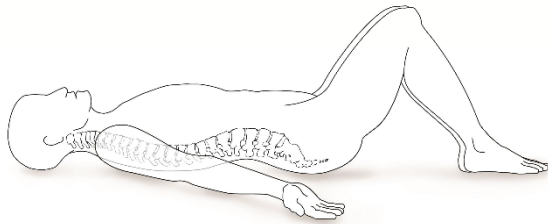




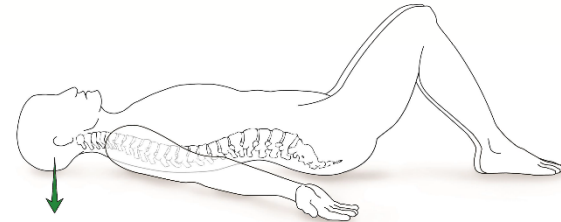
Bone Fit BASICS

Appendix: Client Exercise Sheets

UNLOADING POSITION



HEAD PRESS



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

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:

_____ TIMES DAILY

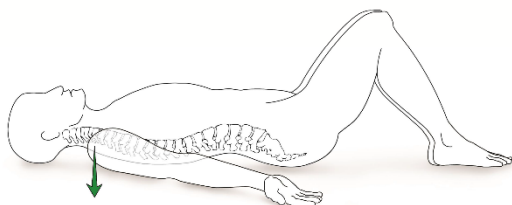
HOLD POSITION FOR:

REPEAT _____ TIMES

NOTES:

NOTES:

SHOULDER PRESS



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.

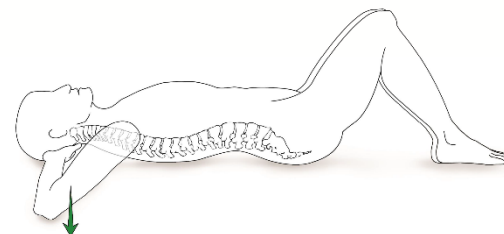
_____ TIMES DAILY

HOLD POSITION FOR:

REPEAT _____ TIMES

NOTES:

ELBOW PRESS



Instructions for Positioning:

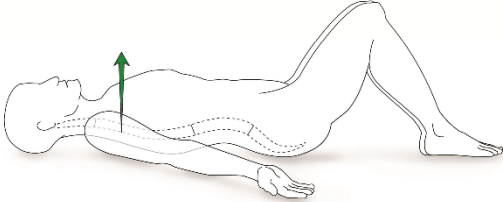
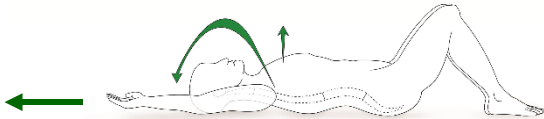
- Lie on back as in Unloading Exercise.
- Place hands beside ears or on face/forehead if it is comfortable
- Support arm with small towel if need
- Gently press entire upper arm into the ground/towel

_____ TIMES DAILY

HOLD POSITION FOR:

REPEAT _____ TIMES

NOTES:

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



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!**

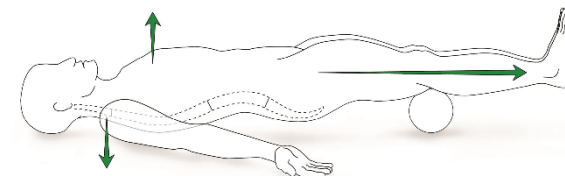
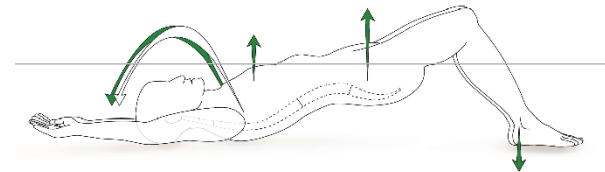
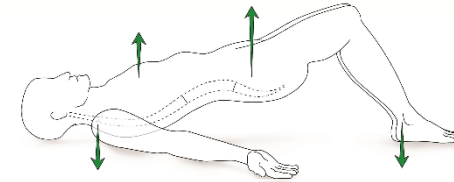
Variation 2:

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:


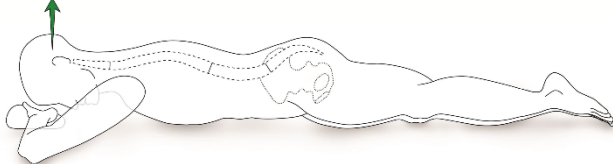


_____ TIMES DAILY

HOLD POSITION FOR:

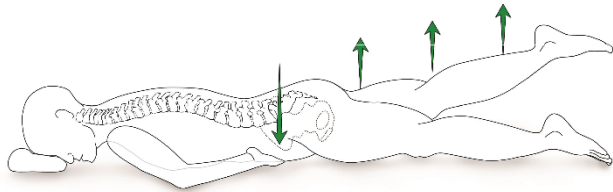
REPEAT _____ TIMES

NOTES:

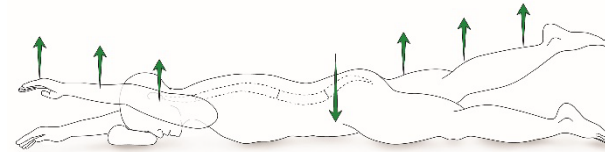
PELVIC PRESS		HEAD LIFT	
			
<p>Instructions for Positioning:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place your hands underneath your belly. <input type="checkbox"/> Form the letter “V” with your hands and place your thumbs at or just above your navel and your fingertips pointing towards the pubic bone. <input type="checkbox"/> Feel the weight of your body on your hands & try to increase that weight onto your hands. 		<p>Instructions for Positioning:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lying on abdomen, forehead resting on hands or folded towel. <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) 	
<p>_____ TIMES DAILY</p>	<p>HOLD POSITION FOR: REPEAT _____ TIMES</p>	<p>_____ TIMES DAILY</p>	<p>HOLD POSITION FOR: REPEAT _____ TIMES</p>
<p>NOTES:</p>		<p>NOTES:</p>	



LEG LIFT



ARM & LEG LIFT



Instructions for Positioning:

- Lying on abdomen, arms under pelvis, at sides or under forehead.
- DO PELVIC PRESS.
- Then, lifting from waist, keeping knee straight, lengthen and lift one leg from the floor. Hold and repeat with other leg.

Release the pelvic press AFTER the legs are lowered.

HINTS:

1. Press opposite leg into the floor as you lift one leg.
 2. Lengthen leg as you lift.
 3. Pretend leg starts at your waist so that you engage your buttocks muscles as you lift the leg.
- Do NOT TWIST your body as you lift the leg.

Instructions for Positioning:

- Lying on abdomen, arms alongside head, palms down, elbows straight, arms as close to your head as possible and parallel to one another.
- Perform Pelvic Press first.
- Hold pelvic press as you.
 1. Raise right arm off floor.
 2. Raise left arm off floor.
 3. Raise right leg off floor.
 4. Raise left leg off floor.
 5. Raise opposites—right arm/left leg and then left arm/right leg.

**Always release pelvic press after lowering arm/leg

_____ TIMES DAILY	HOLD POSITION FOR:
	REPEAT _____TIMES

_____ TIMES DAILY	HOLD POSITION FOR:
	REPEAT _____TIMES

NOTES:

NOTES:

LIFT & SQUEEZE: 2 Variations

VARIATIONS:

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.

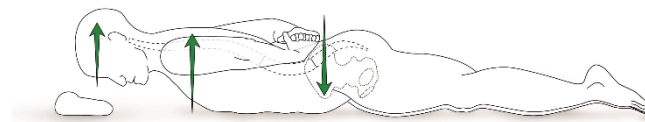
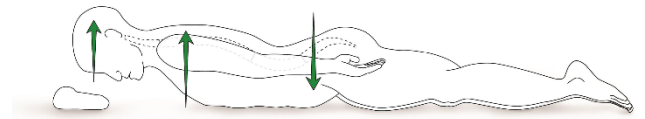
The raise chest and upper back—keep head in alignment.

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.



_____ TIMES DAILY

HOLD POSITION FOR:

REPEAT _____ TIMES