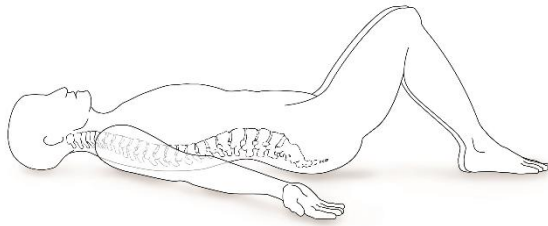


## UNLOADING POSITION



### Instructions for Positioning:

- Lie on back, legs bent up to 90 degrees or supported on a stool.
- Arms out to side 30-45 degrees, palms up.

#### Other Reminders:

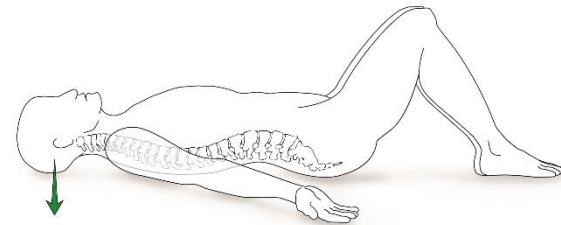
Head/Neck Support*	YES	NO
Arm Support	YES	NO
Knees/Feet	Support	Bent

\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

NOTES:

## HEAD PRESS



### Instructions for Positioning:

- Lie on back as in Unloading Exercise. There are three variations to this exercise. Do the one that is checked for you:
  - Option 1: Tilt chin SLIGHTLY upward. Feel weight on back of head. Press head downward into supporting surface.
  - Option 2: Tuck chin SLIGHTLY towards chest. Feel lengthening on back of neck. Feel weight on back of head. Press head downward into supporting surface.
  - Option 3: Head and neck in neutral. Hold chin in position. Feel weight on back of head. Press head downward into supporting surface.

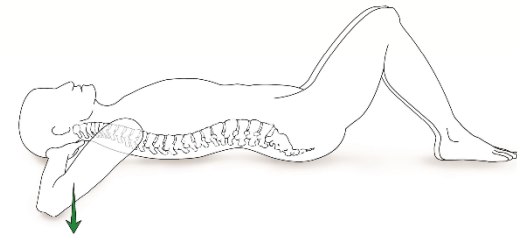
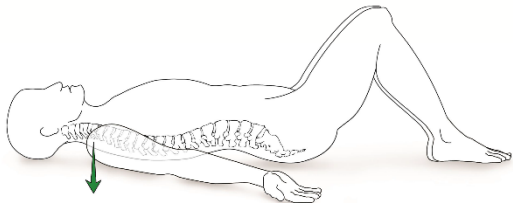
\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

REPEAT \_\_\_\_\_ TIMES

NOTES:

<b>SHOULDER PRESS</b>	<b>ELBOW PRESS</b>
-----------------------	--------------------



**Instructions for Positioning:**

- Lie on back as in Unloading Exercise.
- Press backs of shoulders downward towards supporting surface (Do not “tuck” the shoulders).
- If you are unable to do this movement with both shoulders at the same time, do one shoulder at a time and work up to being able to do both at the same time.
- If you are unable to do one shoulder at a time, you may need to lie in the Unloading Exercise position for a few minutes each day until the muscles on the front of your chest loosen up and you can press one or both shoulders downward.

**Instructions for Positioning:**

- Lie on back as in Unloading Exercise.
- Place hands beside ears or on face/forehead if it is comfortable
- Support arm with small towel if need
- Gently press entire upper arm into the ground/towel

\_\_\_\_\_ TIMES DAILY

**HOLD POSITION FOR:**

**REPEAT \_\_\_\_\_TIMES**

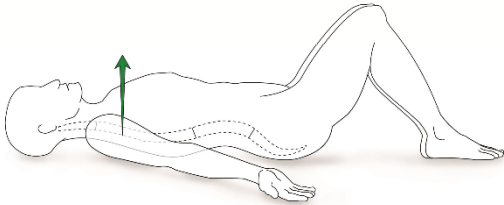
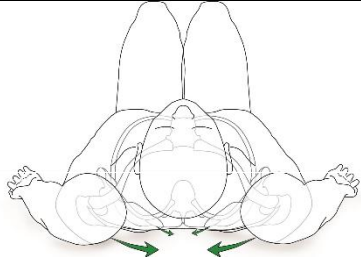
\_\_\_\_\_ TIMES DAILY

**HOLD POSITION FOR:**

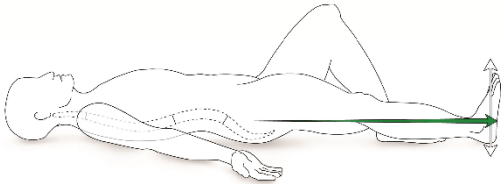
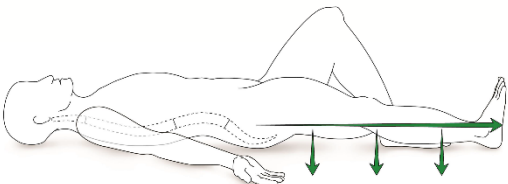
**REPEAT \_\_\_\_\_TIMES**

**NOTES:**

**NOTES:**

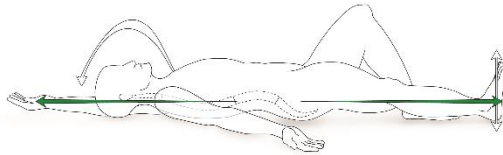
THORACIC LIFT		COVER THE BONES	
			
<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lie on back as in Unloading Exercise.</li> <li><input type="checkbox"/> Do Shoulder Press Exercise.</li> <li><input type="checkbox"/> Continue to press with your shoulders and lift spine by arching your upper back (<u>only</u> between the shoulder blades) off the supporting surface.</li> </ul>		<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lie on back as in Unloading Exercise</li> <li><input type="checkbox"/> Shoulder Press and Thoracic Lift Exercises.</li> <li><input type="checkbox"/> Continue to press with your shoulders and lift spine by arching your upper back (only between the shoulder blades) off the floor/bed.</li> <li><input type="checkbox"/> Visualize the muscles that run length-wise up your back and “tuck” your bones up inside those muscles - “cover the bones” with the muscles.</li> </ul>	
<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____ TIMES</p>	<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____ TIMES</p>
<p><b>NOTES:</b></p>		<p><b>NOTES:</b></p>	



<b>LEG LENGTHENER</b>		<b>LEG PRESS</b>	
			
<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lie on back as in Unloading Exercise.</li> <li><input type="checkbox"/> Straighten one leg down to the supporting surface.</li> <li><input type="checkbox"/> Keep leg so that knee cap and toes face directly up towards ceiling.</li> <li><input type="checkbox"/> With knee as straight as you can get it, pull toes AND forefoot towards knee, push through the heel and “lengthen” the calf.               <ul style="list-style-type: none"> <li>○ Cue 1: Lengthen the leg by pulling the pelvis away from the rib cage.</li> <li>○ Cue 2: Lengthen the leg by imagining that you are pressing the bottom of your foot into a mud wall, such that you could make a mold of your foot on the wall.</li> </ul> </li> </ul>		<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lie on back as in Unloading Exercise</li> <li><input type="checkbox"/> Straighten one leg down to the supporting surface.</li> <li><input type="checkbox"/> Keep leg so that knee cap and toes face directly up towards ceiling.</li> <li><input type="checkbox"/> With knee as straight as you can get it, pull toes AND forefoot towards knee.</li> <li><input type="checkbox"/> Imagine you are lying on a nice, warm, sunny beach; press your entire leg down into the sand as if to make an impression of your leg in the sand.</li> </ul>	
<p>_____ <b>TIMES DAILY</b></p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____ <b>TIMES</b></p>	<p>_____ <b>TIMES DAILY</b></p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____ <b>TIMES</b></p>
<p><b>NOTES:</b></p>		<p><b>NOTES:</b></p>	

