

Restriction Release:

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Neck Behind Ear [NBE]

For: Neck pain and headaches

2X/day check both right and left sides. Treat worst points first.

Restriction Indicator (RI): On side of head just behind ear in divot just in front of the skull.

Push in toward the opposite ear.



Movement Combination:

Tilt ear toward tender spot. May only need about 5-10 degrees of motion (side bending of head).

Recheck RI in same direction with same amount of pressure. Find position of the neck that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with tender point but stop pressing. Recheck RI every 30-45 seconds-if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI.