

1

Sitting Arm Circles w/ Pillow



Repeat this eCise 40 times

Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Place a pillow between your knees and apply constant, gentle pressure against the pillow throughout the e-cise.
3. Roll your pelvis forward to place a small arch in your low back and hold this position throughout the e-cise.
4. With palms facing down, thumbs pointed straight forward rotate your hands up and forward in approx. 6 inch circles and continue as directed.
5. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed.

Fun Facts:

This exercise promotes bilateral pelvic extension and proper function between the upper and lower body

2

Sitting Elbow Curls w/ Pillow



Repeat this eCise 25 times

Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Roll your hips forward to place an arch in your low back.
3. Place a block or pillow between your knees and press gently with just enough pressure to hold the pillow in place.
4. Place your hands into the golfer's grip on your temples.
5. Hold this starting position; then pull your elbows away from each other to force your upper back muscles to create the work.
 - Do not lose your hip position; keep them rolled forward and maintain the arch in your low back.
6. Pull your elbows back and then close them together in front of your face.
 - Keep your elbows up at shoulder level, do not let them drop down.
7. Repeat as directed on your menu.

Fun Facts:

This exercise promotes bilateral pelvic extension and proper function between the upper and lower body

3

ABduction-ADduction w/ Feet Close



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

1. Lie on your back with your knees bent at a 90 degree angle and your feet flat on the wall.
 - Keep your feet parallel, spaced about 3 inches apart, and pointed to the ceiling.
 - Keep your upper body relaxed, with your palms up and your arms flat on the floor at about a 45 degree angle from your body.
2. Bring your knees together slowly until they touch.
3. Bring your knees apart slowly so that your feet roll out to the sides.
 - The bottoms of your feet will come off of the wall and the outsides of your feet will touch the wall.
4. Return your knees to the start position to complete one repetition of the e-cise.
5. Repeat as directed on your menu.

3

ABduction-ADduction w/ Feet Close

Notes:

- It is crucial that your feet remain parallel to each other and pointed up toward the ceiling throughout the e-cise, even when they are rolling out to the sides.
- The motion should come from your hips, your feet and knees should be relaxed.

Fun Facts:

- Femur rotation is crucial for everyday movements such as sitting, getting in and out of a car, walking and running. This E-cise helps promote femur rotation at the hip joint and has specific emphasis on outward rotation.

4

Assisted Hip Lift



Hold this eCise for 01 min.

Instructions:

1. Lie on your back with your feet on the wall, knees bent at about a 90 degree angle
 - Keep the feet pointing straight up, in line with your knees and hips
2. Cross the ankle of one foot to just above the other knee
 - If doing this lifts your butt off of the floor, then scoot farther away from the wall
3. Press the crossed leg toward the wall using your hip muscles
 - Do not allow your hips to shift to the side
 - Keep the spine in alignment
4. Hold this position as directed on your menu
5. Switch sides and repeat

Notes:

