION:

1. BENEFICIAL TO YOUR NECK:

- ⊗ ERECT SITTING (DON'T DROP YOUR CHIN!)
- ⊗ REGULAR WALKING
- ⊗ LYING FLAT: GET GRAVITY OFF IT!



2. THINGS WHICH ARE BAD FOR YOUR NECK:

- ⊗ BENDING AT THE WAIST
- ⊗ NECK-BENDING EXERCISES
- ⊗ DROPPING YOUR CHIN TO YOUR CHEST IN ANY POSITION
- ⊗ TWISTING YOUR NECK (eg: REVERSING A CAR)
- ⊗ PHYSIOTHERAPY (EXCEPT PILATES IN VERY FEW CASES)
- ⊗ CHIROPRACTIC OR OSTEOPATHIC MANIPULATION
- ⊗ YOGA
- ⊗ MANY THINGS IN THE GYMNASIUM! (SEE LIST)
- ⊗ WATCHING TELEVISION LYING DOWN
- ⊗ SITTING ON SOFAS, EASY CHAIRS or RECLINERS
(You should sit only erect in Dining-Room carver-type chairs or good office chairs)
- ⊗ GARDENING

Genoa Plus chair
at Officeworks



CHANCE OF MAKING YOU COMFORTABLE IN THE NEXT *year* : *9/10* — ***

BUT NOTE: THE EXCELLENT NECK CARE MUST CONTINUE FOR *ever!*