



Diaphragmatic Breathing

In a reclined (hooklying) position, place your hands on the sides of your abdomen, between your pelvis and your ribcage (not pictured). Take slow deep breaths.

Push your fingers away from you using your abdominal muscles as you inhale. Your chest should remain still the entire time. Then take slow breaths in through your nose and out through your mouth.

Options:

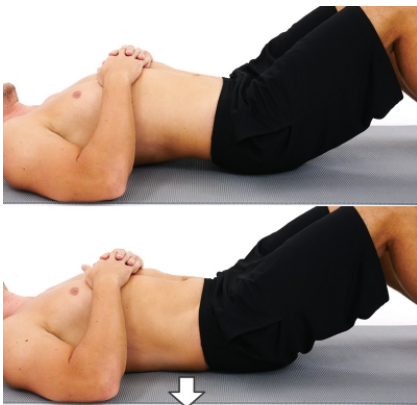
1) Continuous inhale and exhale, 2) 4x4 breathing (inhale for a count of 4, hold for a count of 4, exhale 4, hold 4, repeat), or 3) 4-7-8 breathing (inhale for a count of 4, hold 7, exhale 8 making a whooshing sound).

Purpose: Improves ability to use the primary breathing muscle, calms nervous system, improves ability to use diaphragm for core activation, reduces back pain, gets lymphatic system pumping.

Repeat 10 Times

Complete 2 Sets

Perform 2 Times a Day



PELVIC TILT or CLOCKS

Imagine a clock lying on your pelvis with 12 o'clock toward your toes and 6 o'clock toward your nose. Lie on your back with your hips and knees bent and your feet flat on the floor. Slowly perform an anterior pelvic tilt by arching your lower back so that it comes off of the support surface, tilting toward 12:00. Hold 5 sec. Return to starting position, and then perform a posterior pelvic tilt by using your abdominals, gently rolling your hips backwards, tilting toward 6:00, feeling your low back press downwards towards the floor. Hold 5 sec. Be sure your upper trunk and legs stay relaxed throughout, and avoid pushing with your feet. Perform as often as needed to stretch your lower back.

Purpose: dural glide, control of spinal/pelvic motion, core activation

Repeat 10 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day



LOWER TRUNK ROTATIONS - LTR

Lie with both feet placed flat on the supporting surface and knees bent, arms in a "T" position. Take deep breaths, in through your nose and out through your mouth. Keeping your shoulders flat on the surface, gently allow your knees to slowly fall together to the side, rotating at your lower back as you do so. Turn your head in the opposite direction as your knees. Then return to neutral one spinal segment at a time. Repeat, going to the other side.

This achieves a visceral fascial glide and promotes mobility in the dura, ribs, and spine in addition to requiring core activation and motion control.

Repeat 10 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



Posterior chain Isometrics

Bend elbows 90 degrees at your sides (toy soldier arms) and press elbows into floor while also pressing backs of shoulder into floor, pulling shoulder blades back and down, keeping neck muscles relaxed and chin slightly tucked in. Sternum should be lifted. Next, while still pressing, add a butt squeeze, then dig your heels into the floor with straight legs, and finally pull abdominals up and in. With all 4 areas in tight contraction, hold 10 sec, then release, repeat 5 times. Breathe throughout the exercise!

Purpose: Postural correction/training, strengthen/activate postural muscles.

Repeat 5 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



Shoulder Blade Squeeze/Posture

Lift your sternum up and Pull your shoulders back and down (shoulder blades down into back pockets).

This is the appropriate position for your shoulders and engages the smaller muscle between your shoulder blades that help with proper posture. Your rib cage should be gently lifted up out of your pelvis (but not flared) and your sternum lifted toward the ceiling. Be careful not to overly arch your back doing this. Hold your stomach in and keep knees relaxed.

Help your body integrate this by balancing a book on your head for a few minutes at a time. You can start with your body up against a wall to set this posture, then walk away from wall and maintain it all day!

Purpose: Postural correction/training, alleviate back and neck tension, strengthen shoulder blade muscles.

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 3 Times a Day