- Keep your shoulders and arms relaxed



Free Your Pain

4

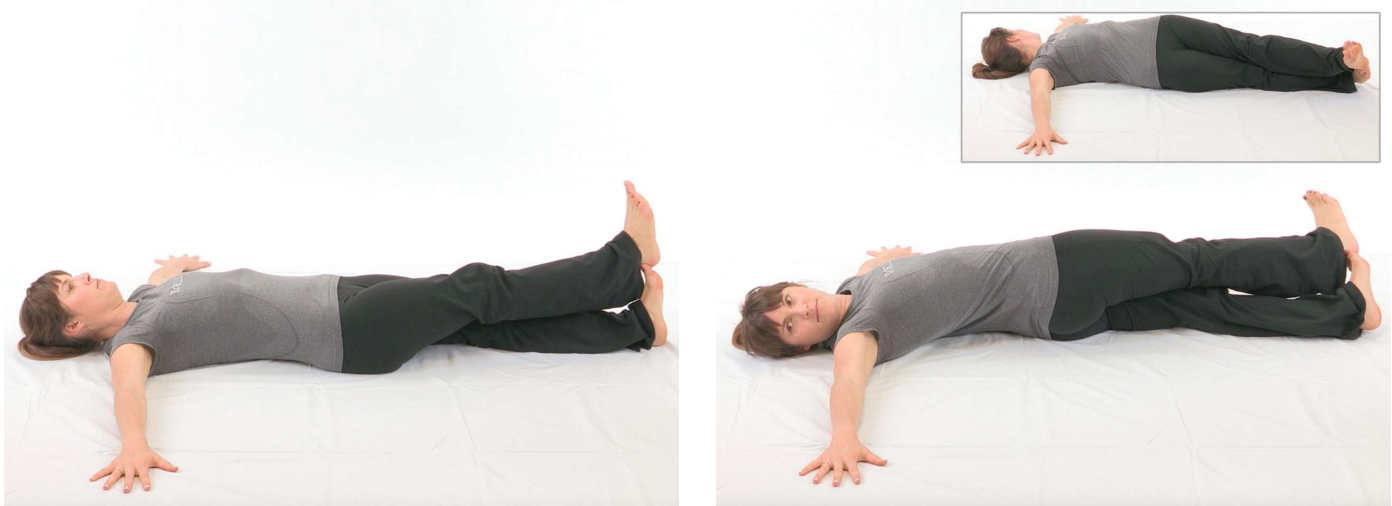
Assisted Hip Lift

Fun Facts:

- Actions such as crossing your legs in a chair should be easily done on both sides of your body. This E-cise helps maintain this ability.

5

Crocodile



Hold this eCise for 01 min.

Instructions:

1. Lie on your back, legs straight, arms out to the sides, palms touching the floor
 - Your ankles, knees, hips and shoulders should all be aligned
 - Your arms should be straight out from your shoulders, not above or below them
2. Starting with your right leg, put your right foot on the toes of your left foot, keeping both feet flexed with the toes pointing toward the ceiling
 - The heel / Achilles tendon of your right foot should sit between the big toe and the second toe of your left foot
3. Rotate onto the left hip (the hip of the leg that is still on the floor) by pulling the right hip off the floor
4. Turn your head to the right
5. Tighten/squeeze your thighs and butt muscles
6. Hold this position and breathe as directed on your menu
7. Switch and repeat on the other side

Notes:

- This is easier to do with shoes on

29/02/16 21:26

5

Crocodile

- Keep your feet flexed, your thigh and butt muscles tight and your upper body relaxed throughout the e-cise
- You should feel the muscles in lower and mid back stretching and working to rotate you

Fun Facts:

- This E-cise works to reestablish function from your ankles all the way up to your shoulders! If it is easier for you to go in one direction vs. the other, this is your body's asymmetry showing up. As this E-cise becomes to feel more even from right to left, you know body has become more symmetrical.

6

Pelvic Tilts



Repeat this eCise 10 times

Instructions:

1. Lie on your back with your knees bent
 - Make sure your hips, knees and feet are aligned
 - Your arms should be out to the side, palms up
2. Roll your hips backward to flatten your lower back to the floor
3. Then roll your hips forward to arch your low back
4. Repeat as directed on your menu

Notes:

- Remember to relax your upper back

Fun Facts:

- This movement pattern is required in daily activities, such as bending over, sitting down, and standing up.

7

Floor Block



Hold this eCise for 01 min.

Instructions:

1. Lie on your stomach with your forehead and nose flat on the floor
 - The tops of your feet should be on the floor, with your big toes touching and your heels dropped out to the sides
2. Place your forearms on 6 inch blocks directly above your shoulders
 - If 6 inches is too high you can start with 2 inch blocks and work up to 6 inches
3. Lock your elbows and point your thumbs to the ceiling. Curl your fingers into the golfer's grip position
 - Golfer's Grip; As seen on the model, curl your fingers to your 1st knuckle so that your entire palm is open
4. Rotate your thumbs away from each other with the movement coming from your shoulders
5. Hold this position as directed on your menu or until you feel your upper back relax
6. For the second position keep your arms on the blocks and slide the blocks out to a 45 degree angle, rotate your shoulders outward and hold as directed.
7. For the last position slide your arms and blocks out to a 90 degree angle, rotate your shoulders outward and hold as directed.