<b>ARM LENGTHENER</b>		<b>ARM PRESS</b>	
<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start with arms at sides, either palms down or thumbs up with palms facing body.</li> <li><input type="checkbox"/> Keep elbow straight, bring one arm up and back (alongside your head) as far as you can go.</li> <li><input type="checkbox"/> “Lengthen” arm by reaching towards wall behind you and pulling rib cage up and away from pelvis.</li> <li><input type="checkbox"/> Hold momentarily</li> <li><input type="checkbox"/> Bring arm back to your side, keeping elbow straight.</li> <li><input type="checkbox"/> Then bring both arms up and back (alongside your head) as far as you can.</li> <li><input type="checkbox"/> “Lengthen” both arms at the same time.</li> <li><input type="checkbox"/> Hold momentarily and relax arms back to your sides.</li> </ul>		<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start with arms at sides, either palms down or thumbs up with palms facing body.</li> <li><input type="checkbox"/> Keep elbow straight, bring one arm up and back (alongside your head) as far as you can go.</li> <li><input type="checkbox"/> Press arm into the ground gently</li> <li><input type="checkbox"/> Hold momentarily</li> <li><input type="checkbox"/> Bring arm back to your side, keeping elbow straight.</li> </ul>	
<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____ TIMES</p>	<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____ TIMES</p>
<p><b>NOTES:</b></p>		<p><b>NOTES:</b></p>	

## MORNING STRETCHES



### Instructions for Positioning:

Combination of Arm and Leg Lengtheners. Two variations:

**Variation #1:** Start by lying on back with knees bent, feel flat on floor, arms at sides, \_\_\_\_\_ palms down or \_\_\_\_\_ thumbs up.

1. Straighten one leg down to floor and bring same arm up and alongside head. Lengthen arm and leg at same time.
2. Straighten one leg and bring opposite arm up and alongside head. Lengthen arm and leg at same time. Return to start.
3. Straighten both legs down to floor and bring both arms up and alongside head. Lengthen both arms and legs at same time.
4. Hold momentarily and then return to start.

**Variation #2:** Start by lying on back with knees straight and arms up alongside head.

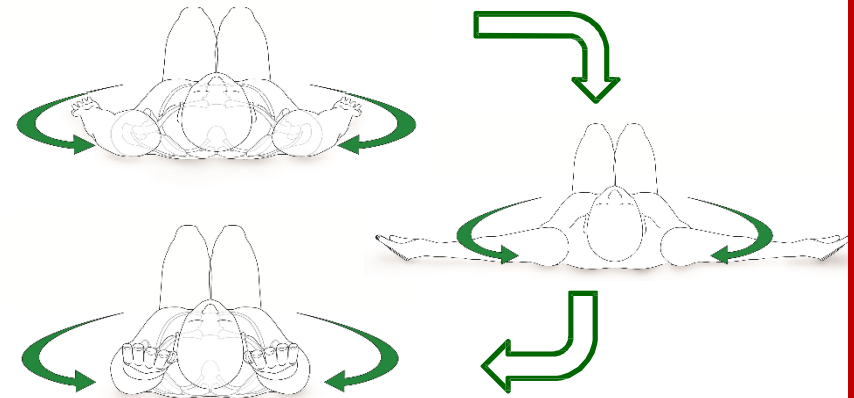
1. Lengthen one arm and leg at the same time. Relax
2. Lengthen opposite arm and leg at the same time. Relax. Lengthen both arms and legs together.

\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

REPEAT \_\_\_\_\_ TIMES

## ANGELS IN THE SNOW



### Instructions for Positioning:

- Start in Unloading Exercise position.
- PALMS FACING UPWARD.
- Keeping in contact with floor, slowly slide one arm out to the side as far as you can.
- "Lengthen" your arm slightly, hold momentarily and then return arm to your side.
- Repeat with other arm. Repeat with both arms moving together.

\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

REPEAT \_\_\_\_\_ TIMES

## BONE FIT BRIDGE

### Starting Positioning:

On back, with arms alongside body, palms up (as in Unloading Exercise position,) elbows straight, knees bent, feet flat on floor resting on triangles of support, feet and knees hip distance apart.

