

An Exercise Approach for Self Healing: Movement Potential Through Circulation Improvement (Adv Strain/Counterstrain)

Allied Health Professionals Conference, Developed by Dr. Tom Giammatteo, DC Aug 14-17, 2003
Two minute Exercises to Improve Flexibility, Strength and Coordination with Integrative Manual Therapy

Goals:

- a) Increase Mobility of the Trunk, Pelvis and Extremities
- b) Reduce Musculoskeletal Aches and Pains

Note: Stand. Hold each position for 2 minutes then straighten up slowly.

Trunk

Let the arms move forward. Hands at shoulder level.

Let the left foot move forward. One foot ahead of the back foot.

Bring the head and neck to the left. To the end of the movement possibility. No stretch required.

Neck

Let the right arm move forward. Right hand at shoulder level.

Let the head and neck move to the left. To the end of the movement possibility. No stretch required.

Low Back

Let the right foot move forward. One foot ahead of the back foot.

Bend forward until the end of the range of spinal motion. No stretch required.

Move the left arm to the side. Left hand is at shoulder level.

Right Leg

Let the left leg move forward. One foot ahead of the back foot.

Move the pelvis and buttocks to the right. To the end of the movement possibility. Maintain balance. No stretch required.

Let the head and neck move to the right. To the end of the movement possibility.

Left Leg

Let the left leg move to the side. One foot to the left side of the hip joint. Maintain balance.

Let the right arm move to the side. The right hand is at shoulder level.

Right Arm

Let the left foot move to the side. One foot to the left side of the hip joint. Maintain balance.

Let the head and neck bend forward. To the end of the movement possibility, No stretch required.

Left Arm

Let the right foot move forward. One foot ahead of the back foot.

Place the left hand on the left shoulder girdle. Bend the head and neck to the right. To the end of the movement possibility. No stretch required.