


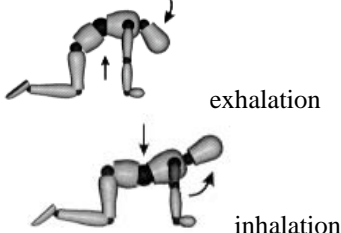



Recommended Daily Home Program

This information is educational only and it is

NOT intended to replace the medical advice of your health care provider

The exercises/stretchers described here are solely for the use of our existing, active patients who have received a prescription for these exercises/stretchers.

Attempting to perform them unless explicitly prescribed by your health care provider could result in injury or a worsening of existing conditions.

1. Bow		<p>Sit with your buttocks on your heels, bent over and reach forward as far as you can, with palms on the floor, elbows straight, fingers spread wide.</p> <p>Breath deeply 5-10 times, trying to reach further on inhalation and not to lose the gain on exhalation.</p>
2. Cat		<p>Kneel on your 4 – with your palms underneath your shoulders, arms and thighs perpendicular to the floor.</p> <p>Lower your head and then raise your lower back/belly button while you exhale. Do the opposite on inhalation: arch your back to bring belly button towards floor and raise your chin up. Repeat 5-10 times.</p>
3. Arch		<p>Lie on your stomach and gradually arch your head and upper back only, pushing up with your forearms (or if flexible enough) with your palms. Do NOT use your back muscles. Hold for 5-10 deep breathing cycles</p>
4. Squat		<p>Squat, heel on the floor, feet shoulder apart. Hold for 5-10 deep breathing cycles</p>
5. Reach high		<p>On inhalation reach as high as you can while pointing your heels into the ground, and keep the posture on exhalation, for 5-10 deep breathing cycles. Relax and return to normal position slowly.</p> <p>You may interlace fingers and turn palms face up.</p> <p>You may also do it sitting on the floor with legs crossed.</p>

During all exercises you should feel NO pain or no increase in pain. If you do, you are doing it too hard.

Breathing freely, rhythmically, and deeply is essential.

I prefer to count e.g. 1-2-3-4 during inhalation and 4-3-2-1 during exhalation to make them equal.

This program was adapted from various programs including Dr Brimhall's home exercises, Medical Yoga from Mario Sorin Vasilescu, and "3 Minutes to a Pain-Free Life" by Joseph Weisberg, and is not intended to diagnose, treat or cure any condition or ailment. Please ask us or your healthcare provider to customize this program for you.