### Variation 1:

Do Head & Shoulder Press (if need, may add Thoracic Lift). Hold this position and engage abdominals. Hold this as you press into Foot Triangles of Support and raise back (as one unit) off floor. **LIFT ONLY AS HIGH AS YOU CAN WITHOUT CRAMPING OR PAIN!**

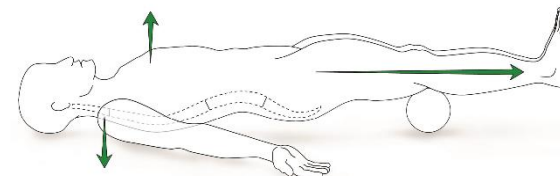
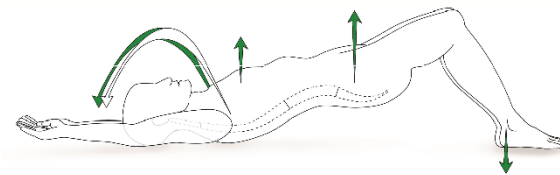
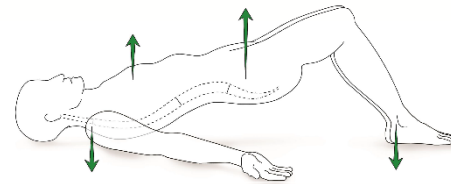
### Variation 2:

With arms stretched out over your head and resting on or near the floor, repeat #1 (without Shoulder Press and Thoracic Lift.)

### Variation 3:

Foam roller under knees. Gently pull up feet and straighten knees—keep knees on roller. Repeat # 1, starting with Head & Shoulder Press and abdominals. Keep knees straight as you lift back off the floor.

## VARIATIONS:


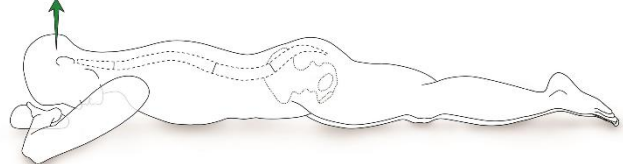


\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

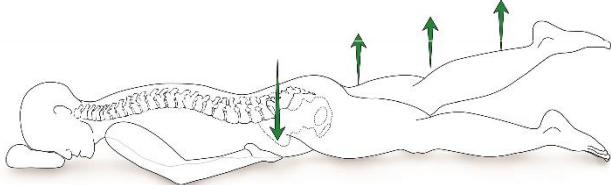
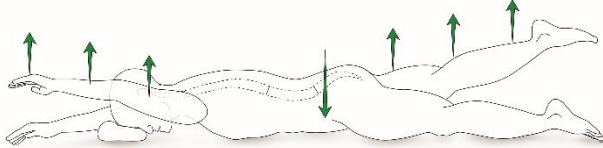
REPEAT \_\_\_\_\_ TIMES

NOTES:

PELVIC PRESS		HEAD LIFT	
			
<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place your hands underneath your belly.</li> <li><input type="checkbox"/> Form the letter “V” with your hands and place your thumbs at or just above your navel and your fingertips pointing towards the pubic bone.</li> <li><input type="checkbox"/> Feel the weight of your body on your hands &amp; try to increase that weight onto your hands.</li> </ul>		<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lying on abdomen, forehead resting on hands or folded towel.</li> <li><input type="checkbox"/> TUCK CHIN SLIGHTLY AND KEEP IT TUCKED as you raise forehead straight up off hands. (keep head positioned so that you continue to look down at the floor)</li> </ul>	
<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b> REPEAT _____ TIMES</p>	<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b> REPEAT _____ TIMES</p>
<p><b>NOTES:</b></p>		<p><b>NOTES:</b></p>	





<b>LEG LIFT</b>		<b>ARM &amp; LEG LIFT</b>	
			
<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li>□ Lying on abdomen, arms under pelvis, at sides or under forehead.</li> <li>□ DO PELVIC PRESS.</li> <li>□ Then, lifting from waist, keeping knee straight, lengthen and lift one leg from the floor.</li> </ul> <p>Hold and repeat with other leg.</p> <p>Release the pelvic press AFTER the legs are lowered.</p> <p><b>HINTS:</b></p> <ol style="list-style-type: none"> <li>1. Press opposite leg into the floor as you lift one leg.</li> <li>2. Lengthen leg as you lift.</li> <li>3. Pretend leg starts at your waist so that you engage your buttocks muscles as you lift the leg.</li> </ol> <p>Do NOT TWIST your body as you lift the leg.</p>		<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li>• Lying on abdomen, arms alongside head, palms down, elbows straight, arms as close to your head as possible and parallel to one another.</li> <li>• Perform Pelvic Press first.</li> <li>• Hold pelvic press as you.               <ol style="list-style-type: none"> <li>1. Raise right arm off floor.</li> <li>2. Raise left arm off floor.</li> <li>3. Raise right leg off floor.</li> <li>4. Raise left leg off floor.</li> <li>5. Raise opposites—right arm/left leg and then left arm/right leg.</li> </ol> </li> </ul> <p><b>**Always release pelvic press after lowering arm/leg</b></p>	
<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____TIMES</p>	<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____TIMES</p>
<p><b>NOTES:</b></p>		<p><b>NOTES:</b></p>	

## LIFT & SQUEEZE

### Instructions for Positioning:

Perform Pelvic Press Exercise. Hold Pelvic Press as you squeeze backbone with shoulder blades, raising front part of shoulders off the floor.