7

Floor Block

Do each position once for 1 minute unless otherwise noted

Notes:

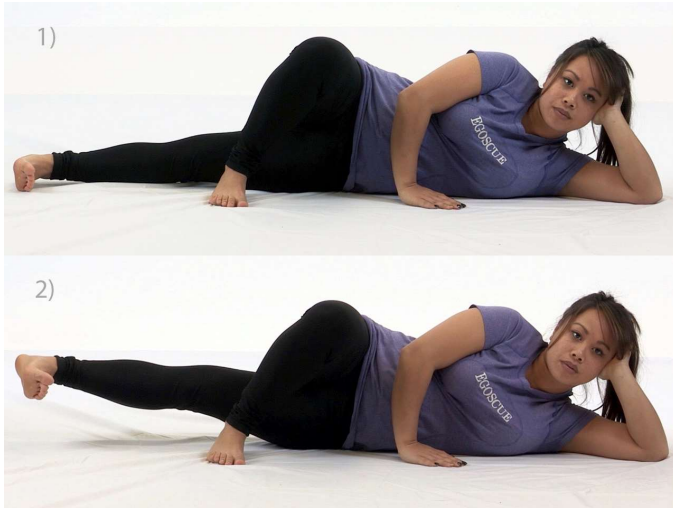
- Keep your glut muscles relaxed and allow your ankles to drop out to the sides

Fun Facts:

- Due to an increase in sedentary lifestyle, one of the main “posture deviations” seen is a rounded upper back. This E-cise works to correct the rounding in the upper back and bring the shoulders back to remove that slumped forward look. Who wants to be humpback? No thanks!

8

Inner/Outer Thighs



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Lie on your side.
2. Rest your head on your hand and brace yourself with the other arm, placing your palm flat on the floor.
3. Bend the top leg and place your foot flat on the floor in front of your thigh.
4. Raise and lower the bottom leg up 3-4 inches off the floor then back to the floor.
5. Keep the thigh of the bottom leg tight and your toes flexed back.
6. Switch sides by stacking the legs, then bend the knee of the bottom leg back behind you.
 - Be sure your knees are stacked on top of each other.
7. Hold the top leg straight, with your thigh tight and your foot flexed.
8. Raise and lower the top leg for the number of repetitions given on your menu.
9. Repeat as directed on your menu
10. Roll to the other side and repeat the entire sequence

Notes:

- Be sure to lead with the heel when lifting the leg.



Free Your Pain

8

Inner/Outer Thighs

Fun Facts:

- Remember Jane Fonda and her crazy 80's workouts? Well, turns out she wasn't so crazy. This E-cise helps proper knee position and hip movement all while working the muscles of the leg and low back. If it's harder for you to do on one side vs. the other, this is asymmetry showing up in your body.

9

Supine Groin Stretch w/ Towels



Hold this eCise for 15 min.

Instructions:

1. Lie on your back in the supine groin position with one leg straight out on the floor and the other leg on a block or a chair with the knee bent at 90 degrees
2. Place a 2-3 inch roll behind your neck and low back.
3. It's very important that the straight leg is propped vertically by something heavy so the toes point to the ceiling.
4. Place your arms on the floor, 45 degrees from your body with the palms facing up. Relax your legs and upper body.
5. Ask your Therapist about the thigh test.
6. Switch legs and repeat.

Fun Facts:

- Sitting for extended periods throughout the day causes a number of negative side effects to our posture, including loss of our designed spinal



Free Your Pain

9

Supine Groin Stretch w/ Towels

curves and short and tight groin muscles. This E-cise helps to reverse the negative effects caused from sitting all day. The Towels help to re-educate our spine of it's natural "S" curve.

10

Airbench



Hold this eCise for 02 min.

Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
 - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
 - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
 - Your lower back should be completely flat against the wall.
 - Your arms can hang down to your sides, or rest your hands gently on your lap.
3. Hold as directed on your menu
 - Keep the weight in your heels, do not press forward on your toes
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

10

Airbench

Fun Facts:

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.