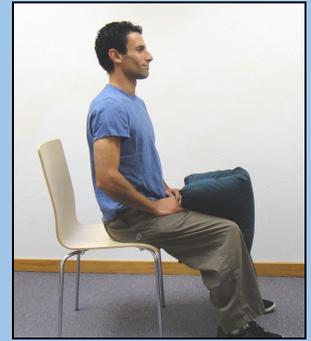
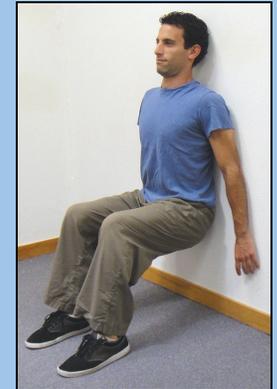


RESTORATIVE EXERCISES

1. Pelvic Stabilizer – Sit on the edge of your chair with your legs at hip-width and feet flat on the ground, crown raised. With a pillow, ball or just your two fists placed between your knees you are going to press your knees together to help strengthen the inner thigh muscles as you ‘open’ the lower back, realigning and stabilizing the pelvis. Use only 25% of your strength. 20+ repetitions, 2-4x/day.



2. Quad Booster – Sit with your back and hips against a wall. Your feet should be parallel and hip-width apart with the knees over the ankles at 90-degrees (or greater) with the thighs as close to horizontal as possible -- without hurting yourself. Only go as low as comfortable! Be sure to flatten the low back and feel the weight in your heels, not the balls of your feet. Use the wall to lengthen your spine as you open your chest and raise your crown with your chin drawn in. Ideally you can touch the wall with the back of your head, being sure not to tip it backwards with the nose and chin pointing up. Hold up to 2 minutes, 2-4x/day.



3. Chest Opener – Stand with your back against the wall, crown raised with chin drawn in, and arms out at approximately 45-degrees with your palms facing out. Press both arms against the wall as you contract the muscles in your upper back. Feel how the contracting of the upper back and shoulder muscles opens the chest. This corrects the collapsed framework that leads to a shortening of the chest muscles and straining of the back. Use only 25% of your strength. 20-50 repetitions, 2-4x/day.



4. String Lengthener – Sit on the floor with your lower back pushed as close to the wall as possible and stretch your legs out straight ahead of you keeping them hip-width apart with feet pointing upwards and pulling the toes back toward your belly. Be sure to lift your crown as you press your whole back against the wall. This lengthens the spine, allowing the shoulders to drop back and relax, while the hamstrings and calf muscles are lengthened. Hold for 2-5 minutes, 1-2x/day. *Can also be performed with legs up a wall and back on the ground.



5. Gravity Extender - Lie on your back with your legs on a chair or other suitable support with knees bent. The thighs should be vertical and the calves horizontal as the knees are at about 90-degrees. Arms are out at 45-degrees with the palms facing up. Be sure to keep your crown raised to prevent tipping of the head back as it reaches for the floor. If necessary add a small pillow or lift under your head. Breath, relax and practice letting go for 5 to 20+ minutes everyday.