The raise chest and upper back—keep head in alignment.

### Variations:

Do above movement with:

#1-Arms resting alongside body, palms up, elbows straight. As you raise upper body raise arms also.

#2-Fingers interlaced behind lower back, palms up. Do not raise hands off body as you lift your body.

#3-Arms straight out to the sides at shoulder level, elbows straight, palms down. As you raise shoulders, chest, head and upper back, raise arms also.

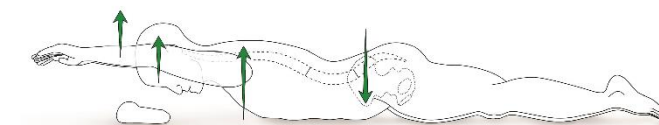
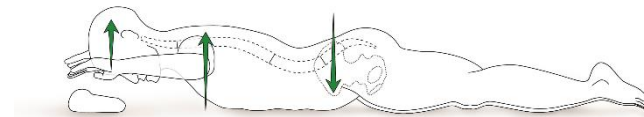
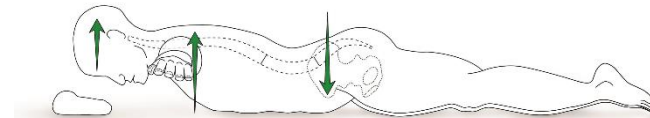
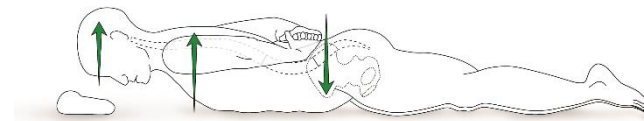
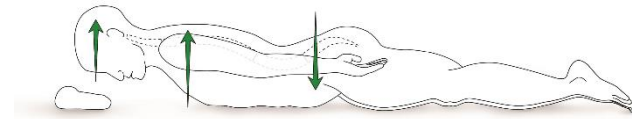
#4-Arms out to sides at a 90° angle with elbows bent at 90° angle, palms down. As you raise shoulders, chest head and upper back, raise arms also.

**IMPORTANT: MAKE SURE YOU ACTUALLY SQUEEZE SHOULDER BLADES TOGETHER AND RAISE YOUR SHOULDERS BEFORE LIFTING CHEST AND UPPER BACK. KEEP PELVIC PRESS ENGAGED.**

#5-Arms resting on floor alongside your head, as close to your head as possible, parallel to one another, palms down, elbows straight.

Perform Pelvic Press and hold it as you:

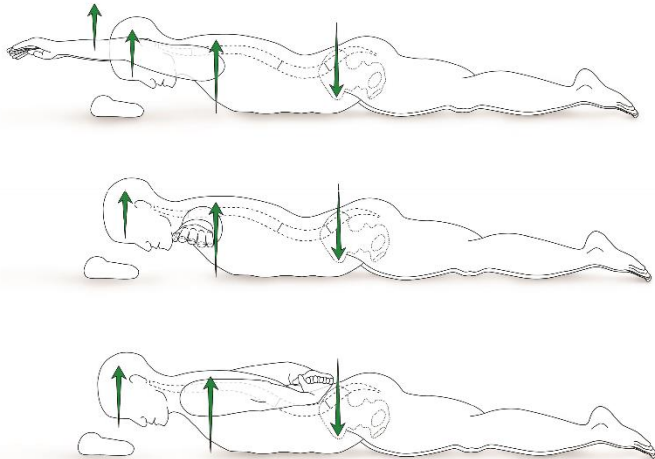
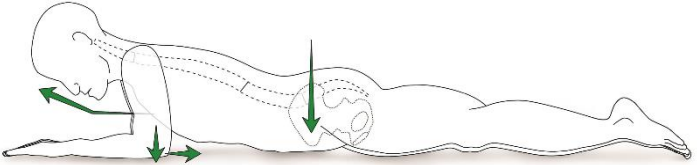
## VARIATIONS:



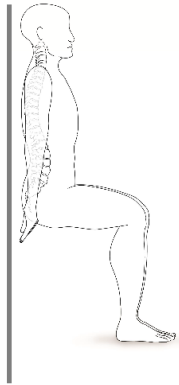
\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

REPEAT \_\_\_\_\_ TIMES

THREE-STEP EXTENSION		MINI-SWAN	
			
<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li>Lying on abdomen, arms alongside head, palms down, elbows straight, head resting on forehead.</li> <li>DO PELVIC PRESS first. Then, holding Pelvic Press do a smooth 3-step lift by:               <ol style="list-style-type: none"> <li>Lift just the head off the floor</li> <li>Continue the lift to the level of the collarbone while bringing arms out to the side</li> <li>Finish the lift to the level of the sternum or mid-ribs while bringing hands into the small of the back</li> </ol> </li> </ul> <p>Lower all the way back to the ground, releasing the Pelvic Press last.</p> <p>For more of a challenge, start with arms in small of back, then out to side, then overhead with the 3 consecutive lifts.</p>		<p><b>Instructions for Positioning:</b></p> <ul style="list-style-type: none"> <li>Prop your upper body up on forearms with elbows positioned directly under your shoulders if you can.</li> <li>Keep pelvis on the floor as much as possible.</li> </ul> <p>Take long, slow breaths and allow your back to relax on each breath out. Keep legs and feet together. Stay in this position a few moments.</p> <p>Press ELBOWS directly down into the floor. “Pull” back with your elbows (without actually moving them) as if you were going to pull your body straight through between your arms. Bring the breastbone ‘up and forward’</p>	
<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____TIMES</p>	<p>_____ TIMES DAILY</p>	<p><b>HOLD POSITION FOR:</b></p> <p>REPEAT _____TIMES</p>

## WALL SIT



### Instructions for Positioning:

- Stand with your back to a wall, feet about 12-18 inches away from the wall, knees and feet apart, knees pointing over toes.
- Slide down the wall by bending knees.
- Slide down as far as you can and still be able to return to starting position without undue strain (coming straight up without bending forward over to push on legs to come up).

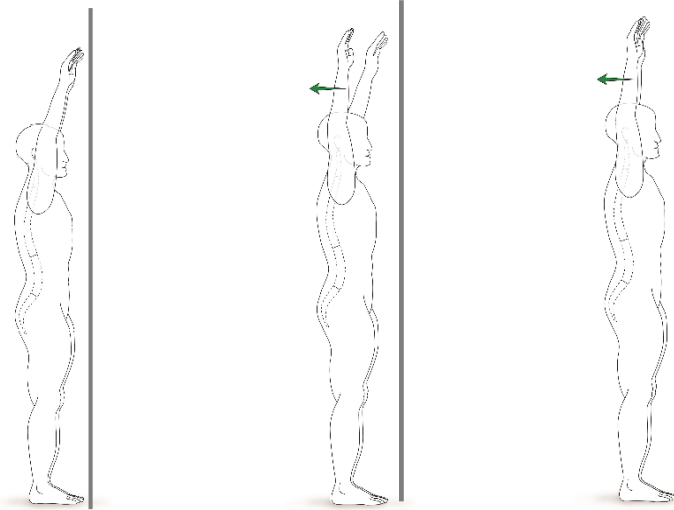
### WHILE HOLDING THE WALL SIT, TRY TO ADD IN:

- Head press
- Shoulder press
- Thoracic Lift
- Arm lengthener or press

\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

## ARM LIFT in STANDING



### Instructions for Positioning:

- Walk up to a wall and, facing the wall, place your toes touching, or as close to touching as you can get, “Walk” your fingers up the wall so that your arms are as close to your head as possible and parallel to one another.
- Keeping the elbow STRAIGHT, lift one arm off the wall.
- Then do movement with other arm.
- Try both arms together.

\_\_\_\_\_ TIMES DAILY

HOLD POSITION FOR:

REPEAT \_\_\_\_\_ TIMES

